

Trilogy

triathlon

Swim Bike Run



GUEST INTERVIEW
JAMES HOARE
TRI COACH JAMES

MARCH 2021



Welcome to our first Trilogy Magazine! We hope you enjoy reading some interesting articles. A big thank you to our contributors this month Sharon Roche, Denise Murphy and guest interview with James Hoare, from Tri Coach James.

Thank you to Darach Kennedy for helping with the edits! Don't forget our magazine is now quarterly and our next edition won't be out until the end of June. If anyone would like to contribute to our June edition please email pro@trilogy.ie

Thanks

Pam



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GUEST INTERVIEW

QUARTERLY FEATURE

JAMES HOARE FROM TRI COACH JAMES

I have been competing in triathlons since 2004 and have raced from sprint distance to Ironman. My biggest achievement was winning the 2017 Triathlon Ireland National Series. I have an Ironman PB of 9:21 and a half Ironman PB of 4:12. I continue to have a huge passion for the sport and enjoy working with other athletes to help them achieve their goals.

What to expect from a triathlon coach

Whether you're just getting started, looking for those extra gains or preparing for an Ironman, finding a coach can make the world of difference in your development as a triathlete. However, it's essential to get the right coach for YOU. A good coach will know when to push forward and deeper and also when to back off with regards to workouts.

Even for athletes who understand how to build a training schedule, it can be difficult to make the right decisions. A coach serves as a fatigue manager who is removed from the emotional attachment of training and races. A coach can be objective in doling out both hard workouts and rest days.

Appropriately structured training - Many athletes go out and do whatever they feel like on any given day. However, good coaches will bring structure to your training, which will maximize your performance on race day. Coaches harness principles such as periodization, specificity and peaking to construct a macrocycle that will allow you to get the most out of your training. Having a coach takes the guesswork out of your scheduling, allowing you to have one sole focus: getting the training done. This is mentally liberating and allows you to channel your energy into nailing workouts--not worrying about if you're doing the right thing on any given day.

Optimise available time - if you have limited time to train, a coach will help you make the most of this time. It is also important to structure your training week/days in way that fit around your life to provide time for family, work and socialising. This is one of the most critical components of a coach / athlete relationship.

Provide objectivity - when you are looking at your training and performance as an athlete, it can often be difficult to be objective about where you are at and what you need to do.

Tactical and strategic input - Good coaches have been through the ropes. They should be experts in all things triathlon, including swimming, biking, running, racing, nutrition, strength training, exercise science, equipment, etc. Many people learn with trial and error, but having a coach can eliminate a lot of those trials so that you have fewer errors in training and racing. An experienced coach will be able to analyse a race course and advise on race strategy based on your particular areas of strength and weakness.

Accountability - there is a massive amount to be said for having someone to be accountable to get you out training consistently and properly. By our nature, triathletes tend to be disciplined individuals who have the ability to get it done on their own; however, that doesn't mean it's easy. Having a coach invested in your success and monitoring your workouts simply makes it easier to tackle your workouts. You never think "do I really need to do this today?" or "nobody will know if I skip this last interval or session." When you have someone holding you accountable, those little voices subside and it is much easier to simply get it done.

Support - there are times when all athletes need something extra, maybe a shoulder to cry on, a stern talking to, advice and general chat; a good coach will be there for you.

Hiring a triathlon coach is a personal decision. At the end of the day, each athlete needs to think about their time commitments, personal life, and finances. Whether you're hoping to transition from short-course to iron-distance, or just hoping to finish, a coach will certainly make the journey a lot more enjoyable, educational, and rewarding

If you're thinking about hiring a coach, seek someone out who understands your lifestyle and training goal.

