

Wicklow Tri Training Sessions – Temporary COV-ID Schedule

All members must register for ALL SESSIONS by Monday at 3pm, each week. If a member registers for a session, they later cannot attend, that is fine. It is used for contact tracing only.

OPEN WATER SWIM

Everyone should be changed and ready to go for session start time.

Monday 7pm, Wicklow

- Beginner and intermediate: Coach Fiona Crean - Wicklow Harbour
- Advanced: Coach – Lisa Howley – the Murrough

Tuesday 6.30am, Greystones South Beach

- All levels: Coach John Doyle – meet at the Lifeguard hut on Greystones South Beach

Thursday 7pm, Greystones

If you are not sure of the group you should be in, please talk to John or Lisa and they will advise you. If you are new to the swim group, please go to the Cove with Fiona for the first night and you will be advised after that.

- Beginner/improver: Coach Fiona Crean – meet at the Marina Cove, Greystones
- Intermediate: Coach John Doyle – meet at the Lifeguard hut on Greystones South Beach
- Advanced: Coach – Lisa Howley – meet at the bottom of the steps at the north end of Greystones South Beach (below the little car park at the train station)

RUN:

Tuesday 7.30 pm, Go Gym/Shoreline Track, Greystones. Coach: Eamonn Tilley

- 7.15 pm - a brief discussion will take place prior to the session
- Athletes will then leave and head in the direction of Tilley's track (road by United Caps factory in Charlesland)
- All bottles will be placed in a box for transportation to the venue by ET

BIKE: TTs

Wednesday 7.00pm, The Beehive, Wicklow. Coach: John Darcy
Please be ready for the briefing at 6:45pm.

There will be 6 TTs, 3 will be 18km, 3 will be 34km

- Leaving the Beehive, Wicklow, to Jack White's pub along the old N11 road, 1 minute intervals between riders, with fastest going last.
- The running order will be circulated on Facebook on Wednesday afternoon
- In order to qualify for a prize you will need to complete at least 3 TTs and Marshall 1

Map 18km - <https://www.mapmyride.com/routes/view/3267713434>

Map 34km - <https://www.mapmyride.com/routes/view/3267714658>

BIKE: Saturday Spins

- 9am & 10am from Ashford
- Routes will be advised in advance on Facebook and Whatsapp.

Yoga

Yoga will continue on zoom on Thursdays at 7pm for the foreseeable future.

Pool Swims

Until further notice all club pool sessions are cancelled.