



triatlon  
**trilogy**

www.trilogy.ie

newsletter



edition: April 2020

## Address from Tri-Laois Race Director - Vincent Dowling

Triathlon started for me by accident really, I played all sports from a young age and enjoyed them all but as I got older a damaged knee that I had for years started to come at me. I got it cleaned out and that's when I started cycling to build the knee up and this is where Willie Fitzpatrick started to get onto me about doing a Triathlon. I could swim ok but with my knee I was sceptical of running (as most of you know I love running) So I decided after a big push in 2012 I would do one triathlon 'Tri-Laois' before I was 50 and that would be it!!

Well three weeks later I was down doing the Joey Hannon Triathlon in Limerick and I was hooked and the rest is history. I would have to say that I am so delighted to be a part of Trilogy Triathlon Club which has the most amazing group of people involved, whether you're a beginner or your top of your game everyone encourages each other and while some people might take it more serious than others they all have the banter which is brilliant. At some races you can see other clubs looking at us having the craic and wondering are these serious and then after the races when we have top finishers I'd say they are scratching their heads, but that's what it is all about enjoying it! Especially like me as you get older and are able to do it.

I was only doing sprints as I was afraid of the knee so I was tipping along and then Christmas 2018 I was reading a blog by another member Martina Cahill and it struck a chord with me whingeing about my knee after what she went through so I pressed pay on paypal for the Dun Laoghaire Half Ironman 2019. I have to say coming over the finish line that day was one of the best feelings I ever had and the support from Club members taking part and those around the course supporting us, is why without a shadow of a doubt Trilogy is the best club around. While looking back at it now Race day was the cream on the cake but training with Paddy Doran and Kieran Hoey (our coach, plug in) and other club members, who joined us along the way and the amount of knowledge from other club members who done these type of races before, is what got me over the finish line. I would like to thank them all! So from sprints to one Olympic in Athy last year, to a Half Ironman I have peaked so I am dropping back down from the pyramid to sprints again! (Don't anyone tell Sinead Wearen)

The biggest achievement I had was finishing the Dun Laoighre Half Ironman and next to that was beating Trish Nicholls in a sprint finish in Athy in a club race (sorry Trish)

**Tri Laois:** Unfortunately with the current situation in the country at the moment we had to adjourn the race until next year and I would like to acknowledge the commitment and work done by the Tri-Laois committee in particular Yvonne Lambe. We are lucky to have people like Yvonne and others in the club who are driving the club on making it bigger year by year, so keep safe and we will make Tri-Laois 2021 the best yet.



*Vincent Dowling*  
Tri-Laois Race Director 2020 (2021 now if re-elected)

# Women in Sport Section

Women's Lead Co-ordinator for Trilogy, Ingrid Condell spoke with Olwyn Larkin

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promoting #20x20 in the year 2020

**Name:** Olwyn Larkin

**How long have you been a member of Trilogy?** Member since 2015 when I competed in Tri-Laois

**Age bracket:** I'm 50 this year so I think that means I'm in the 50-54 age bracket!!

**Did you always play sport?**

I played a little bit of sport in school like everyone else but really only started serious running as an adult. We swam every summer because we had an outdoor pool in Tullamore.

**How much of a role has sport played in your life past and/or present?**

I was always interested in sport and always liked to keep fit. As I get older I appreciate the value of staying strong and keeping active. Use it or lose it kinda mentality.

**What is your favourite discipline (swim, cycle, run)?**

Run. I love to run. I love the freedom I feel when I'm running. I love to feel the movement when I'm running well and feeling fit. I've completed 7 marathons (this is probably my favorite distance) and would hope to continue well into the future. It's so good for your mental health also.

**What's your favourite Tri distance?**

I've competed in Sprint and Olympic distance so far. I hope to do a middle distance this year...so watch this space

**What's your favourite thing you love/like about your club?(Trilogy)**

I love how inclusive Trilogy are. I also love how they all LOVE to race. They train hard and race even harder. I admire quite a few of the Trilogy Ladies...

**Who's your female sporting hero past/present?**

Martina Navratilova was always a favorite as a child and of course Sonia O'Sullivan. People like Katie Walsh and Nina Carberry changed the face of their sport so I would consider both of those hero's for all the young women trying to be recognized in a very male dominated sport.

**Do you have a life motto or phrase you live by?**

"Fake it till you make it" Even on those days you might not want to train, go do it anyway.

**What is the most important thing for you about the #20x20 campaign?**

20x20 is a very strong message. For women who never thought they could be triathletes seeing other women taking part helps them believe they can also do it. Nowadays young girls are so into social media so if seeing other girls participate in all types of sport becomes the norm, they will just assume they too can do it!!



