

If you're thinking that now is the perfect time to stay in touch with like-minded athletes, be connected during a time of increasing isolation and keep your mind and body healthy with some online training, then we have a good option for you going forward.

We are looking forward to getting to know you, helping you with your skills, providing you with as much information as possible and getting you ready to race in peak condition.

#1 FIRST STEP: Affiliation

➤ Annual Membership

All members in our squad must first sign up as an annual member. The cost is \$99 and gives you all these great benefits:

- Welcome pack full of Tri-Alliance goodies
- 20% discount off all 2XU Race Entries
- 20% discount off ON Running shoes through the Tri Shop
- 20% discount from Orca for Orca wetsuits
- 20% discount off Tacx smart trainers
- 15% discounts at Giant Ormond for Giant and LIV bikes, product and apparel
- 10% off Garmin devices and accessories
- 10% discount at Lakeside Sports Medicine Centre
- Use of our athlete marquee on race day (keeps you dry/warm, somewhere to leave your belongings, coaches and athletes on hand to chat with, also includes pre and post massages, BBQ, warm-up and cool down area!)

#2 SECOND STEP: Training Plan

There are 2 online options for training programs:

- **Go Solo – Short Course** – This program is specifically designed for those athletes who have a Fun Tri, Sprint or Olympic distance race goal. It will have the ability for athletes to receive programmed workouts and the option to join virtual sessions, to still enable online, face-to-face communicate via a coach. Programs with up-to-date content will be available via the CoachingMate app, providing a full periodised program with metadata (distance, time, load), strength and conditioning sessions, a dryland swim program, as well as bike (wind trainer and road) and run sessions.

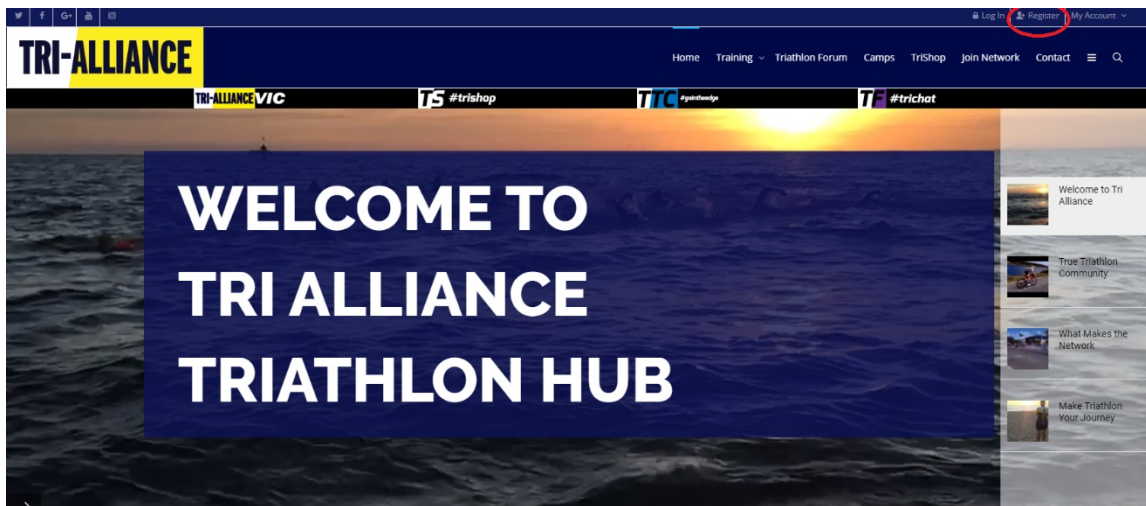
O Cost \$26 p/wk

- **Go Solo – Long Course** – This program is specifically designed for those athletes who have a Half Ironman (70.3) or Full Ironman distance race goal. It will have the ability for athletes to receive programmed workouts and the option to join virtual sessions, to still enable online, face-to-face communicate via a coach. Programs with up-to-date content will be available via the CoachingMate app, providing a full periodised program with metadata (distance, time, load), strength and conditioning sessions, a dryland swim program, as well as bike (wind trainer and road) and run sessions.

