

# Triathlete

Catherine Brentnall

Have you got what it takes,  
To be a triathlete?  
Not just good at one sport,  
But master of three.  
Can you lead the field,  
On dry land or water?  
Do you have the strength,  
The focus, the speed?

## Verse 1

The triathlon starts with a long distance swim,  
Through open water your journey begins.

## Chorus 1

Just got to keep on going,  
No giving up, no slowing,  
The time has come for showing  
What you can do.

## Verse 2

Then you get on your bike,  
And pedal fast as you like.  
Those wheels go round and round,  
Covering lots of ground.



## Chorus 2

### Part 1

Just got to keep on going,  
No giving up, no slowing,  
The time has come for showing  
What you can do.

### Part 2

Keep it up,  
Don't ever stop.  
Keep it up,  
Don't ever stop.

## Verse 3

Then it's time to run!  
The finish line draws near, you know the  
Race is almost won,  
Just step it up a gear  
You've got to

## Chorus 3

### Part 1

Just got to keep on going  
No giving up, no slowing,  
The time has come for showing  
What you can do.

### Part 2

Keep it up,  
Don't ever stop.  
Keep it up,  
Don't ever stop.

### Part 3

Push your-  
self you're  
almost  
there.

## Verses 1, 2 and 3 sung together followed by Chorus 3

Have you got what it takes?

