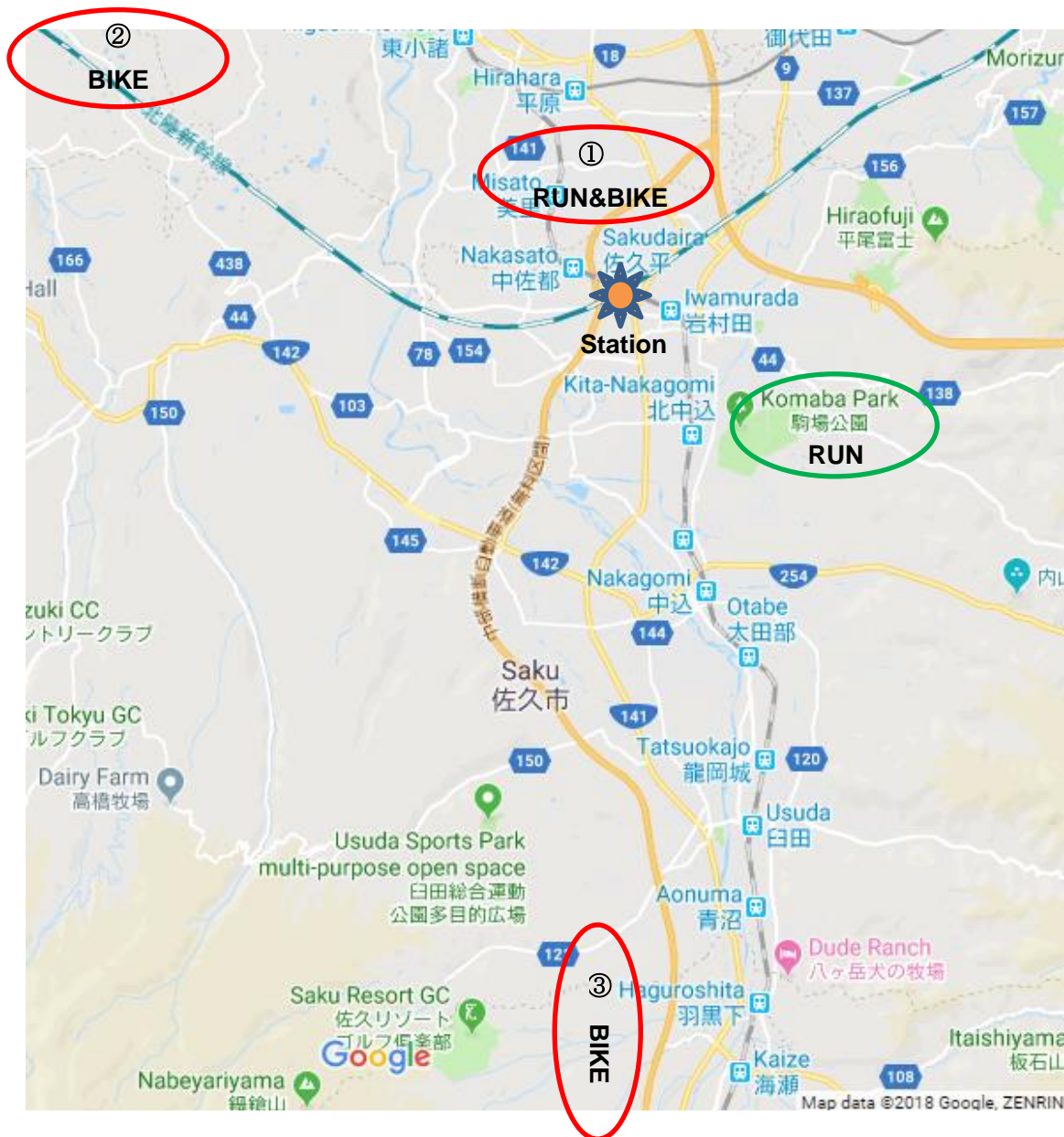




Saku/Komoro area Triathlon training course



【Course】

- | | |
|--|---------------------|
| ① Mikage Course | BIKE and RUN (both) |
| ② Mimakigahara Course | RUN |
| ③ Wide-area agricultural road in Yachiho | BIKE |



① Mikage Course

【Route and difference of elevation – Please refer website】

BIKE

<https://latlonglab.yahoo.co.jp/route/watch?id=a75a3d8ab073510c5a40951546bd17d2>

BIKE (red line)

Flat Circuit course (5.2km)

> Daiba course of Tokyo Olympics will be 5km x 8round

RUN (green line)

Flat Circuit course (2.6km)

> Daiba course will be 2.5km x 4round

【Pros】

Can be making a training program as very similar coarse distance of Tokyo Olympics

Very close from New Pool

Possible combination training RUN and BIKE.

