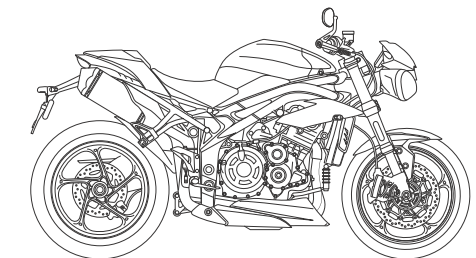
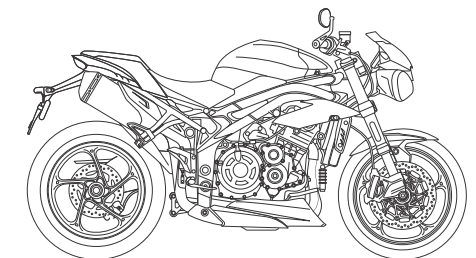


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## Speed Triple S and Speed Triple RS



This handbook contains information on the Triumph Speed Triple S and Speed Triple RS motorcycles. Always store this Owner's Handbook with the motorcycle and refer to it for information whenever necessary.

The information contained in this publication is based on the latest information available at the time of printing. Triumph reserves the right to make changes at any time without prior notice, or obligation.

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## Scheduled Maintenance Chart

Operation Description	Odometer Reading in Miles (Km) or Time Period, whichever comes first					
		First Service	Annual Service	Mileage Based Service		
	Every	500 (800) 1 month	Year	6,000 and 18,000 (10,000 and 30,000)	12,000 (20,000)	24,000 (40,000)
<b>Lubrication</b>						
Engine and oil cooler - check for leaks	Day	*	*	*	*	*
Engine oil - renew	-	*	*	*	*	*
Engine oil filter - renew	-	*	*	*	*	*
<b>Fuel System and Engine Management</b>						
Autoscan - Carry out a full Autoscan using the Triumph Diagnostic Tool (print a customer copy)	-	*	*	*	*	*
Fuel system - check hoses for chafing, cracks or damage	-			*	*	*
Fuel system - Check for leaks	Day	*	*	*	*	*
Air cleaner - renew	-				*	*
Throttle bodies - balance	-			*	*	*
Fuel hoses - renew		Every four years, regardless of mileage				
Evaporative loss hoses - renew		Every four years, regardless of mileage				
Secondary air injection system - check	-				*	*
<b>Ignition System</b>						
Spark plugs - check	-			*		
Spark plugs - renew	-				*	*
<b>Cooling System</b>						
Cooling system - check for leaks	Day	*	*	*	*	*
Cooling system - check hoses for chafing, cracks or damage. Replace hoses if necessary	-			*	*	*
Coolant level - check/adjust	Day	*	*	*	*	*
Coolant - renew		Every 3 years regardless of mileage				
<b>Engine</b>						
Clutch cable - check function and adjust as necessary	Day	*	*	*	*	*
Valve clearances - check/adjust	-				*	*
Camshaft timing - check/adjust	-				*	*
<b>Wheels and Tyres</b>						
Wheels - inspect for damage	Day	*	*	*	*	*
Rear wheel needle roller bearing - lubricate	-				*	*
Wheel bearings - check for wear/smooth operation	-	*	*	*	*	*
Tyre wear/tyre damage - check	Day	*	*	*	*	*
Tyre pressures - check/adjust	Day	*	*	*	*	*
<b>Electrical</b>						
All lights, instruments and electrical systems - check	Day	*	*	*	*	*
<b>Steering and Suspension</b>						
Steering - check for free operation	Day	*	*	*	*	*