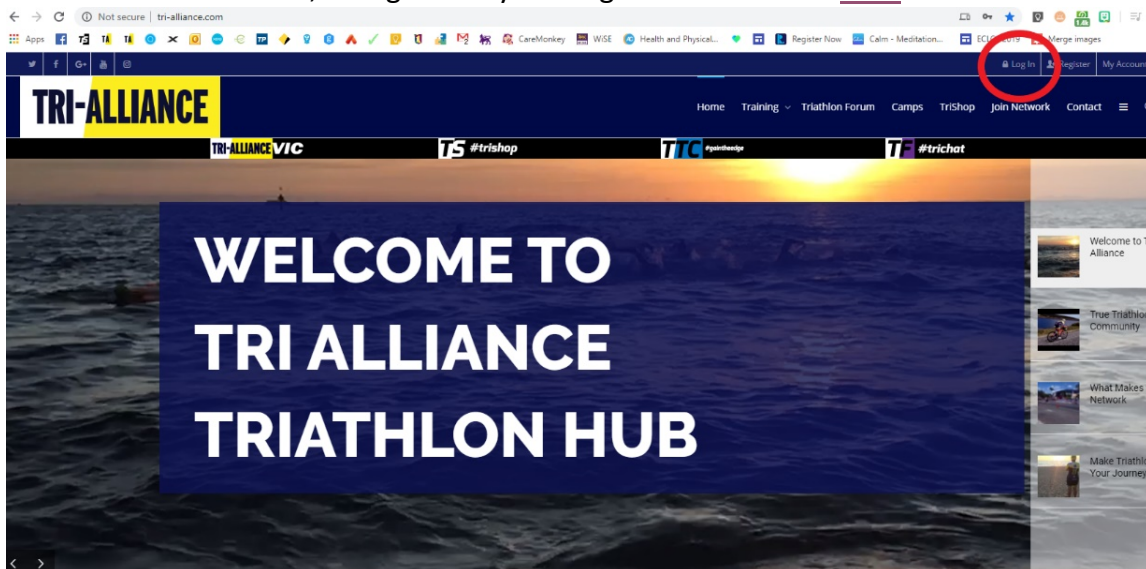
O Cost \$29 p/wk

How to Get Signed Up?

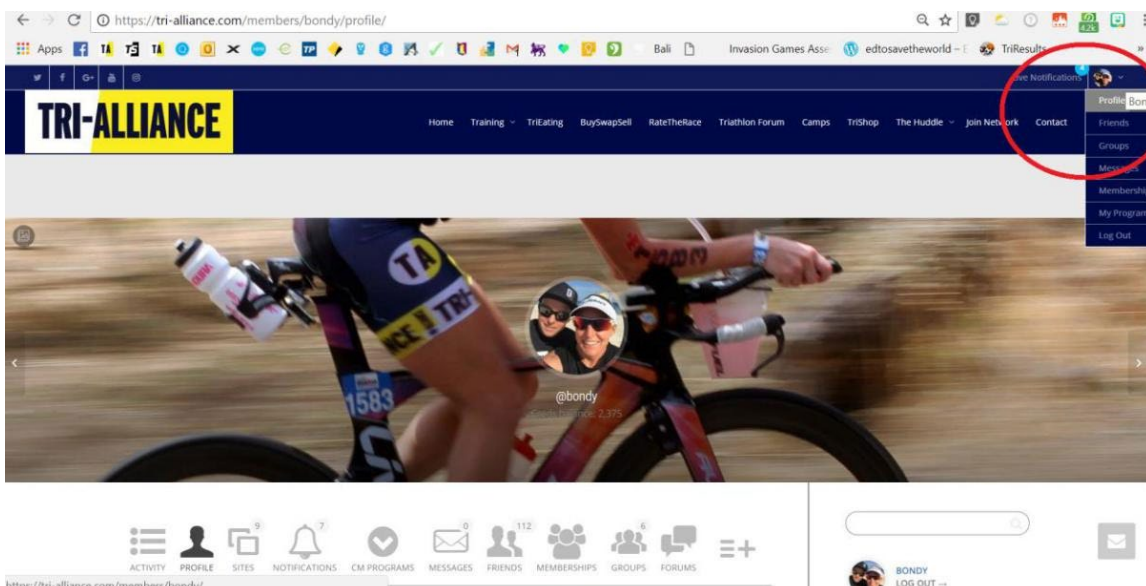
If you are new to Tri-Alliance, create an account by selecting Register:



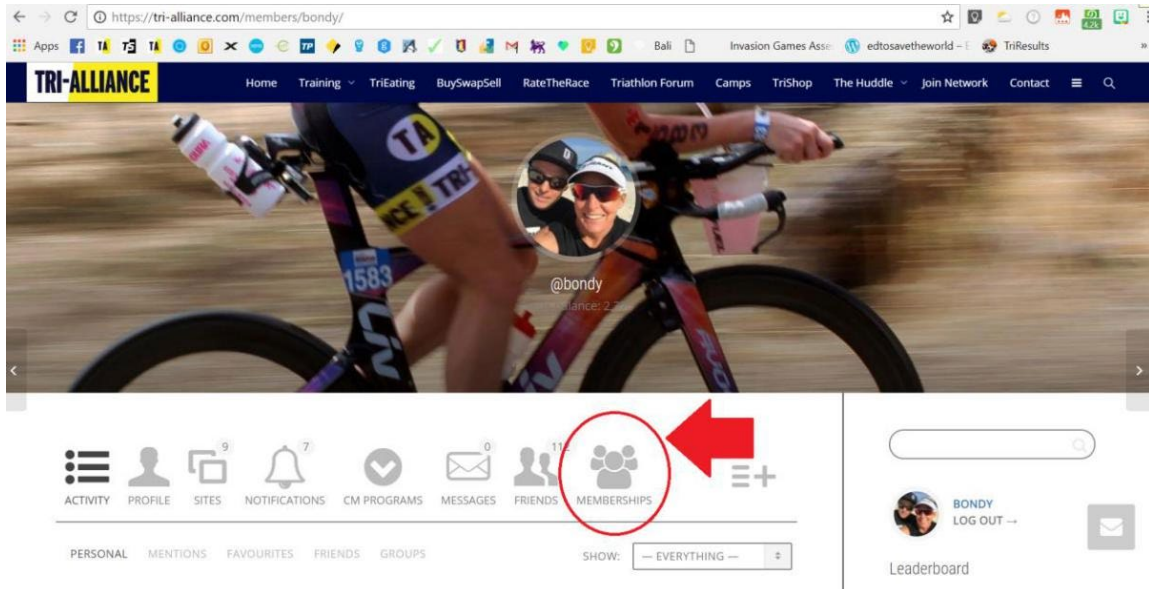
If you have previously signed up for membership, Try-The-Tri or a Tips and Tricks clinic in the past, you will have created a Tri-Alliance account, so login with your original email details [here](#)



