



Welcome

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



What is a Triathlon?

Triathlon Ireland

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



Success of 2021 Program

- 34 participants
- Virtual duathlon program
- Elaine's story



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

What You Will Need

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



Trisuit

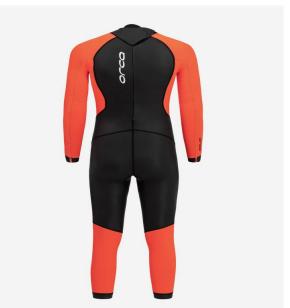






Wetsuit







Where to buy

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



Next Steps

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



Contacts

- Program details
 - o <u>eleanor@triathlonireland.com</u>
- Membership
 - amy@triathlonireland.com



Questions???

