



Edinburgh Triathletes Squad 2021

Grab This Chance To Be Your Best!






Need to shake-up your
training?

The ET squad provides a
unique opportunity for you
to develop in a successful,
professional and cost-
effective set-up with like
minded athletes.

ET are recruiting now!

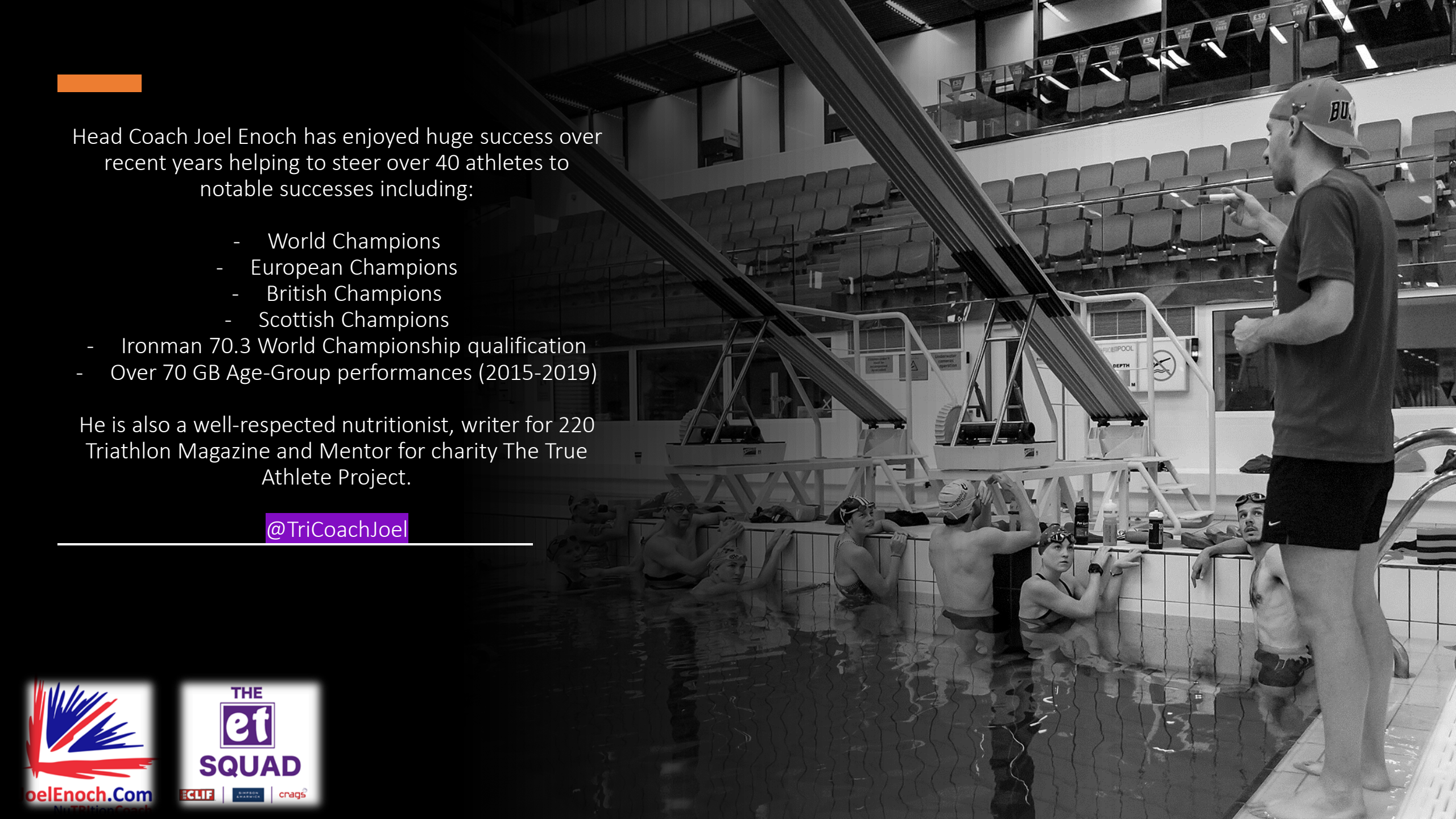




The ET Squad offers members the chance to experience a training environment similar to those housing elite-level athletes.

Here are just some of the benefits you could enjoy:

- Face-to-face coached sessions each week.
 - Virtual sessions each week.
- A comprehensive structured online training plan.
- No additional cost to access to swim/S&C facilities for squad sessions.
 - Dedicated 121s with Head Coach.
 - Sponsorship discounts and free product.
- Free ET Squad Racing kit (plus access to full squad kit range).
 - Access to squad warm-weather training camp.
 - Swim technique video analysis.
 - Educational training sessions.
 - Squad socials.
- Annual season start event and awards night.

A black and white photograph of an indoor swimming pool. In the foreground, a male coach wearing a cap and a t-shirt stands on the pool deck, gesturing with his hands as he speaks to a group of athletes. The athletes, mostly young men, are in the shallow end of the pool, leaning against the tiled edge and listening. In the background, there are rows of empty stadium-style seats and a diving board structure. The overall atmosphere is professional and focused.

