

Tri it Your Way

Virtual Triathlon Group Program - FAQ

- *Who can participate? Can I participate if I'm doing a duathlon, aquabike, swim-run or mini sprint?*
 - *Any triathlete (or aspiring triathlete) anywhere who is beginner-intermediate. You will have the option to choose a beginner or intermediate plan.*
 - *Beginner plan is for the true beginner who has never done a tri and may be new to one or more of the sports. The Intermediate plan is for someone who has done 1 or more triathlons and would like to improve performance, or someone who is comfortable in all 3 sports and wants to put them together!*
 - *We will be doing a training on how to adjust your plan for various circumstances, and this will include training on how to adjust the plan for a different kind of multisport race*
- *Do I have to be located near one of the partner races?*
 - *No - all trainings will be done virtually - via TrainingPeaks Software, our facebook group and video trainings*
- *Do I have to register for a particular race to participate?*
 - *No - you can pick any sprint race in your area from late June to late July. We have some amazing partner races, which we encourage you to check out. Participants of these races receive 15% off the group program!*
 - *Our partner races are:*
 - Tri Goddess Tri, Du, Aquabike & Mini Tri (Grass Lake, Michigan) 6/28/20*
 - DAM Sprint Du & Tri (Amesbury, MA) 7/12/20*
 - Sebago Lake Sprint Tri (Standish, ME) 6/28/20*
- *How do I get the partner race discount for the program?*
 - *If you are already registered, you will receive an email from the race with a unique code. You may also forward your registration confirmation to anne@triityourway.com and request the code.*