【Cons】

It is a local road so there are some traffic in a part of this course.

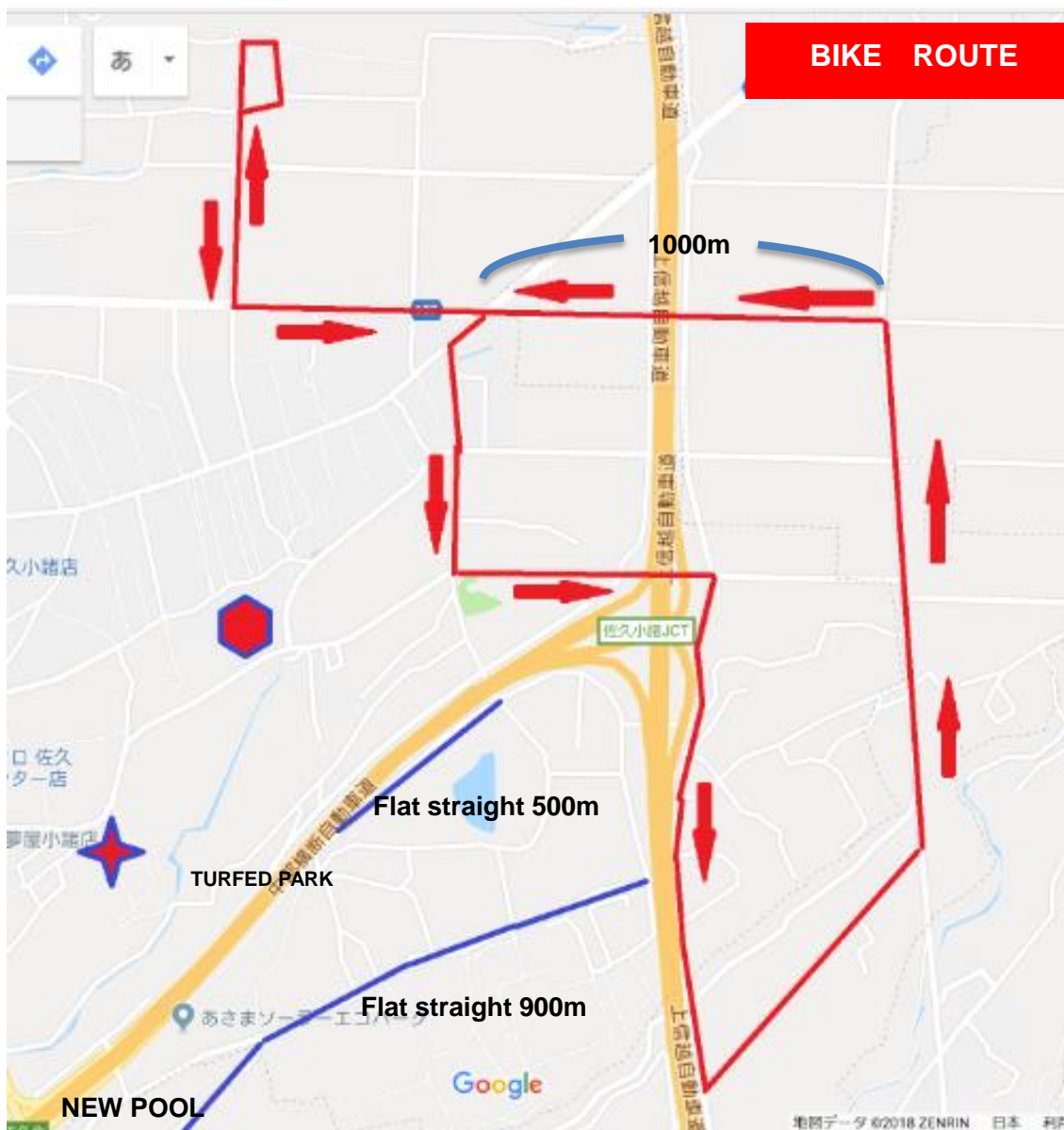
➤ Solution: We can arrange a leading vehicle.