# Maintenance

Operation Description	Odometer Reading in Miles (Km) or Time Period, whichever comes first					
		First Service	Annual Service	Mileage Based Service		
	Every	500 (800) 1 month	Year	6,000 and 18,000 (10,000 and 30,000)	12,000 (20,000)	24,000 (40,000)
Headstock bearings - check/adjust	-		*	*	*	*
Headstock bearings - lubricate	-				*	*
Front and rear suspension - check for leaks/ smooth operation	Day	*	*	*	*	*
Fork oil - renew	-					*
Rear suspension linkage - lubricate	-				*	*
<b>Brakes</b>						
Brake fluid levels - check	Day	*	*	*	*	*
Brake fluid - renew	Every 2 years regardless of mileage					
Brake pads - check wear levels	Day	*	*	*	*	*
Brake master cylinders - check for fluid leaks	-	*	*	*	*	*
Brake calipers - check for fluid leaks and seized pistons	-	*	*	*	*	*
ABS and immobiliser ECMs - check for stored DTCs	-	*	*	*	*	*
<b>Drive Chain</b>						
Drive chain - lubricate	Every 200 miles (300 km)					
Drive chain - wear check	Every 500 miles (800 km)					
Drive chain slack - check/adjust	Day	*	*	*	*	*
Drive chain rubbing strip - check	-	*	*	*	*	*
<b>General</b>						
Engine ECM, Instruments and Keyless ECM - check for latest calibration download using the Triumph diagnostic tool						
Fasteners - inspect visually for security	Day	*	*	*	*	*
Bank angle indicators - inspect visually for wear	Day	*	*	*	*	*
Side stand/Centre stand - check operation	Day	*	*	*	*	*
Side stand pivot - clean/grease	-			*	*	*
Carry out all outstanding Service Bulletin and warranty work	-	*	*	*	*	*
Carry out road test	-	*	*	*	*	*
Complete the service record book and reset the service indicator	-	*	*	*	*	*

# Maintenance

## Suspension Setting Chart - Speed Triple S

### Warning

Make sure that the correct balance between front and rear suspension is maintained.

Suspension imbalance could significantly change handling characteristics leading to loss of control and an accident.

Refer to the chart below for further information or consult your dealer.

### Warning

Make sure that the adjusters are set to the same setting on both forks.

Settings which vary from left to right could significantly change handling characteristics leading to loss of control and an accident.

The standard suspension settings provide a comfortable ride and good handling characteristics for general, solo riding. The chart shows suggested settings for the front and rear suspension.

LOADING		FRONT			REAR	
		Spring Pre-Load <sup>1</sup>	Rebound Damping <sup>1</sup>	Compression Damping <sup>1</sup>	Rebound Damping <sup>1</sup>	Compression Damping <sup>1</sup>
Solo Riding	Road	8	2.5	2	2.5	2
	Comfort	8	2.75 <sup>2</sup>	3 <sup>2</sup>	2.75 <sup>2</sup>	3 <sup>2</sup>
	Track	8	1	0.5	0.75	0.5
	Sport	8	1.5	1.5	1.5	1.5
Rider and Passenger		8	1.5	1.5	1	1

<sup>1</sup> Number of adjuster turns anticlockwise from the fully clockwise position.

<sup>2</sup> Number of maximum adjuster turns unless already fully screwed out.

### Note:

- The Speed Triple S motorcycle is delivered from the factory with the suspension set at the Road riding settings, as shown in the relevant suspension chart.

### Note:

- These charts are only a guide. Setting requirements may vary for rider weight and personal preferences. See the following pages for information regarding suspension adjustment.

## Suspension Setting Chart - Speed Triple RS

### Warning

Make sure that the correct balance between front and rear suspension is maintained.

Suspension imbalance could significantly change handling characteristics leading to loss of control and an accident.

Refer to the chart below for further information or consult your dealer.

### Warning

Make sure that the adjusters are set to the same setting on both forks.

Settings which vary from left to right could significantly change handling characteristics leading to loss of control and an accident.

The standard suspension settings provide a comfortable ride and good handling characteristics for general, solo riding. The chart shows suggested settings for the front and rear suspension.

LOADING		FRONT			REAR	
		Spring Pre-Load <sup>1</sup>	Rebound Damping <sup>2</sup>	Compression Damping <sup>2</sup>	Rebound Damping <sup>2</sup>	Compression Damping <sup>2</sup>
Solo Riding	Road	7	16	19	16	19
	Comfort	7	16	26	16	fully anti-clockwise
	Track	7	9	9	7	7
	Sport	7	11	16	11	18
Rider and Passenger		7	10	12	8	15

<sup>1</sup> Number of adjuster turns clockwise from the fully anticlockwise position.

<sup>2</sup> Number of clicks anticlockwise from the fully clockwise position noting that the first stop (click) is counted as one.

### Note:

- The Speed Triple RS motorcycle is delivered from the factory with the suspension set at the Road riding settings, as shown in the relevant suspension chart.

### Note:

- These charts are only a guide. Setting requirements may vary for rider weight and personal preferences. See the following pages for information regarding suspension adjustment.

# Specifications

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## SPECIFICATIONS

### Dimensions, Weights and Performance

A list of model specific dimensions, weights and performance figures is available from your authorised Triumph dealer, or on the Internet at [www.triumph.co.uk](http://www.triumph.co.uk).

