

INTERVIEW WITH GARY CONDELL

NEW LOOK!

NEWS
LETTERS
TRIPS
TRAIL

Technology



DENISE MURPHY
2020
IF SHE CAN'T SEE IT, SHE CAN'T BE IT

FEATURING:
RÓISÍN DUNNE
SAOL ACLAÍ

LET'S TALK
TRAINING
DURING
COVID - 19

ISSUE 5
MAY EDITION



INTERVIEW WITH COMMITTEE MEMBER GARY CONDELL

'WOMEN IN SPORT' THIS MONTH INGRID CONDELL CHATTED TO DENISE MURPHY ABOUT HER TRIATHLON CAREER WITH TRILOGY AND MUCH MORE

LET'S TALK - TRAINING DURING COVID - 19

HOW ZOOM IS TAKING OVER OUR HOMES!
THIS MONTH WE CHAT TO ROISIN DUNNE FROM SAOL ACLAI

FUNDRAISERS FOR PEOPLE IN OUR COMMUNITY



An Interview with Gary Condell

Every month we chat to one of our committee members, May see's us catch up with Gary Condell a member of Trilogy since 2017...

Hi Everyone,

I hope you are all keeping safe and continuing to train during these unprecedented times. For those of you that don't know me my name is Gary Condell and I'm currently on the Trilogy Committee.

I signed up to the People In Sport Programme in 2017 and inevitably got the bug for triathlons and have never looked back. I come from a background of playing a lot of rugby, underage rugby in Portlaoise RFC and Leinster schools rugby with Kilkenny College, for those wondering I used to play loose head prop!

One of my main ambitions joining Trilogy was to learn to swim and gain confidence in the water as this was something I was lacking. I couldn't swim a single length of the pool without stopping and was afraid to enter water deeper than I could stand up in. Thankfully I have overcome this fear and now even enjoy a few wide elbows and closed fists during races!

During my first year of racing I completed five Try-a-Tri events and towards the end of the season completed my first open water sprint in Carrick-on-Suir. (Downstream Swim) Last year I completed my first Olympic Distance Race in Athy and competed in The National Series which I really enjoyed. These races may seem daunting due to the competitiveness but they're actually nearly nicer to compete in as the events are always so well organised and run on time.

This year I was hoping to complete The Metal Man Triathlon which is a Half Ironman distance but unfortunately this race has been cancelled. I understand it's difficult to keep training and pushing ourselves on during these times but the way I'm looking at it is we should take this opportunity and get ahead of the pack as I can guarantee you everyone around the country is feeling the same.

Put what training is possible in now and you'll reap the rewards when we get going again. I'm trying my best to keep pushing on with training as there's a few "older" gentlemen in the club I need to catch!



One of the major advantages of being involved in such a good club is we can all work off each other and learn from one another. So no matter how silly you might think a question you have is you should always ask it.

There's no better way to learn and I can guarantee you'll get a good answer. I know that's how I learnt a lot since I joined Trilogy, there are members in this club with endless knowledge and experience in the sport.

I know from my own experience Niall & Trish have really helped me out with plenty of advice and tips!

So for now, keep the heads down and legs moving and it won't be long until we're all back out racing as a club!

Stay safe and fit!!

Yours in Sport,

Gary Condell



An Interview with Denise Murphy

Every month during the year 2020 we feature one of our female members in support of the National 20x20 campaign. This month Trilogy Women's co-ordinator caught up with Denise Murphy a long standing member of Trilogy.

My name is Denise Murphy and I have been asked to contribute my story as a female member of Trilogy as part of the 2020 movement for women in sport.

I'm a member of Trilogy for about 12 or 13 years now. I was first introduced to triathlon in Phoenix Park observing a very early DCT. It was the time you could turn up, sign up on the day and race, with only a small field of entrants. My love was born. I had always enjoyed sport and regularly entered various run and cycle events. One of my achievements was the Wicklow 200 on a 3 speed racing bike, on which I also did my first triathlon! This was a non sanctioned TI event, run by Kildare County Council as an introduction to the sport. That was the start of my triathlon journey.