## Words of Wisdom from Trilogy Chair - Niall Kavavnagh

I hadn't realised how much I took for granted. Having my lunch in Stradbally Fayre, meeting and greeting people with the glad handshake, spinning on a Monday night, running on a Wednesday night, swimming on a Thursday night, a few pints at the weekend and the crowning glory of the week, the Sunday spin with the posse.

It's all come to a shuddering stop now! As Yeats once said " all changed utterly, a terrible beauty is born "

So where do we go from here ? Well, we all have more time now than we ever had, that's good. We have the time to support our friends and family. It's all that matter's after all. When the false gods of wealth, consumerism and possessions are rendered worthless, we have time to ponder on what's important.

For Triathletes - Swimming, Biking and Running can take their place! We might have to wait a while for the water to warm up but we can cycle and we can run. We might not be able to do it together but we can do it, we will and we are. Avoid group sessions, keep it personal but let us all know what you are up to. If you are feeling rattled by it all, pick up the phone and talk to one of your many Trilogy compadres.

The responses to the Challenges put forward by Pam, have been truly phenomenal. They have given our Trilogy community a huge lift and a purpose to keep at it, stay training, get up, get out and get at it. Physical activity will help us all cope mentally with this unreal situation. It's not easy and this is something that none of us has seen before, we are all out of our comfort zones.

Don't be afraid to ask for help or to give that help if asked!!

Mind yourselves  
Niall



Madeleine & Niall on their #RideitwithRacheal challenge last month

## Club Training

## #BeSmart #StaySafe #TrainSafe

### Cycling:

At this time due to government restrictions surrounding COVID-19 we advise all our members not to cycle outdoors at present. Please if you have a TURBO use this instead. If you use Zwift contact Kieran Hoey and he will add you to a group he has set up. We encourage you not to cycle outdoors for the coming weeks for fear you could fall off your bike and end up in A&E and given the pressure on the healthcare system at the moment we are advising you to stay at home and do alternative training sessions.

### Running:

Billy has put up in the group a great tool so you can view your 2km radius from your home. Please use this to run safe run routes from your area. Aoife will not be providing any speed sessions for the coming weeks as speed sessions are hard on your body and compromise your immune system. At this time we need to keep our immune systems in optimal condition. If you are an experienced runner we advise you to be sensible with your running programme over the coming weeks.

### Pilates:

Roisin Dunne hopes to add another Pilates session for the club over the next few weeks. This will be uploaded to YouTube

## STRENGTH & CONDITIONING FOR SWIMMING

- Eimear Mathews

Missing your late night Thursday swim? Well have no fear, Eimear has devised a Strength & Conditioning programme for you to practice from home, to keep those vital muscle groups used in swimming working and moving.

Aim to do 5 sets of each, do each exercise for 40 sec, 10 sec rest moving to next exercise.. When all 7 are finished, 1 min rest and repeat.

Before you get started, make sure you are well warmed up. .Swing out the arms. Run on the spot, heels to seat, high knees. Circle the ankles. Slowly roll out the neck. I choose basic S&C exercises here, that you should all be familiar with. You are in charge of your workout, so if it hurts, STOP!! Ok Enjoy.

*Eimear*

### One Full Set

PLANK on elbows, 40 sec

Single leg Lunges, change leg after 20sec

Bridges hold for 40 sec

Press Ups. On toes or On Knees. 40 sec

Side Plank 20sec change side 20 sec

Lie on you back. Flutter kick,  
Remember those straight legs. 40 sec

Russian Twists. Use any weight to suit you.  
Even a 2kg bag of rice.



## Training Officer Paul O'Brien Talks about the benefits of H.I.I.T - High Intensity Interval Training

I'm in the fitness industry for nearly 20 years teaching classes like spinning, TRX, Boxercise, Circuits, strength and conditioning and many more but I have to admit that H.I.I.T (High Intensity Interval training) is by far the best and most beneficial session amongst them all.

The sessions build up your overall body strength and muscle development. They speed up your metabolism and burn calories during and hours after the session has ended, reducing body fat and increasing muscle mass.

H.I.I.T Increase overall flexibility, agility and coordination. It Improves your cardiovascular fitness and increases your overall Vo2 max. Sessions can be performed anywhere like the office, home, shed etc as they are all stationary exercises working on fast movements on the spot. They are a must if you're a triathlete like myself as we use every single muscle within a race and most of the time at an extremely fast pace.

A lot of the time body conditioning can be ignored and we need that power in order to achieve those targets we have set. Most importantly they develop that strong mindset and keep anxiety and depression at bay! Training is a medication and always remember that!

Join me online via Facebook or YOUTUBE and give a workout a go!

*Paul*

