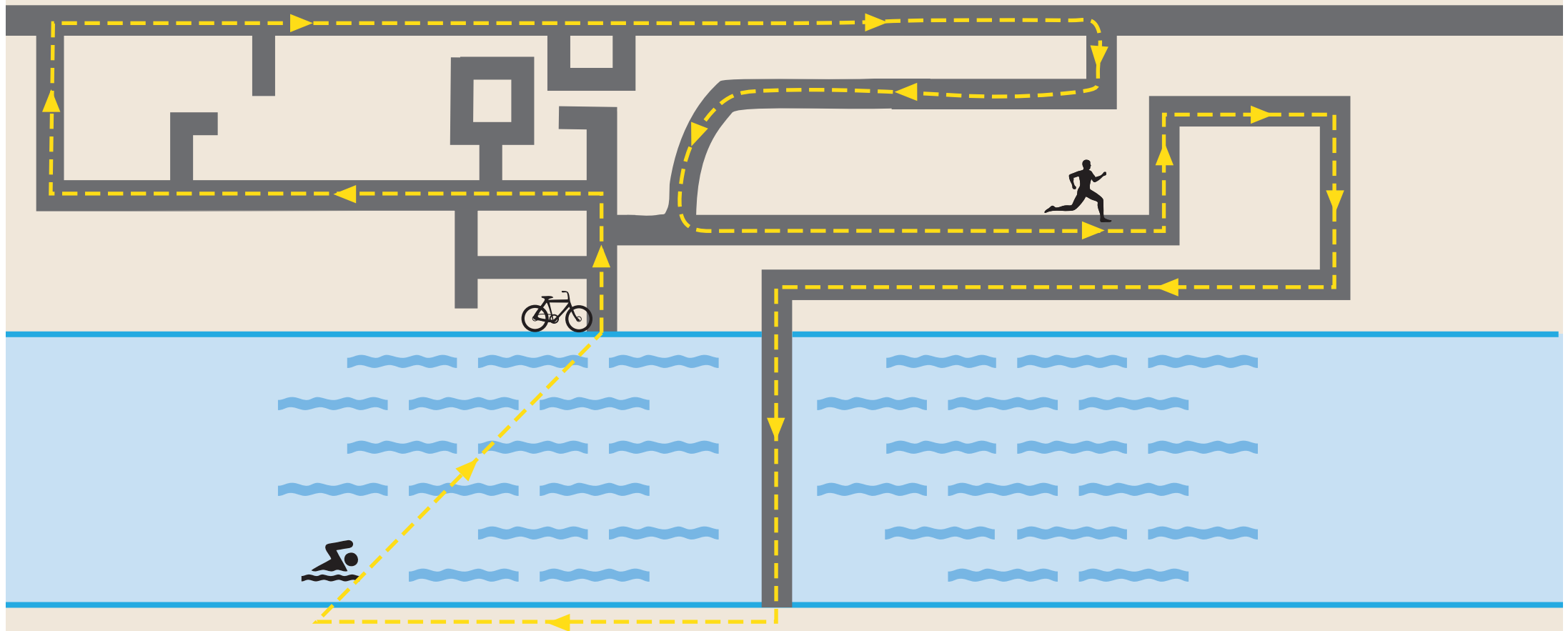


Triathlon map



In an Olympic Triathlon the competitors swim 1.5km, then cycle for 40km and immediately run 10km. If you want to describe the athlete's journey around the course of the map, which method would you use in each section?