I joined Trilogy a while after that and have been a member ever since. In those early days the ratio of men to women was approximately 10:1 at most races. It was daunting as a woman and I remember feeling nervous asking about racing or training tips.

At that time Triathlon Ireland were in the early stages of developing their educational programme. I was interested in learning more about the sport from an athlete and coaching perspective. Along with a few other club members, I undertook the Level 1 Coaching course, and subsequently went on to complete my Level 2 and TI Tutor course. I now tutor on a number of courses for Triathlon Ireland. I also coach on our PinS programme and coach with a few other clubs and athletes.

I started with sprint distance in my first season. Then progressed onto my first Olympic, Tri Athy, quite a few years ago now. I have done 2 middle distance races. My favourite distance is the Olympic, but I do enjoy the challenge of the middle distance.

I am very passionate about our sport, and our club. I have some fantastic memories of our triathlon achievements as a club. My first time to put on an Irish tri suit and represent our country was in Budapest 2010. We also went to London in 2013, and raced on part of the Olympic course from 2012 and Rotterdam in 2017, when we had our biggest female contingent on a club trip. Something that struck me in Rotterdam was competing amongst so many club members with such a strong female presence, both as athletes and supporters. I believe Trilogy, as a club, is second to none.



What started out as a Trilogy social outing ended up, as you may have experienced yourselves, in a registration drive for our next adventure. What followed on from that was an amazing journey to the Half Ironman in Dun Laoghaire in 2018. It was a proud time for me, to train and compete with a few other fabulous female club members. Then to turn around in 2019, go back to the same venue, with so many female relay teams that we had to request additional entries really put Trilogy's female stamp on the event. A perfect example of female club camaraderie and support. We trained together and some took on various personal challenges to be part of the relay teams. Seeing club members dotted around the route on the day made it all the more special. An amazing season of achievements and memories for so many of us.

I believe the female growth in our sport and in Trilogy has been phenomenal in recent years. Our PinS programme has brought a lot of female and male athletes into our club. Mainly in part to the friendly, inclusive and informative way we coach and encourage. I am impressed by how much the female contingent has grown in my time in triathlon.

I'm a big supporter of the 2020 campaign for a few reasons. I think it's about time we celebrated every aspect of females in sport. From our participation, to achievements, to the support we provide and the encouragement we give others. We play a role in so many aspects of sport and I think it's something that should be highlighted and fostered to grow as we go forward. I believe the time has come for women to be given the platform to show their ability. This starts with sports education, coaching, mentoring and even down the simplicity of visibly supporting one another at events, both as athletes and females.

In order for the 2020 movement to further promote ourselves as female athletes, we need the support of our families and friends, both male and female, and in return we can create an environment that is mutually beneficial to every member of our sporting community.

So, given the time we are now living in, and to any of our female members out there wary about their participation in the sport I will leave you with these training points to consider:

- S - **Specific** - Is what I am doing relative to what I want from triathlon?
- M - **Measurable/Meaningful** - What training am I doing and is it useful?
- A - **Attainable** - Can I achieve what I want to by doing this?
- R - **Relevant** - Is what I'm doing relevant to my goal or objective?
- T - **Time** - Have I the time to do it? Is the time right to do this?

- T - **Time** - I need to find a little bit of time to train.
- R - **Reasonable** - Is what I am doing relevant to my training?
- I - **Intensity** - Add a little intensity to improve my fitness.
- L - **Like/Love** - What ways can I train to bring me satisfaction?
- O - **Onwards** - Remember, aim to always move forward.
- G - **Goals** - Set goals, short term and long term. It gives you something to focus on.
- Y - **You** - Always believe in yourself and remember you can do it.

Finally, "Feel the Fear and Do It Anyway".

Denise Murphy



2020
IF SHE CAN'T SEE IT, SHE CAN'T BE IT

LET'S TALK

TRAINING DURING COVID -19

Despite the current restrictions Trilogy members have come together to offer challenges, training ideas and motivational work-outs.