A good coach-athlete fit is like a relationship. There needs to be excellent communication on both sides, a certain level of respect, and the athlete needs to have confidence in what the coach is prescribing



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James Hoare crossing the finish line

Note from editor: James has kindly offered a negotiable discount for any Trilogy members that wish to explore the option of having a Tri-Coach



PAM GROGAN

MARCH EDITION: RECOMMENDED READS

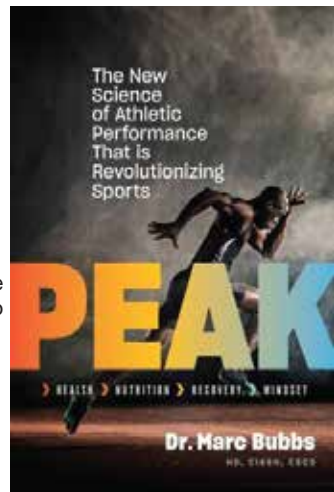
KNOWLEDGE IS POWER

PEAK BY DR. MARC BUBBS

Dr. Marc Bubbs harnesses his experience as a performance nutrition consultant for professional and Olympic athletes to deliver a book that makes nutrition science accessible, actionable and achievable for everyone. Synthesising information from leading experts and analysing top performers in sports, such as Grand Slam tennis champion Roger Federer, Dr. Bubbs lays out the record-breaking feats of athleticism and strategies that are rooted in this personalised, holistic approach to fitness.

This book is definitely a game changer. While you might find some of the nutritional references or terminology a bit scientific, you will understand the principal. This book will change your approach to your training, adapting to stress, recovery and nutrition. Exploring scientific evidence and lab testing and discovering how reliable they are to the everyday athlete.

A must have read if you want to gain the edge over your rivals and competitors or if you simply want to train to your optimum no matter what level you compete at. I'm looking forward to his new realase in May where his new book focuses on training for 'Mid Life Health' titled, 'Peak 40



ENDURE BY ALEX HUTCHINSON

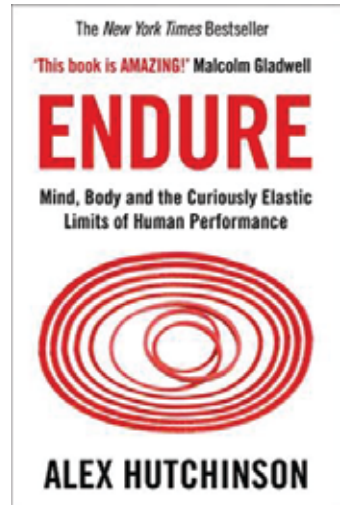
How high or far or fast can humans go? And what about individual potential: what defines a person's limits? From running a two-hour marathon to summiting Mount Everest, we're fascinated by the extremes of human endurance, constantly testing both our physical and psychological limits.

In Endure Alex Hutchinson, Ph.D., reveals why our individual limits may be determined as much by our head and heart, as by our muscles. He presents an overview of science's search for understanding human fatigue,

from crude experiments with electricity and frogs' legs to sophisticated brain imaging technology. Going beyond the traditional mechanical view of human limits, he instead argues that a key element in endurance is how the brain responds to distress signals-whether heat, or cold, or muscles screaming with lactic acid-and reveals that we can train to improve brain response.

An elite distance runner himself, Hutchinson takes us to the forefront of the new sports psychology - brain electrode jolts, computer-based training, subliminal messaging - and presents startling new discoveries enhancing the performance of athletes today, showing us how anyone can utilise these tactics to bolster their own performance - and get the most out of their bodies.

This book is fascinating as it delves into the lengths cyclists, runners, triathletes go to in order to push to their limits. It also taps into the psyche of endurance junkies and how many have perished in their goals to achieve the unachievable



THE TRIATHLETE'S TRAINING BIBLE (4TH EDITION) **BY JOE FRIEL**

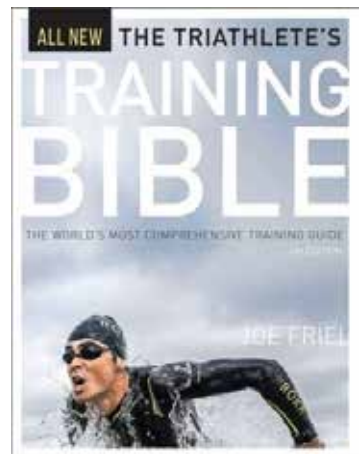
The Triathlete's Training Bible is a comprehensive guide for aspiring and experienced triathletes. Joe Friel is a trusted coach in the world of tri and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon.

Joe has completely rewritten this new 4th Edition of The Triathlete's Training Bible to incorporate new training principles and help athletes train smarter than ever.

The Triathlete's Training Bible equips triathletes of all abilities with every detail they must consider when planning a season, lining up a week of workouts, or preparing for race day.