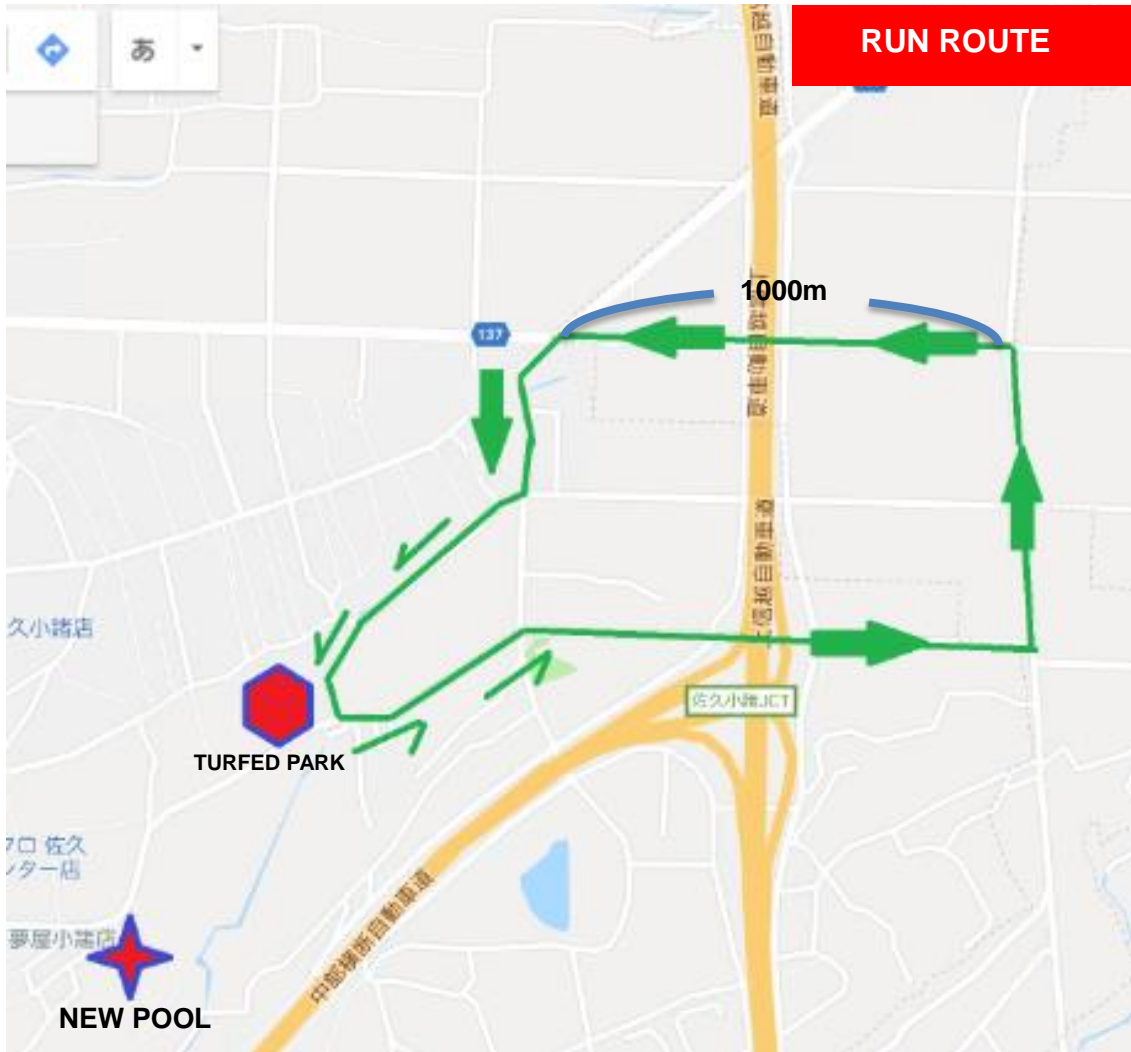


New Pool



Distance	5300m
Altitude	764m
Max elevation distance	19m
Average slope angle	
Total	0.00%
Up	1.70%
Down	1.60%
Elevation gain	
Up	26m
Down	26m







② Mimakigahara Course

【Route and difference of elevation – Please refer website】

<https://latlonglab.yahoo.co.jp/route/watch?id=add72f36e073779044968cb55c24df89>

BIKE (red line)

Flat Circuit course (5.8km)

> Daiba course of Tokyo Olympics will be 5km x 8round

【Pros】

Free to use Athletic field (300m around) and drive track. (100mx50m ref. map) which is located close to this course.

Free to use Mimakigahara communication center for rest. .

Ueda, Sato from Japan had been training on this course.

