

# Triumph Speed Triple 1050 1050 maintenance sheet

Speed Triple 1050 (2005) · 131 PS (96 kW)

Years : 2005–2010      Generated on : 12 October 2026

## Technical specifications

Petrol      Engine code : Triumph 1050 triple      1 050 cm<sup>3</sup>      Manual 6

## Maintenance schedule

≈: estimated reference — the vehicle’s service indicator prevails.

| ITEM                            | INTERVAL              |                                                                                                                                                                                   |
|---------------------------------|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Oil and filter change           | ≈ 16,000 km or 1 year | JASO MA or MA2 approved four-stroke motorcycle oil (JASO MB on scooters): an “energy conserving” car oil makes the wet clutch slip. Change it more often in city use or on track. |
| Brake fluid                     | Every 2 years         | Replace the fluid in both circuits (and the hydraulic clutch if fitted), whatever the mileage; dark fluid has absorbed moisture.                                                  |
| Fork oil                        | ≈ 30,000 km           | Fork oil change and seal check; an oil film on the tubes means a seal needs replacing before it contaminates the brake caliper.                                                   |
| Chain kit (chain and sprockets) | ≈ 25,000 km           | Lubricate and check the tension every 500 to 1,000 km and after rain; replace chain and sprockets together when the chain no longer holds its tension or the teeth are hooked.    |
| Spark plugs                     | Every 24,000 km       | Replace the full set; worn plugs raise consumption and cause misfires.                                                                                                            |
| Air filter                      | Every 24,000 km       | Replace more often in dusty conditions.                                                                                                                                           |
| Valve clearance                 | Every 24,000 km       | Check and adjust if needed, often together with the plugs; too little clearance burns the valves, too much makes the engine noisy.                                                |
| Coolant                         | Every 3 years         | Replace the coolant and check the hoses and radiator; check the level cold between services.                                                                                      |

## Service record

| DATE | MILEAGE | WORK DONE | WORKSHOP |
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Indicative intervals and costs: adapt maintenance to the engine, use and manufacturer’s instructions.

Full schedule and updates : <https://auto-karnet.com/en/maintenance/triumph/speed-triple-1050/speed-triple-1050-2005-2010/1050-131>