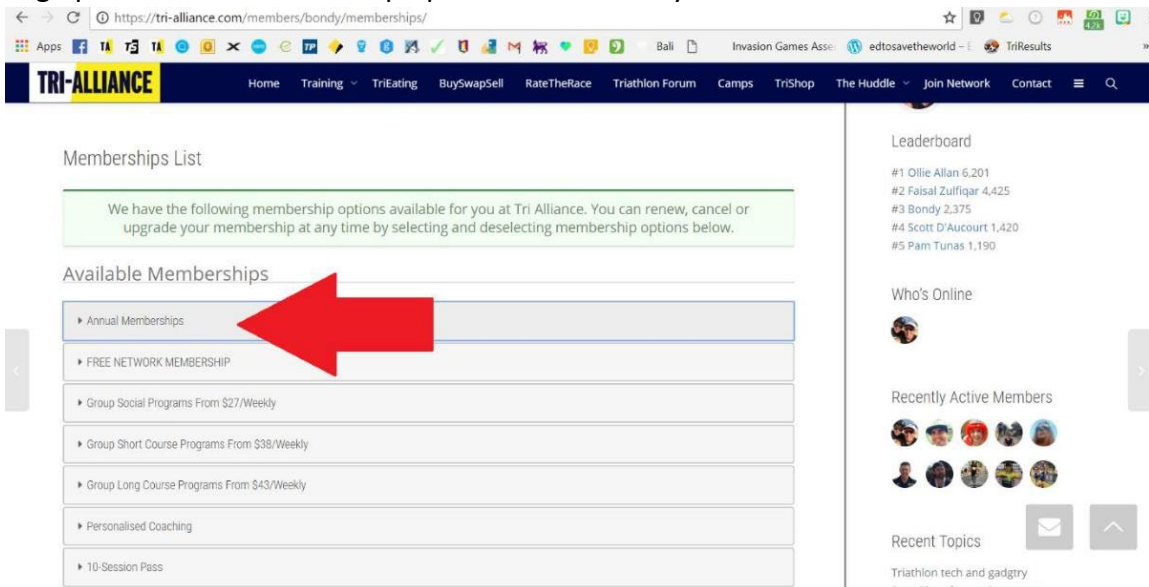
Use the drop-down menu in the top right-hand corner to select "PROFILE". This is where you will be able to access all membership options.



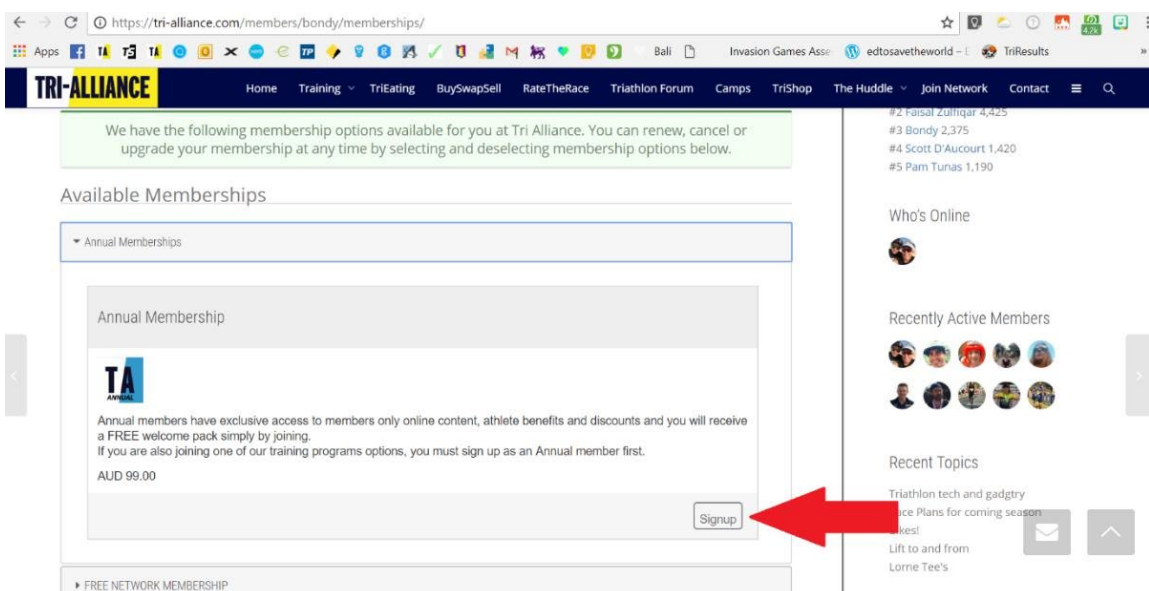
Once in your dashboard, select "MEMBERSHIPS"



This will bring up a list of all membership options available to you.