### Payload

Maximum Payload	196 kg (432 lbs)
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### Engine

Type	In-line 3 Cylinder
Displacement	1,050 cc
Bore x Stroke	79 x 71.4 mm
Compression Ratio	12.25:1
Cylinder Numbering	Left to Right
Cylinder Sequence Number	1 at Left
Firing Order	1-2-3
Starting System	Electric Starter

### Lubrication

Lubrication	Forced Lubrication (wet sump)
Engine Oil Capacities	
Dry Fill	3.5 litres
Oil/Filter Change	3.2 litres
Oil Change Only	3.0 litres

### Cooling

Coolant Type	Triumph HD4X Hybrid OAT Coolant
Coolant Capacity	2.4 litres
Water/Anti-freeze Ratio	50/50 (premixed as supplied by Triumph)
Thermostat Opens (nominal)	85°C

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## Fuel System

Type	Electronic Fuel Injection
Injectors	Solenoid Operated
Fuel Pump	Submerged Electric
Fuel Pressure (nominal)	3.5 bar

## Fuel

Type	91 RON Unleaded
Tank Capacity	15.5 litres

## Ignition

Ignition System	Digital Inductive
Electronic Rev Limiter (r/min)	9,500 (r/min)
Spark Plug	NGK CR9EIA-9
Spark Plug Gap	0.9 mm
Gap Tolerance	+0.00/-0.1 mm

## Transmission

Transmission Type	6 Speed, Constant Mesh
Clutch Type	Wet, Multi-Plate
Final Drive Chain	RK 530 FXW, 108 Link
Primary Drive Ratio	1.75:1 (60/105)
Gear Ratios:	
Final Drive Ratio	2.389:1 (18/43)
1 <sup>st</sup>	2.733:1 (15/41)
2 <sup>nd</sup>	1.947:1 (19/37)
3 <sup>rd</sup>	1.545:1 (22/34)
4 <sup>th</sup>	1.292:1 (24/31)
5 <sup>th</sup>	1.154:1 (26/30)
6 <sup>th</sup>	1.037:1 (27/28)

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# Specifications

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## Warning

Use the recommended tyres **ONLY** in the combinations given. Do not mix tyres from different manufacturers or mix different specification tyres from the same manufacturers as this may result in loss of motorcycle control and an accident.

### Approved Tyres

A list of approved tyres specific to these models is available from your authorised Triumph dealer, or on the Internet at [www.triumph.co.uk](http://www.triumph.co.uk).

### Tyres

#### Tyre Pressures (Cold)

Front	2.35 bar (34 lb/in <sup>2</sup> )
Rear	2.90 bar (42 lb/in <sup>2</sup> )

#### Tyre Sizes

Front Size	120/70 ZR17
Rear Size	190/55 ZR17

Approved Tyres

### Electrical Equipment

Alternator	12 Volt, 35 Amp
Battery	12 Volt, 12 Ah
Directional Indicator Lights	LED
Headlight	2 x 12 Volt, 60/55 Watt H4 Halogen
Rear Light	LED
License Plate Light	12 Volt, 5 Watt Bulb

### Frame

Rake	23.0°
Trail	91 mm

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## Tightening Torques

Front Brake Fluid Reservoir Cap Retaining Screws	1 Nm
Fuel Tank Front Fixings	4 Nm
Fuel Tank Front Panel Fixings	2 Nm
Headlight Bracket Bolts	7 Nm
License Plate Bracket Fixing	2 Nm
Oil Filter	10 Nm
Oil Drain Plug	25 Nm
Rear Wheel Eccentric Clamp Bolt	55 Nm
Rider's Seat Fixings	9 Nm
Spark Plugs	12 Nm

## Fluids and Lubrication

Bearings and Pivots	Grease to NLGI 2 Specification
Brake Fluid	DOT 4 Brake and Clutch Fluid
Coolant	Triumph HD4X Hybrid OAT Coolant
Drive Chain	Chain Spray suitable for O-Ring Chains
Engine Oil	Semi or fully synthetic 10W/40 or 10W/50 motorcycle engine oil which meets specification API SH (or higher) and JASO MA, such as Castrol Power 1 Racing 4T 10W-40 (fully synthetic) engine oil, sold as Castrol Power RS Racing 4T 10W-40 (fully synthetic) in some countries.

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