【Cons】

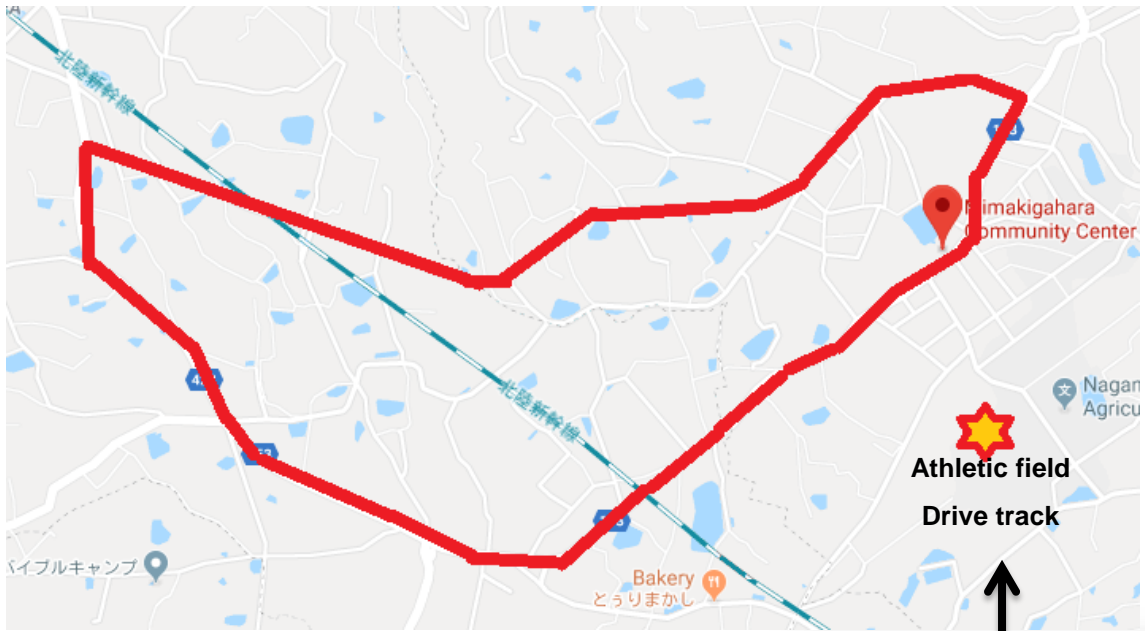
This is a local road. Traffic is not busy but the road is partially narrow.

Straight course max 400m





Distance	5900m
Altitude	809m
Max elevation distance	70m
Average slope angle	
Total	0.10%
Up	3.10%
Down	4.30%
Elevation gain	
Up	90m
Down	88m





③ Yachiho Course

【Route and difference of elevation – Please refer website】

<https://latlonglab.yahoo.co.jp/route/watch?id=7b772fbd44842fead62b7d6d84e222d2>

BIKE (yellow line)

Wide area Agricultural road (5km)

【Pros】

There is very little traffic because of agricultural road.

Team Yamane from Japan had been training a part of this course.

【Cons】

The difference in elevation of this cycling road is 145m.

Frequent Up/Down. Flat road area is very limited.



Distance	4900m
Altitude	828m
Max elevation distance	145m
Average slope angle	
Total	-1.20%
Up	6.80%
Down	6.10%
Elevation gain	
Up	113m
Down	174m





③ YACHIHO BIKE Course



①
There is a tunnel between ①to②
Not recommended



② Start Point



③



④



⑤



⑥



⑦



⑧



⑨



⑩



⑪



⑫



Komaba Park Running Course

RUN (green line)

The Park associated dirt roads for running.

Woodland path maximal length 1300m.

Team Yamane from Japan had been training this course.