With this new edition, Joe will guide you to develop your own personalised triathlon training program and:

- * become a better swimmer, cyclist, and runner
- * train with the right intensity and volume
- * gain maximum fitness from every workout
- * make up for missed workouts and avoid overtraining
- * adapt your training plan based on your progress and conflicts
- * build muscular endurance with a new approach to strength training
- * improve body composition with smarter nutrition



The Triathlete's Training Bible is definitely one to read if you are planning to push to half or full Ironman level.

The science and sport of triathlon have changed so much since the previous editions released. This new edition adds emphasis to personalising training plans, incorporates new power meter techniques for cycling and running, improves on the skill development techniques, updates the strength training approach, speeds recovery for busy athletes, and cuts through the noisy volume of training data to focus athletes on the numbers that mean the most to better performance.



A BEGINNER'S GUIDE TO RACING

SHARON ROCHE

Now that you've taken the first step and joined your local triathlon club, you'll be eager to enter your first race soon enough. Trilogy is a great club to train with, pick up tips for race day, and generally have the craic with your clubmates!

The best craic is often had on race day with the bit of banter and friendly competition. The handy guide below should help you decide where to start when choosing where to race, and at which distance, when you are starting out.

These are just my picks for beginners and I would always recommend asking around about different races, there is a wealth of experience within the club.

So first up, which distance to pick? You'll hear people talking about a Sprint race, an Olympic race and so on. Generally, the distances for the different race types are standardised throughout the country but can vary slightly. For example, the run for a sprint race is usually 5km. I have completed sprint races where the run was just shy of 5km or closer to 5.5km. The typical distances covered for each race type are outlined on the table below.

| Race Type | General Distance Covered | | |
|--------------------|--------------------------|----------|---------|
| | Swim | Bike | Run |
| Try a Tri | 250m-400m | 6km-20km | 3km-5km |
| Sprint | 750m | 20km | 5km |
| Olympic | 1500m | 40km | 10km |
| Double Olympic | 3000m | 80km | 20km |
| Middle Distance | 1900m | 90km | 21.1km |
| Half Ironman/ 70.3 | 1900m | 90km | 21.1km |
| Full Ironman | 3900m | 180km | 42.2km |

Most people will enter a Try a Tri distance or a Sprint race for their first triathlon. Athletes who feel the swim is the weakest of the three disciplines may choose Try a Tri until they build up their confidence in the water.

Now that you know what distance you want to cover; you need to pick a location. We are so lucky in this country that most races can be driven to on the morning of race day and very few require an overnight stay. Although the overnight stay can be part of the appeal too!

Triathlons can be pool based or in the open water. Pool based swims are a good place to start for those who may be nervous of the open water. With the open water, many factors should be taken into consideration, such as, is it a river, lake or sea swim? Water conditions can vary greatly so I have put together a handy summary of some of the races I would recommend for beginners. I have included pool-based swims and races that I would recommend if you are venturing into the open water for the first time.

| | | |
|--|--|--------------|
| When- April | Perks: Medal, T Shirt, Goodie Bag. Good value for money. Friendliest marshals in the country! | |
| Swim | Bike | Run |
| Pool Based- sprint or Try a Tri options | Undulating-well marshalled | Out and back |
| Summary: Tri Laois is, without a doubt, the best race on the Triathlon Ireland Calendar. It is usually the opening race of the season and very popular with beginners. The race is based in Portlaoise Leisure Centre and there are two race options – Sprint or Try a Tri. Sponsored by Joe Mallon Motors, all entrants get a goodie bag with a race t-shirt, a medal, water bottle and some other goodies too. The race experience here is one of pure exhilaration. The marshals are exceptional with encouragement from start to finish. I completed Tri Laois in 2014 and have been hooked ever since. My top pick for your first race! | | |



| | | |
|---|--|------------|
| When- April | Perks: T Shirt, Good value for money. Not too far to drive. | |
| Swim | Bike | Run |
| Pool based in Nenagh Leisure Centre- Sprint | Fairly flat, out and back | Hilly |
| Summary The North Tipp Sprint is usually a week or two after Tri Laois. It's the next event on the calendar if you have caught the bug! Based in Nenagh Leisure Centre, this race is a no-frills event but good value for money. The pool swim will appeal to those who aren't yet ready for the open water but only a Sprint option is available. The bike is a fairly flat out and back route and the run is a loop. I found parts of the run quite hilly and somewhat challenging. The run route could also be better marked or have more marshals. They usually have tea and sandwiches in the community hall afterwards. | | |