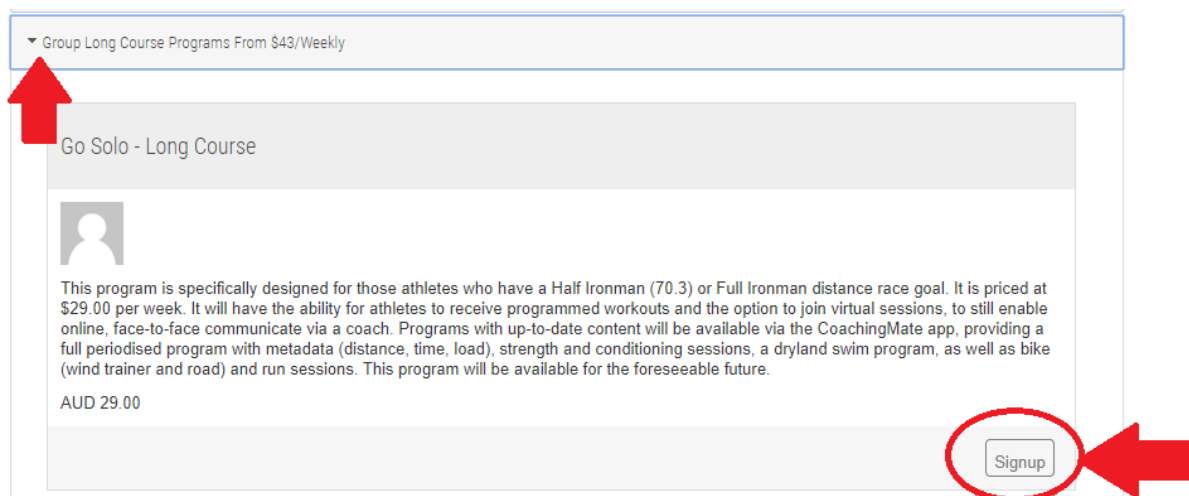
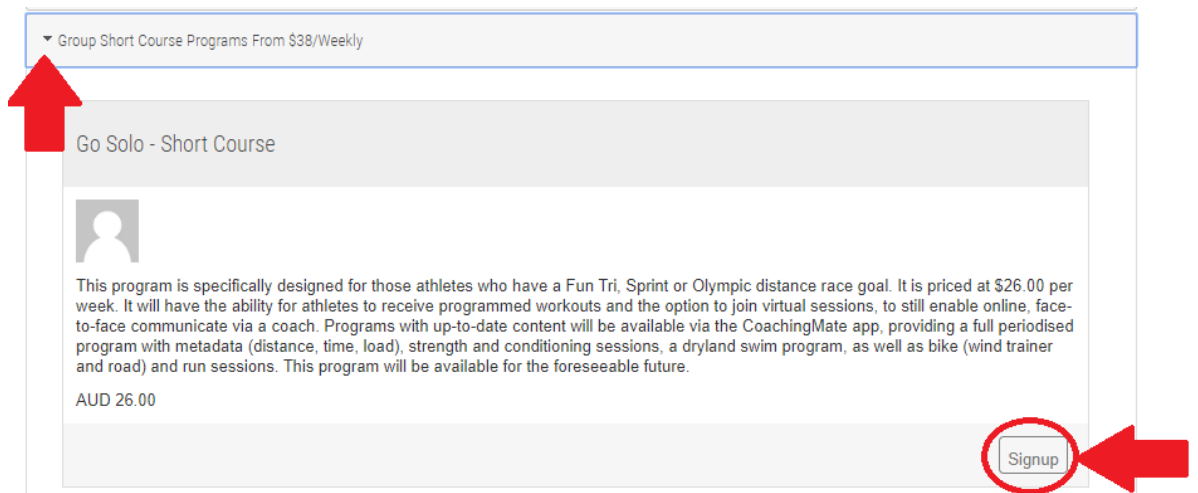


As mentioned, all athletes are required to sign up for an Annual Membership in the first instance.



