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# Welcome

- Eleanor Condon- TI Development Officer
  - Gary Crossan- TI Development Officer
- Alicia McConnell- SP Community Group Liaison

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# What is a Triathlon?

[Triathlon Ireland](#)

- Multi Sport
- Swim Cycle Run
- Different types
- Different distances

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# Success of 2021 Program

- 34 participants
- Virtual duathlon program
- [Elaine's story](#)

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# 2022 Program Outline

- Starts Monday, 18th April for 8 weeks
- Receive plan for each week on Friday before
- Weekly check-in on Mondays\* and S&C session
- 2 in-person training sessions
  - 7th May venue TBC
  - 28th May in Skerries
- Event on 12th June in Skerries (750m swim, 20k bike, 5k run)

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# What You Will Need

- Swim gear/trisuit, hat, goggles, wetsuit\*
- Bike, helmet
- Comfortable runners/clothes

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# Trisuit



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# Wetsuit





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# Where to buy

- Aldi/Lidl
- CycleSuperStore
- Base2Race
- Wheelworx
- ChainReaction
- Wiggle
- Shop local

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# Next Steps

- Register as a **'SITE USER'** on [www.triathlonireland.com](http://www.triathlonireland.com)
- 'Events', 'Course Calendar'
- 'Tri with Pride 2022'
- Fill out **ALL** details (**\*SUCCESSFUL PAYMENT\***)
- Closing on Friday
- Max. 40 places

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# Contacts

- Program details
  - [eleanor@triathlonireland.com](mailto:eleanor@triathlonireland.com)
- Membership
  - [amy@triathlonireland.com](mailto:amy@triathlonireland.com)

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# Questions???