| | | |
|--|---|---------------------------------|
| When- May | Perks: Usually something decent like a wet gear bag for entrants. Loads of Trilogy faces on the day. | |
| Swim | Bike | Run |
| Pool Based- Limerick (UL Sports Arena) | Out and back with ups and downs | Out and back with ups and downs |
| Summary A fabulous race hosted by Limerick Triathlon Club and held in the UL Sports Arena. A fond favourite of mine and a chance to swim in a 50-metre pool for those who enjoy the swim. Sprint and Olympic options are both available for this race and the pool itself is fabulous. The bike route is very well marshalled and the atmosphere is superb. This is the last pool-based race on the calendar until the end of the season (September) | | |

JOEY HANNON MEMORIAL TRIATHLON

TRIATHY

| | | |
|---|---|------------------|
| When- May | Perks: Medal and a race belt. Great atmosphere, close to home! | |
| Swim | Bike | Run |
| River Barrow- several distances | Out and back | Loop- some drags |
| Summary Tri Athy is usually held over the Bank Holiday Weekend in June. A popular choice by PinS in recent years as their first open water race, as Athy is only 30 minutes from Portlaoise. There is a Try a Tri option with a 250m swim. There are also Sprint, Olympic and Double Olympic options available. This race has a rolling entry, which means your race chip is activated once you get into the water. The rolling start makes the swim quite safe but I felt the bike course was quite congested at times, with more experienced cyclists overtaking novices. This race is expensive in comparison to most events on the calendar, but it is close to home and all finishers get a medal. This in itself appeals to many who are venturing into the open water for the first time and would like some bling to take home. | | |

| | | |
|---|--|----------------------|
| When- June | Perks: Try a Tri is in shallow water! | |
| Swim | Bike | Run |
| Lake based swim in Lough Derg- Sprint and Try a Tri | Out and back | Hilly... very hilly! |
| Summary Lough Derg is hosted by our friends in Nenagh Triathlon Club and is a lovely mid-summertime race. There are two options available, a Sprint and a Try a Tri. We chose this race for our club day away in 2017 due to the inclusivity of the swim. The Try a Tri option is 250m and is in waist deep water, parallel to the shore. This is ideal for anyone feeling apprehensive about the open water. The Sprint race heads out into the lake so bear this in mind if you decide to take on the longer swim. The bike is 16km for those doing the Try a Tri and 20km for the sprint. The run is 5km for both. The run itself is quite hilly but what goes up, must come down! Overall, a very well-run race and good value for money. | | |

LOUGH DERG

| | | |
|--|---|-----------------|
| When June | Perks: Hot food afterwards. Cheap entry. | |
| Swim | Bike | Run |
| Lake based, Ballyalla Lake. Sprint and Try a Tri options | Undulating out and back | Undulating loop |
| <p>Summary</p> <p>I Tri is hosted by Ennis Triathlon club and is well suited to beginners. There is a Try a Tri option where the swim is shortened but the bike and run are the same for everyone. I have done this race a few times and goodies have varied from year to year. The first two years I got a T Shirt and another time got a water bottle. This race is really well marshalled and there is usually hot food of some sort afterwards.</p> | | |

I-TRI ENNIS

LOUGHREA

| | | |
|---|--|------------------------------|
| When- August | Perks: T Shirt, hot food afterwards, late race start, beautiful location! | |
| Swim | Bike | Run |
| Lake based in Loughrea- sprint | Challenging but in a good way | Out and back with some hills |
| <p>Summary</p> <p>Loughrea Sprint is held on the August Bank Holiday weekend. The appeal here is the crystal-clear waters of Loughrea. The bike course is hilly and technical in parts but the encouragement from the local people is fantastic! There is a late race start due to the kid's race that morning which is a nice change from getting up at 5am! The para triathlete championships are usually held on the same day. This creates a bit of a festival atmosphere and the location is very family friendly. There is an ice cream van at the finish line and, I swear, that 99 is the nicest 99 you'll ever have! There is a good post-race feed in the community hall, usually a BBQ. Overall fantastic value for money and a race you will go back to.</p> | | |

