



Thank you members!

We hope you, your family and friends are keeping safe and well during these uncertain times.

Now more than ever we are incredibly proud to be part of such a positive and supportive triathlon community. We are looking forward to training and racing together soon but for now keep it solo, stay safe and stay strong! Thank you to everyone for adhering to the current advice on social distancing. It's going to feel amazing when we are reunited with club mates again!



A special shout out goes to our fantastic members and coaches who are leading the way in virtual racing and training. From virtual time trials, training sessions and Zwift action to Instagram live workouts and yoga sessions you really are making the most out of lockdown and it has been great to see members coming together to support and encourage each other during challenging times. Please keep an eye out on our [Facebook](#) and [Instagram](#) pages for training, racing events and live workouts from our members.



Virtual Racing

If you are looking for your racing fix (and it's the Spring so who isn't!?) then we have a range of options that club members can take part in. Virtual racing still takes place outside and at present you can choose to use your daily outdoor time to complete one of these races.

This is completely in line with the Government's current advice on social distancing:

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others>

We ask you to keep this advice in mind at all times when training.

There is so much going on for members to get involved with. Please visit our [Facebook](#) group where you can find details about various training and racing events across Merseyside. Special thanks to those keeping leaderboards updated!

Disclaimer: We remind you that these are not official races so you are not covered by any 3rd party insurance when taking part, we ask you to remain sensible as these take place on public roads and you should keep in mind that participation is entirely at your own risk.



Mersey Tri Zwift Sessions

Friday Morning Chain Gang! Starts at 06:30 for about 50-60min effort.

Start your day right! Add Will Turton (Will Turbo MerseyTri) on the companion app for the event invite (or add from friends events).

Edit: it'd be easy for Will to invite you if you have MerseyTri after your name on Zwift 😊

The format is as follows:

Laps on the volcano circuit:

Lead in - 2.6km (approx) - 1.5w/kg

Lap 1 - 4km - 1.5w/kg

Lap 2 - 8km - 2.0w/kg

Lap 3 - 12km - 2.5w/kg

Lap 4 - 16km - 3.0w/kg

Lap 5 - 20km - 3.5w/kg

Lap 6 - 24km - 4.0w/kg

Lap 7 - 28km - 4.5w/kg

Lap 8 - 32km - 5.0w/kg (sprint for line)

Total - 34.6km

get involved and enjoy the draft ...

Join the discord here:

<https://discord.gg/zJDEuW3>

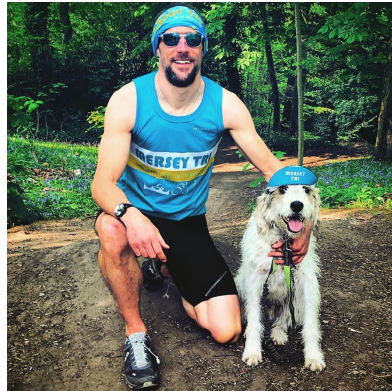
Also keep an eye out for the Mersey Tri Tuesday Zwift night rides!

A special mention also goes to Owen Barden's Tick Tock Ten TT - all details can be found on our [Facebook](#) page. If you are not on Zwift, Anthony Fowler is posting sessions to use on your indoor turbo as long as you let him know what tunes you are working out to!



Club Colours Sunday

If you are out for a ride, run or walk, as part of your daily exercise allowance, please post a picture on our [Facebook group](#) in club colours (family members including dogs encouraged!) It is brilliant to see so many cyan lions looking superb and flying the flag across Merseyside.



Club Kit

We've some OLD club colours kit i.e. without royal blue, but never been worn, in some cases in original packaging. Various sizes but despite what the label says they are mostly on the small side. The label size is no guarantee of correct fit!

Please contact Peter Heron via [Facebook](#) if you want to check it out!

You can find out more details about the club on our website:

<http://www.merseytri.org.uk>

And don't forget to join our official groups on [Facebook](#), [Instagram](#) and [Strava](#).