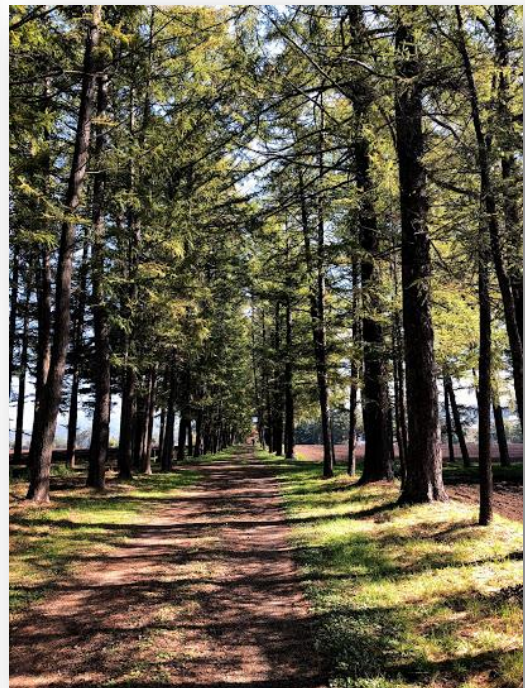
【Pros】

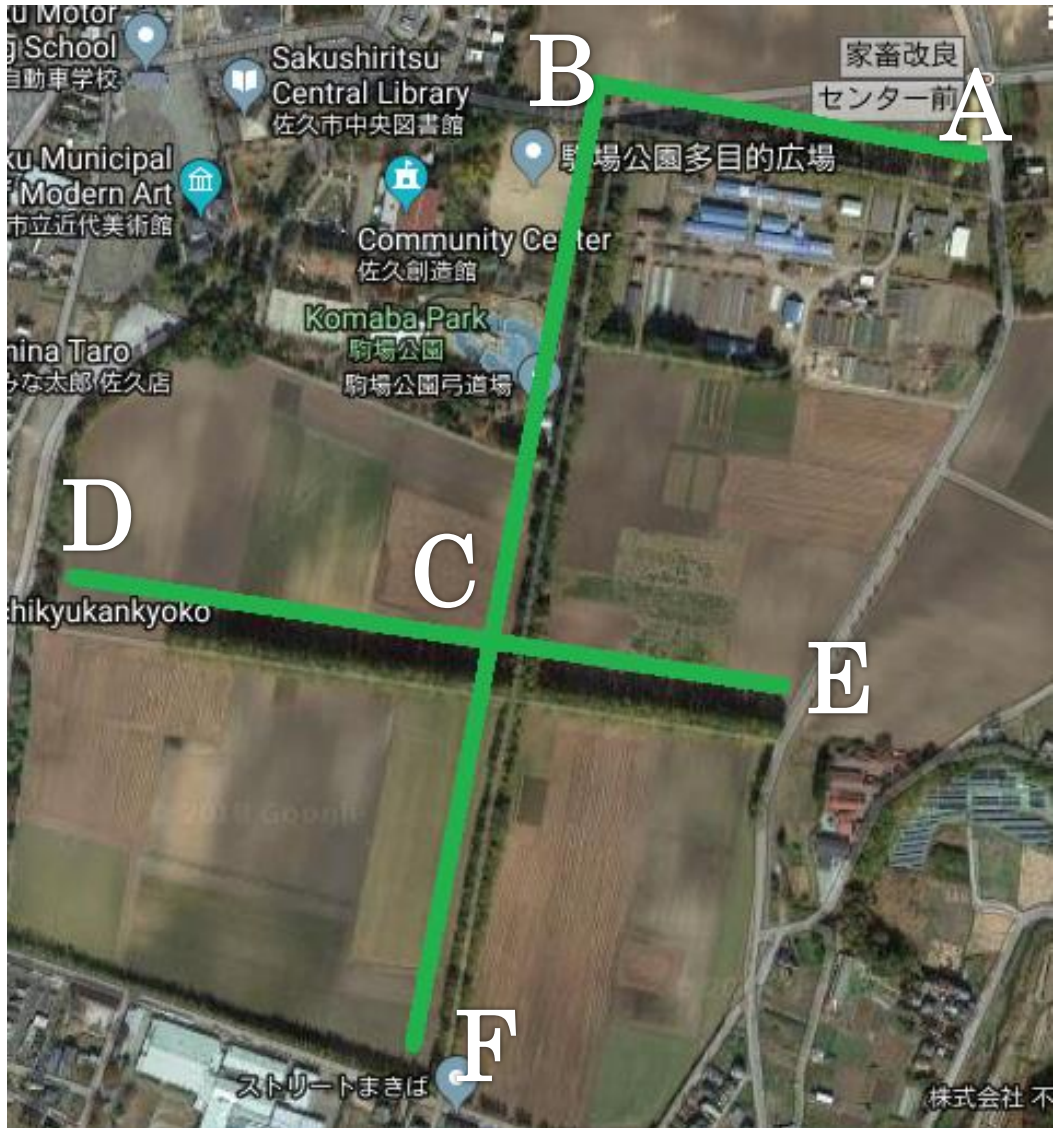
The path is covered by wood, which protect runners from the direct sunlight.

The surface of road is soft, it reduce landing impact for runners.

【Cons】

It is NOT the loop course.





【Distance】

Route A,B,C,D 1300m

Route B,C,F 850m

Route E,C,D 650m