| | | |
|---|---|--------------------------|
| When- August | Perks: Downstream swim, usually a decent goodie bag, I got a race towel the year I did it! | |
| Swim | Bike | Run |
| River based in the River Suir- Sprint | Undulating out and back | Flat enough out and back |
| <p>Summary</p> <p>Carrick on Suir has a number of appeals with regard to the swim. The water is clean and very clear, plus the race is all downstream which holds huge advantages for the weaker swimmer, as well as offering the chance of a swim PB for the experienced swimmer. The bike route is mostly uphill on the way out and thankfully downhill on the way back! The run route is along the river bank and fairly flat. The layout is ideal for supporters to go along to as the transition area is condensed into one small area adjacent to the bike mount/ dismount and race finish. I have only done this race once but it's on my list to do again when we return to normal racing.</p> | | |

CARRICK ON SUIR

| | | |
|---|--|--------------------------|
| When- July | Perks: Medal, T Shirt, closed roads for bike and run, hot food afterward, festival atmosphere/ music afterward. | |
| Swim | Bike | Run |
| Lake swim in Lough Ree- Try a Tri and Sprint | Out and back, undulating, fully closed roads! | Out and back, undulating |
| Summary | | |
| Two Provinces, also known as Lanesboro, is hosted by Lanesboro Triathlon Club and the race route crosses the border between Longford and Roscommon. The appeal here for beginners include the Try a Tri option for the swim and the fully closed roads for the bike and the run. As a nervous cyclist, I thoroughly enjoyed this race knowing I wouldn't encounter a car on the bike course. The closed roads also allowed plenty of space for the more experienced cyclist to overtake me safely. The Try a Tri swim is held close to the shore of Lough Ree but it is not in shallow water. The Sprint swim can be challenging depending on the weather, some years it has been very choppy and others it was so warm and calm that a wetsuit was optional! Everything about this race is spot on, from the great parking close to transition to the goodies that you get. There is a fabulous festival atmosphere afterwards which includes music in the marquee and a good feed of food for all participants. There is a kid's event on the same weekend, usually the day before. The location is very family friendly with a playground in the area beside transition for supporters who tag along. A top pick for me! | | |

TWO PROVINCES

These are just some of the races that might appeal to beginners, but it's worth remembering that Trilogy also hosts its own race series which is completely FREE of charge for members. Our race series includes a selection of Triathlon, Duathlon, Aquathon and time trials. We simply ask that members make an effort to marshal at some of the events.

The distances are outlined below and generally a shorter swim option is offered in both the triathlon and aquathon for those just starting out. Relays are always an option too, this might appeal if you're carrying an injury and don't want to run, or if you are still building up your confidence with one of the three disciplines. So, what does our race series look like? Usually 5 Triathlons, 5 Duathlons, 5 Aquathons and a Time Trial on the first Tuesday of each month in the summer.

| Event Type | What do I have to do? | | |
|-------------------|-----------------------|-------------|-------------|
| Triathlon | Swim (750m) | Bike (20km) | Run (5km) |
| Duathlon | Run (1.9km) | Bike (13km) | Run (1.9km) |
| Aquathon | Swim (750m) | Run (5km) | |
| Time Trial | Bike (20km) | | |

The race calendar might look a lot different in 2021 than it normally would and, for me, the Trilogy Race Series was a saviour in 2020 when everything else fell apart. If you ever want to know more about a race, just ask! We're a friendly bunch really, and there is a wealth of experience and knowledge within the club.

'I hope this has helped you out in some way with deciding where to start when it comes to racing. I suppose all that's left to say is, Happy racing and welcome to the club!' - Sharon

Healthy Living
healthy eating



Brazil Nut Stuffed Dates

Not suitable for nut allergies

Ingredients:

All can be bought in Aldi

16 Brazil Nuts

20grms Almond Butter

50grms or two bars (5 bars per pack) Dark Chocolate
(the darker the better) 85% or 70%

16 Dates

*Makes 16



Aldi Brand shopping list

Method:

- Lay out 16 dates, unfold them. If you don't have nimble fingers roll out each date with a rolling pin.
- Place 1/2 teaspoon of almond butter in each date
- Place a Brazil nut in the middle of almond butter and date
- Place in fridge for 10 minutes on baking paper
- Melt chocolate, remove chilled dates from fridge and dip and roll into chocolate.
- *Optional grate a brazil nut over melted chocolate*
- Place chocolate covered dates on baking paper and chill in fridge for 30 minutes.