Once you have completed your Annual Membership, you will be able to see the training plan options.

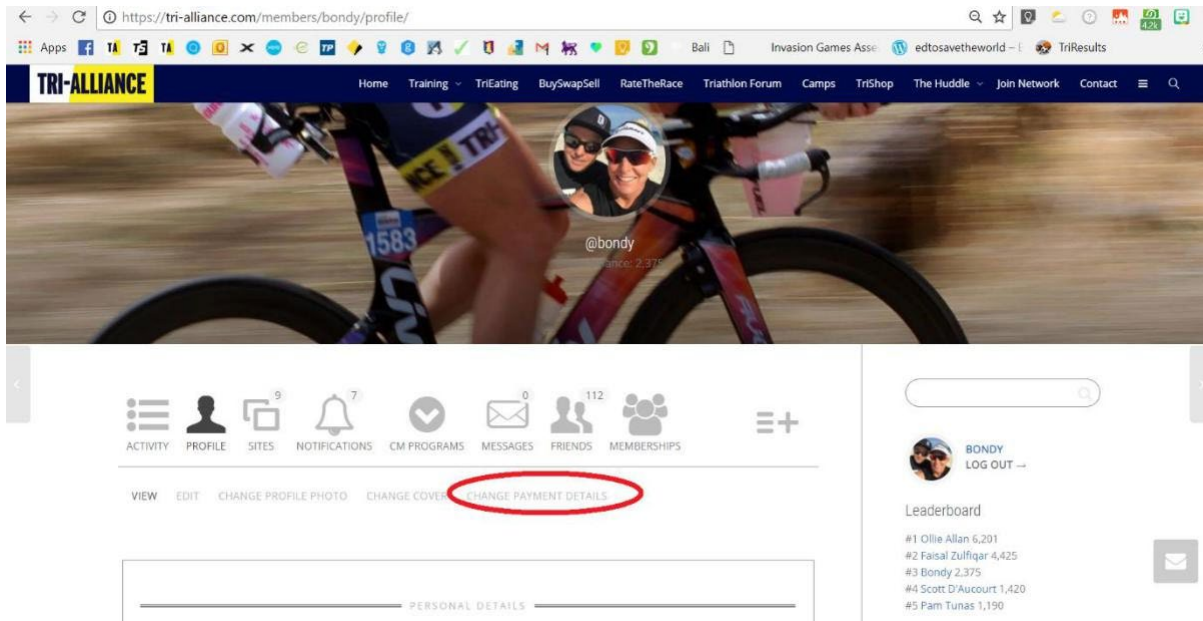
If you wish to sign up for a training membership, use the drop down box on either Short or Long Course Programs and navigate to the type of membership you are wanting (for now, select Go Solo – Short Course or Go Solo – Long Course).



It's that easy. We'll be notified at our end and you can start training right away. Refer to the guidelines regarding "Accessing Your Program via CoachingMate" to see your prescribed session details, including links to online training sessions.

This also means that you are now in complete control of your membership options. So, if you would like to upgrade, downgrade, cancel or renew at any time, you just follow the instructions above to log in and take care of it yourself.

It's the same with payment details. Need to update them? It's all there for you, under your PROFILE:



Once again, we have loved having you guys around the squad and helping you on your triathlon journey. We can still work with you to keep fit and healthy, and keep you connected during this challenging time. Wishing you all the very best with whatever you decide. And don't forget to pop in and say hi when our country gets back up and running. As soon as there's an event – you won't be able to miss the TA Taj!