The whole idea may seem ludicrous for some considering the racing season is now gone, but staying moving, staying active and staying fit is not only good for your physicality but also for your mental well-being. Here are some of the challenges and training sessions currently available.



Niall Kavanagh's Brick Sessions

Normally run on a Tuesday night, this year you have a chance to still give them a go. Brick sessions require you to cycle 8km, run 1.6km, cycle 8km and run 1.6km. Please be advised to stay within the radius, the importance of this session is to bike hard, run hard! (TWICE) Anyone who wishes to post their results can do under 'The Ride it with Rachael' post on FB.

Aoife McEvoy's Speed Sessions

Like, love or loathe Aoife is back with a punch with her weekly speed sessions. Aoife is posting every Wednesday in our Facebook group to get you to up your cadence and heart rate. She offers two types of sessions depending on your running level. There maybe no triathlon season but who knows there could be a few races by the end of 2020 or early 2021 in which case, now is the time to get into second gear to aim for your PB!

**SPEED
is
BACK!**



Tri-it-with-Trish Nicholls

This means exactly what it says on the tin! Trish wants you to stay motivated and practice those ever important transitions. She challenges you to 15 minutes of Pilates, T1, 20km cycle, T2 and a 5km run. Trish's challenge has spurred several members on to take her on! Don't forget to post your results!! **#TriitwithTrish**

Skip with Liz McWey

If you've haven't tried this challenge, well, you really need to. This childhood past-time is actually a super workout for your fitness. Liz has her challenge video up on our YouTube channel. Be sure to go online and view what challenge awaits you. If you're feeling brave take a video of yourself and upload it to our Facebook group. **#SkipwithLiz**



LET'S TALK

TRAINING DURING COVID -19

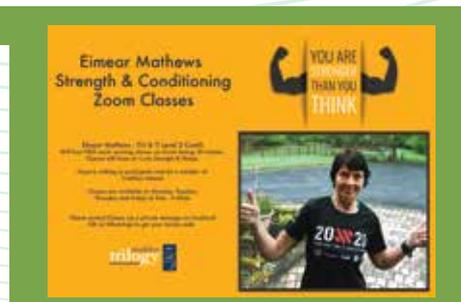


Paul O'Brien's H.i.i.T Sessions

We are all very familiar with Paul's LIVE Facebook H.i.i.T sessions. If you can't join Paul and Kirsty live, all of his online videos are uploaded to our YouTube channel. They usually go up on YouTube within the week of the live broadcast. So if you don't fancy going outside to train these 30 minute sessions won't disappoint with the sweat levels!! Paul likes to throw in some Ab work too, just so we feel we are teeny bit closer to that six pack! Paul is also doing a Month of May challenge DM him direct for more information.

Eimear Mathews S&C Zoom Classes

We all know Eimear from the pool but Eimear is now hosting early morning strength and conditioning classes through Zoom. Classes begin bright and early at 9.00am and run for a maximum of 40 minutes on Monday, Tuesday, Thursday and Friday. She is also hosting an evening class for those who work and these classes take place on Tuesday and Thursday evenings from 6pm again for 40 minutes. If anyone would like to partake in Eimear's classes please contact her via Messenger or WhatsApp.



Róisín Dunne Pilates on Zoom

Roisin Dunne is introducing a new class on Bank Holiday Monday. Those who may miss Roisin's regular classes pre-COVID 19 these sessions are definitely for you and to those who want to see what Roisin has to offer, contact her on Facebook or WhatsApp to get you code for Monday's class. Class begins at 8.00pm so no excuses that you're doing something! Make time for these great motivational classes and improve your overall body and core strength.



If anyone else has any ideas regarding training workouts or maybe you too would like to offer a Zoom class please don't hesitate to contact anyone on the committee and we will do our utmost to help you promote your workouts or challenges within the group!

ZOOM TRAINING THE NEW NORM

WE CAUGHT UP WITH ROISIN DUNNE TO CHAT HOW COVID -19 HAS AFFECTED HER NEW START-UP BUSINESS AND HOW ZOOM HAS HELPED SAVE THE SERVICES SHE PROVIDES



Hi I'm Roisin and a member of Trilogy Triathlon Club for 8 years. I'm now a qualified Athletic Therapist and before Covid hit I worked in Active Body Clinic with Donnacha Phelan.