Dates with Brazil Nuts & Almond Butter

Brazil nuts are nutritional powerhouses, providing healthy fats, antioxidants, vitamins, and minerals. They're particularly high in selenium, a mineral with potent antioxidant properties. Eating Brazil nuts may reduce inflammation, support brain function, and improve your thyroid function and heart health.



DENISE MURPHY

INTERESTED IN COACHING?

HERE'S A GUIDE TO BECOMING A TRIATHLON IRELAND COACH

As we know we are all members of Trilogy and a club requirement is also to be a member of Triathlon Ireland, our national governing body. TI provides access to an array of activities including; calendar of events, race entries, national series ranking, insurance cover for training, club sessions and events. They oversee all sanctioned TI events.

Triathlon Ireland also provides educational development in the area of coaching. The aim is to provide qualified coaches to enhance training structures within clubs.

We may have club members that are interested in becoming a leader or coaches in the future. Here's a brief overview of how Triathlon Ireland's coaching structure works.

All Triathlon Ireland Coaches are accredited by Sport Ireland Coaching.

In 2017 Triathlon Ireland piloted a programme with the International Triathlon Union and our courses are now aligned with the ITU through their Coach Education Partnership Programme. This means a TI Level 1 or 2 Coaching qualification is recognised as valid by all ITU member countries.

Currently Triathlon Ireland coaching courses include the Tri Leader, Level 1 and Level 2 coaching courses. There are also a number of CPD courses run which enhance the knowledge and extend the qualification of L1 and 2 coaches. TI also provides a Tri Heroes programme in primary schools and hopes to roll one a secondary school one in the near future.



**Coach
Development
Pathway**

Here's a brief summary of the current coaching courses. Full details can be found on the Triathlon Ireland website.

Tri Leader

The Tri Leader gives leaders the knowledge and ability to:
Set up a session and assist a coach during a session.
Help run and understand a junior session which was planned by a coach.
Supervise at TI events and sessions.

This can be a stand alone course or it is also part of the requirements for the Level 1.

Level 1

To become a TI LEVEL 1 COACH you must:

- Complete a 3 day interactive and practical coaching course.
- Accredited by Sport Ireland Coaching.
- Accredited by the ITU if the course was completed from 2017.
- Covered under TI insurance.
- Sign a TI code of conduct.
- Complete the WADA Coach True (Anti- Doping Education) Certification.
- Complete a Safeguarding course.
- Revalidate their certification annually or complete CPD.

The Modules covered on the course include:

What is Coaching, Coaching Safely, Coaching skills, Swim/Bike/Run theory, Swim/Bike/Run practical, Intro to conditioning sessions, Session Planning

Pre-Course work: Prior to Day 1 of the course, participants are given access to the ITU online learning hub. There is a substantial amount of pre-course reading and online quiz's to be completed prior to the course.

On completion of the course the Level 1 coach is qualified and insured to do the following unsupervised:

- Plan and coach a club session within the ratio guidelines of the Safety Guidelines for Club Sessions.
- Plan and lead an uncoached club session in the following scenarios:
 - Adult open road
 - Adult open water swim
- Plan and lead or coach a junior session within a pool and closed road bike and run (once safeguarding requirements are complete and ratios adhered to).

Entry Requirements:

Triathlon Ireland member (non race licence minimum). Over 18 years of age. Completed TRI Leader course.

Level 2

TI LEVEL 2 COACHES:

- Complete a 5 day interactive and practical course with substantial post course work and assessments.
- Accredited by the ITU if the course was completed from 2017.
- Covered under TI insurance.
- Sign a TI code of conduct.
- Complete the WADA Coach True (Anti- Doping Education) Certification.
- Complete a Safeguarding course.
- Revalidate their certification annually or complete CPD.

On completion of the Level 2, coaches will have a broad knowledge and can independently plan, deliver, review more complex and specific sessions. They may work with any participation group, Paratriathlon, children through to adults, participation through to performance. Coaches at this level may work independently or within a team structure or under supervision depending upon their own role and the context within which they coach.

