****

**About the Programme**

* This is an 8 week coached programme for men and women coached by Triathlon Ireland certified coaches and Trilogy Triathlon Club leaders
* Places are strictly limited to 21 participants and will be allocated on a first paid basis
* Over the 8 weeks participants will get the chance to take part in over 24 training sessions including running, swimming, cycling and participation in a duathlon and a pre-race triathlon
* By 4th April you will be equipped to complete the TriLaois Try Race – 400m/750m Swim – 20km Cycle – 5km run

**Participant Conditions**

* You must be living in Laois and be over 18 years old
* You must become a member of Triathlon Ireland in order to be insured for training and partaking in TI sanctioned and Trilogy Triathlon Club races

**Costs**

* The cost of the programme is **€60** and must be paid **before 10th February** to ensure your place.
* Other costs and information re Triathlon Ireland membership fees are detailed below

**Swim**

* Participants must be able to swim at least 25 metres non-stop
* **Wednesday, 8-9pm** at Portlaoise Leisure Centre (PLC)
* Bring hat, goggles, water bottle, swimsuit
* Coach: Eimear Matthews
* All participants are encouraged to do additional swimming practice

**Cycle**

* Must have a roadworthy road bike – no mountain bikes
* **Saturday 10am (duration 60-90 mins)** - meet at Centrepoint, Mountrath Road
* Must carry a mobile phone and spare tube on all cycles
* Must wear a helmet, hi-vis and appropriate clothing for weather (rain gear, etc)
* Coach: Denise Murphy

**Run**

* **Monday 7-8pm** meet at the back of Portlaoise Leisure Centre beside the field
* Wear runners, hi-vis, weather appropriate clothing, bring water
* Coach: Denise Murphy

**Everything Else You need to Know:**

* We will have **transition** preparation sessions, i.e. how to go from Swim to Bike to Run efficiently
* We will be holding two club events to prepare you for TriLaois
* One is a **Duathlon** in **March** (Run/ Bike/ Run). Location- The Heath
* The other is a club Triathlon on **March 28th** – you will have the opportunity to do a trial run with our club members before the big day, location: PLC
* **WhatsApp** is our main method of communicating with participants. Please download so you can be included in group and kept up to date of all training sessions
* **Race Entry** is open on **Triathlon Ireland** website.

**Triathlon Ireland Licence**

* This licence is **mandatory** and is your insurance to participate in triathlon and to participate in training with Trilogy Triathlon.
* It is *not* a membership fee for Trilogy Triathlon Club
* Your TI licence is a fee payable to Triathlon Ireland in order to participate in the sport of triathlon

**Information re Triathlon Ireland Licence – PLEASE READ CAREFULLY as this will explain which type of licence you should buy. This information is available on the Triathlon Ireland website**

## MEMBERSHIP TYPES & FEES FOR 2020

The cost of membership with Triathlon Ireland varies depending on whether you are a triathlon club member or not. Explanations for each membership type are given below.

|  |  |  |
| --- | --- | --- |
| **Membership Type** | **Club Member** | **Non-Club Member** |
| Race Licence | €66 | €75 |
| Training Licence | €23 | €25 |
| ODM – One Day Membership | €22 | €25 |

#### 2020 RACE LICENCE: €66 (NON-CLUB MEMBER: €75)

Suitable for those who intend to race in 2020. You receive a level of personal accident cover, are insured for training with a club and to participate in as many Triathlon Ireland sanctioned events as you wish to enter, *without* paying a One Day Membership fee.

Becoming a race licence member of Triathlon Ireland is easy and comes with many benefits

* **Insurance Cover - Third party and personal accident cover while racing in a sanctioned event, training with an affiliated club or training on your own.**
* Annual Race Licence - Avoid the need to purchase a One Day Membership for each event.
* Race Series Eligibility - Compete in any of the Triathlon Ireland Race Series.

**2020 TRAINING LICENCE**

* Training Licence/Non Racing Licence Members are *not* covered for racing and they must pay a One Day Membership fee to participate in a TI sanctioned race.
* **Insurance Cover - Third party and personal accident cover *during* training with an affiliated club**

**ONE DAY MEMBERSHIP**

The one day membership (ODM) fees apply to all participants who are not current Triathlon Ireland annual members.

**Insurance Cover** - Third party and personal accident cover *while racing* in a sanctioned event through Triathlon Ireland.

One Day Membership Fees:

* Triathlon - €25
* Try-a-Tri - €15

**Summary re Licence**

* If you think you will race in more than one triathlon during 2020 it is better to get a **racing licence**
* If you will only race in one triathlon, you will need to purchase a **training licence** and a **one day membership licence**, for the one race you will participate in e.g. TriLaois.

**How to buy a Licence**

* Log on to www.triathlon Ireland.ie
* Click “Members Log in” and select “Register Here” at the bottom
* Once you register, you’ll be taken to your profile – select Membership/Renew Membership
* Select the type of licence you would like.

\*Please note a discount will be applied if you select Trilogy Triathlon Club as your Club and the price should update to the discounted rate.