



# Triathlete

Music and lyrics by  
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$\text{♩} = 96$

Dm Dm Dm Dm

Have you got what it takes, — To

C Dm Dm Dm

be a tri - ath - lete? Not just good at one sport, But

C Dm Dm Dm C

mast - er of three. Can you lead the field, — On dry land or

Dm Dm Dm C

wat - er? Do you have the strength, — The fo - cus, the

Dm Dm7 Dm Dm

speed? The tri - ath - lon starts with a long dist - ance

The first system of music features a vocal line in the treble clef and piano accompaniment in the grand staff (treble and bass clefs). The key signature has one flat (B-flat). The vocal line begins with a quarter rest, followed by a quarter note G4, a quarter note A4, a quarter note Bb4, a quarter note C5, a quarter note Bb4, a quarter note A4, a quarter note G4, and a quarter note F4. The piano accompaniment consists of a steady eighth-note bass line in the bass clef and chords in the treble clef.

Dm7 Dm Dm Dm

swim, Through o - pen wat - er\_ your jour - ney\_ be -

The second system continues the vocal line with a quarter rest, followed by a quarter note G4, a quarter note A4, a quarter note Bb4, a quarter note C5, a quarter note Bb4, a quarter note A4, a quarter note G4, and a quarter note F4. The piano accompaniment continues with the same rhythmic pattern.

Dm7 C Bb Bb Bb Bb

-gins. Just got to keep on go - ing, No gi - ving up, no slow - ing,

The third system features a vocal line starting with a quarter rest, followed by eighth notes G4, A4, Bb4, C5, Bb4, A4, G4, and F4. The piano accompaniment continues with the same rhythmic pattern.

Bb Bb Bbmaj7 Bb C6

The time has come for show - ing, What you can do.

The fourth system features a vocal line starting with a quarter rest, followed by eighth notes G4, A4, Bb4, C5, Bb4, A4, G4, and a half note F4. The piano accompaniment continues with the same rhythmic pattern.

Dm<sup>7</sup>                      Dm<sup>7</sup>                      Dm<sup>7</sup>                      Dm<sup>7</sup>

Then you get on your bike,                      And pe-dal-fast as you like.

Dm<sup>7</sup>                      Dm<sup>7</sup>                      Dm<sup>7</sup>                      Dm<sup>7</sup>

Those wheels go round and round,                      Co-ver-ing lots of ground.

B $\flat$                       B $\flat$                       B $\flat$                       B $\flat$

Just got to keep on go-ing,                      No gi-ving up, no slow-ing,  
Keep it up,                      Don't ev-er stop.

B $\flat$  B $\flat$  B $\flat$ ma7 B $\flat$  C $^6$

The time has come for show - ing What you can do.

Keep it up, Don't ev - erstop.

Dm7 Dm7 Dm7 Dm7

Then it's time to run! The fin-ish line draws near\_ you know the

Dm7 Dm7 Dm7 Dm7 C

Race is al-most won, Just step it up a gear\_ You've got to

B $\flat$                       B $\flat$                       B $\flat$                       B $\flat$

Just got to keep on go - ing, No gi - ving up, no slow - ing,  
Keep it up, Don't ev - er stop.

Push your - self you're

B $\flat$                       B $\flat$                       B $\flat$  maj $7$                       B $\flat$                       C $9$

The time has come for show - ing What you can do. The  
Keep it up, Don't ev - er stop.

al - - most there.



Dm<sup>7</sup>                      Dm                      B<sup>b</sup>                      B<sup>b</sup>

jour - ney\_ be - gins.                      Just got to keep on go - ing,  
 Co - ver - ing lots of ground.                      Keep it up,  
 step it up a gear\_ You've got to Push your -

B<sup>b</sup>                      B<sup>b</sup>                      B<sup>b</sup>                      B<sup>b</sup>

No gi - ving up, no slow - ing,                      The time has come for show - ing  
 Don't ev - er stop.                      Keep it up,  
 -self                      you're                      al - - most

B<sup>b</sup>maj<sup>7</sup>                      B<sup>b</sup>    C                      Dm                      Dm

What you can do. Have you got what it takes? —

Don't ev - er stop. Have you got what it takes? —

there. Have you got what it takes? —