My own company is called Saol Aclai which translates to movement for life. As an athletic Therapist I'm able to treat diagnose and rehabilitate injuries and provide injury prevention programmes. I also provide pitch side care to several inter-county teams around the county.

I teach Pilates to Trilogy members on a Monday night where Trish kept the class in tune! Covid has created a big difference to the current work life I had before so I believe now it's time to adapt to these times. To focus on what we can all do rather than what we can't do. I'm really looking forward to launching the Pilate on Zoom next Monday night 8pm.

What has always worked for me is keeping active and the ethos of this club is to work together to achieve goals which I think makes it a great club to be part of during these challenging times. I think this is a great time to work on our weaknesses so that we'll face the racing season stronger. Its important to assign time to recovery and eating well also. Many have extra time now spending this on the turbo or 2km radius runs so it's never been so important to mind your body and take into account the extra stress of this virus has taken on us all.

I also have created a free tele-rehabilitation appointments so that while your keeping active and achieving those goals you can know I'll do my best to design a programme to sort any injuries or weaknesses you want to work on.

Stay safe,

Roisin Dunne



- Acute & Chronic Pain
- Running Injuries
- Back Pain

Sports Injuries
saol aclaí
• athletic therapist | pilates •
• rehab & injury prevention •
Roisín Dunne 0851734070
Sports Massage & Injury Diagnosis & Rehab

Trilogy Fundraisers

During COVID - 19 the committee have decided to raise some much needed funds for two people in our community.



The poster features a dark blue background with white and yellow text. At the top, it reads 'Trilogy Triathlon Challenge' in white, with 'Two 'Gofundme' campaigns - Two Distances - Three Disciplines' below it in yellow. The main challenge is 'BURPEES' in large white letters, with silhouettes of people performing burpees. To the right of 'BURPEES' is '50 or 100 reps' in yellow. Below this is 'BIKE &' in large blue letters on a yellow background, with a silhouette of a cyclist. To the right is '20km or 40km' in white. Below that is 'RUN' in large white letters, with a silhouette of a runner. To the right is '5km or 10km' in yellow. At the bottom, it says 'Martina Cahill & Jamie Wants to Walk Campaigns' in white, with 'Complete challenge in 'One Day' or track your progress over a 'Few Weeks'' below it in yellow. The Trilogy logo and website 'www.trilogy.ie' are in the bottom right corner.

Trilogy Triathlon Challenge
Two 'Gofundme' campaigns - Two Distances - Three Disciplines

Triathlon Distance Sprint or Olympic

BURPEES 50 or 100 reps

BIKE & 20km or 40km

RUN 5km or 10km

Martina Cahill & Jamie Wants to Walk Campaigns
Complete challenge in 'One Day' or track your progress over a 'Few Weeks'

trilogy triathlon
www.trilogy.ie

We would hope that everyone in Trilogy would try and complete a Sprint or Olympic distance for both campaigns. This Sunday will see Martina's challenge launched. We would ask people to donate when they have completed the challenge. We will be running side challenges along side these fundraisers. Martina's will be skip/sit-up for 5 minutes, Donate €5 and nominate 5 people to join in. These side fundraisers often raise more money, than the campaign itself so it's really important to get as many as your friends and family involved.

Jamie wants to walk campaign will start in 3 weeks time, again we'd ask you to do the same as above. Jamie's side campaign will be run 5km, Donate €5 and nominate 5 people.

We'd also encourage you to ask family and friends to join in the main campaigns. They can cycle the distance over a few days or a few weeks and just track their process. Once they are finished they can donate to the cause.

For more information on both campaigns please go to the 'GoFundMe' page and look up

Martina Cahill's Lymes Disease Fund
Jamie Wants to Walk (Also on Facebook)

Both campaigns need at least €30,000 lets hope Trilogy can push their campaign's in the right direction!!