Entry Requirements:

- Coaches should be able to demonstrate the following in their application:
- Active Triathlon Coach/Member of Triathlon Ireland, already be an active coach with some experience of coaching Triathletes
- Be at least 18 years of age at the start of the course programme.
- Successful completion of TI Level 1 course, with positive recommendation from Level 1 course facilitators;
- Ideally the Level 1 course should have been completed at least two years prior to starting the level 2 course.
- Demonstrate a high level of spoken and written English.
- Attend 100% of the course;
- Ability to complete all online tasks, will require access to a computer with internet access, in order to use the World Triathlon Education Hub before, during and after the face to face element of the course;

Triathlon Ireland also run Continued Professional Development (CPD) courses for Tri Leaders and Level 1 and 2 coaches include:

- **Junior Coaching Module**
- **Open Water Safety**
- **Open Road Safety**
- **Introduction to Strength and Conditioning**

Triathlon Ireland are constantly developing appropriate coaching courses to help all involved in coaching.

FIND A COACH

Are you looking for a qualified TI coach?

The Triathlon Ireland website provides a list of qualified coaches who can help you on your triathlon journey whether as a complete novice or experienced athlete to achieve your goals and aspirations. TI coaches have a wide range of knowledge, experience and skills to provide the right programme for you.



Virtual Training



Roisin Dunne - Athletic Therapist 'Saol Aclai'

Roisin offers weekly Pilates Classes online that can be booked through her Facebook and Instagram pages on PocketClass.

Roisin also offers super 'Instagram Live' sessions with professionals, recently interviewing Fiona O'Donnell about nutrition and sports injuries.

Roisin is a professional Athletic Therapist and is based in Portlaoise. Roisin will offer advice every edition of our magazine. This month she gives us an incite on DOMS - Delayed Onset of Musle Soreness

What is Delayed Onset of Muscle Soreness (DOMS)?

Exercise induced muscle soreness is common after a bout of vigorous unaccustomed exercise. Muscle soreness that develops 24-48 hours post high intensity exercises is known as (DOMS).

How is it caused?

In most cases DOMS is a result of high intensity exercise that involve eccentric muscle action, which means when the muscles are lengthened and with high muscle forces such as downhill running, skiing and strength and conditioning.

Micro-trauma occurs to the muscle cells and connective tissue which results in a local inflammatory response which in turn results in the person feeling pain and soreness in the affected area.

Eimear Mathews - TI Coach and Trilogy's Swim Coach

Not only is Eimear a Master Baker she has offered online Strength & Conditioning classes throughout the pandemic. Eimear's most recent addition is 'Virtual Turbo' classes on Zoom. Eimear can be contacted through our club page, text messgae or WhatsApp.

Please note class times may vary from month to month and duration of sessions. Please contact Eimear if you are interested in joining her online training group.

Strength & Conditioning Classes

Mondays 9am
Wednesdays 9am
Fridays 9am

Virtual Turbo Classes

Tuesdays 7.20pm and 8pm. 80min or 40min
Sundays 9am 2hours. (If weather is too bad to get out)





Virtual Training



MONDAY

6am/ 7pm - Intermediate/ advanced level dumbbell & Core hiit.

7am/6pm - Total beginners level dumbbell hiit

TUESDAY.

7pm - Spinning session. (All levels welcome)

WEDNESDAY

6am/ 7pm - Intermediate/ advanced level Kettlebells

7am/ 6pm - Total beginners level Kettlebells

FRIDAY

6am/ 7pm - Intermediate/ advanced level Cardio & Core

7am/ 6pm - Total beginners level Cardio & Core

Paul offers a variety of classes throughout the week on Zoom along with nutritional plans for his members. Please contact Paul direct through his pages on Facebook and Instagram to sign up to his online weekly classes.

All classes are virtual and through Zoom



Paul O'Brien - OB Personal Training



Triathlon Ireland offer a comprehensive online forum of training. This is free for TI members. Some of the virtual events include a Zwift League, Strength and Conditioning and their recent challenge of Run-Bike-Run for the LauraLynn Foundation.

Triathlon Ireland can be found on all social media platforms and their website address here:

www.triathlonireland.com

Triathlon Ireland also provide updates regarding training in relation to the pandemic. Training and Race Licences can be bought direct through their website.