Head Coach Joel Enoch has enjoyed huge success over recent years helping to steer over 40 athletes to notable successes including:

- World Champions
- European Champions
- British Champions
- Scottish Champions
- Ironman 70.3 World Championship qualification
- Over 70 GB Age-Group performances (2015-2019)

He is also a well-respected nutritionist, writer for 220 Triathlon Magazine and Mentor for charity The True Athlete Project.

[@TriCoachJoel](#)

NEW for 2021, the ET squad will be moving to a three-tier memberships system. This means you can now take advantage of the following benefits:

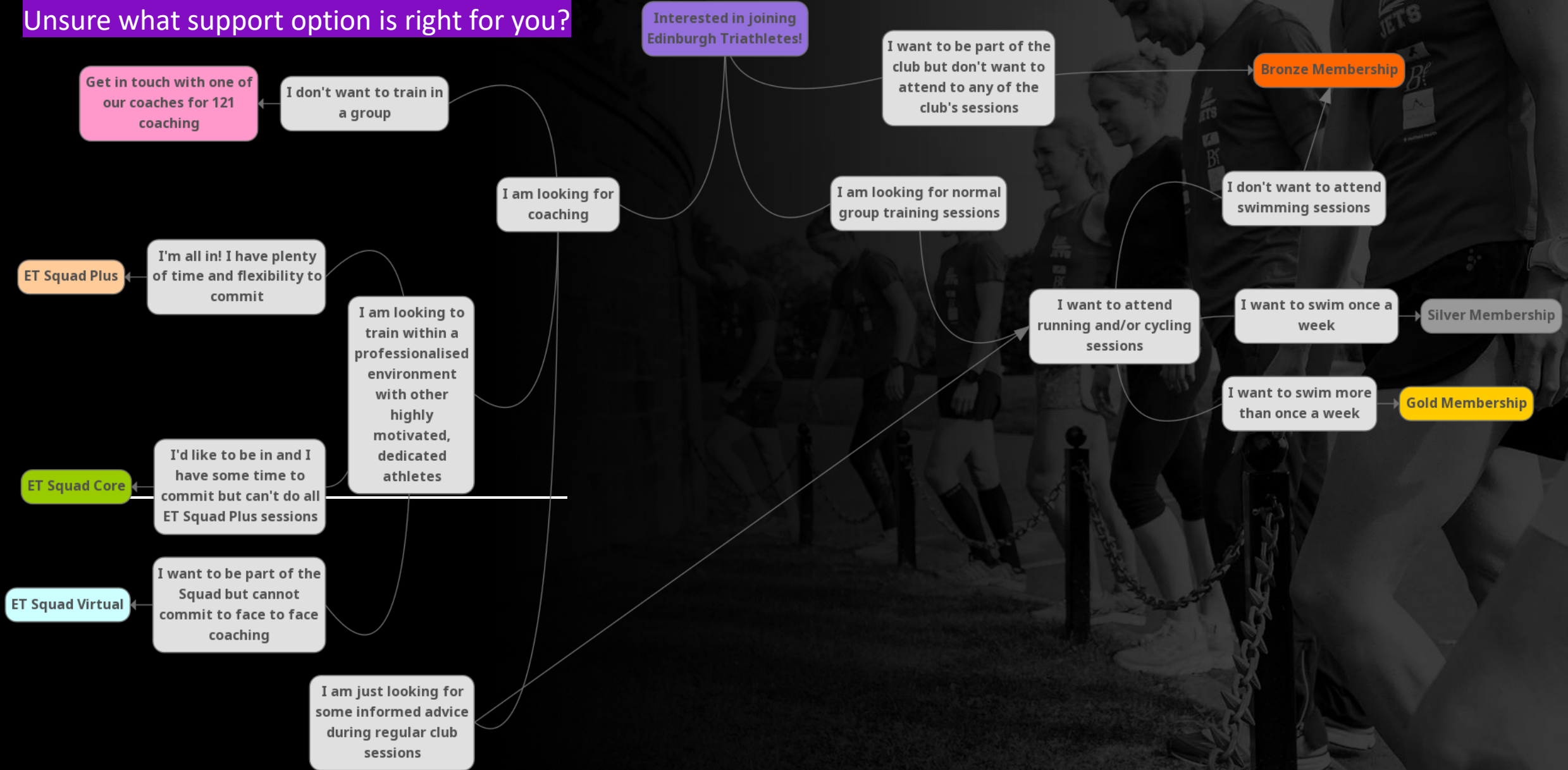
- More membership options and increased flexibility with the ability to move between tiers.
- Membership options to suit the requirements of a greater pool of triathletes both in Edinburgh and beyond.
 - More affordable options.
- The inclusion of more 'virtual' sessions allowing greater flexibility and reduced time commitment without reducing quality of coaching.
- A 'Virtual Squad' option for those not able to attend sessions.
- The possibility of a greater pool of interconnected athletes who can support each other towards their goals.

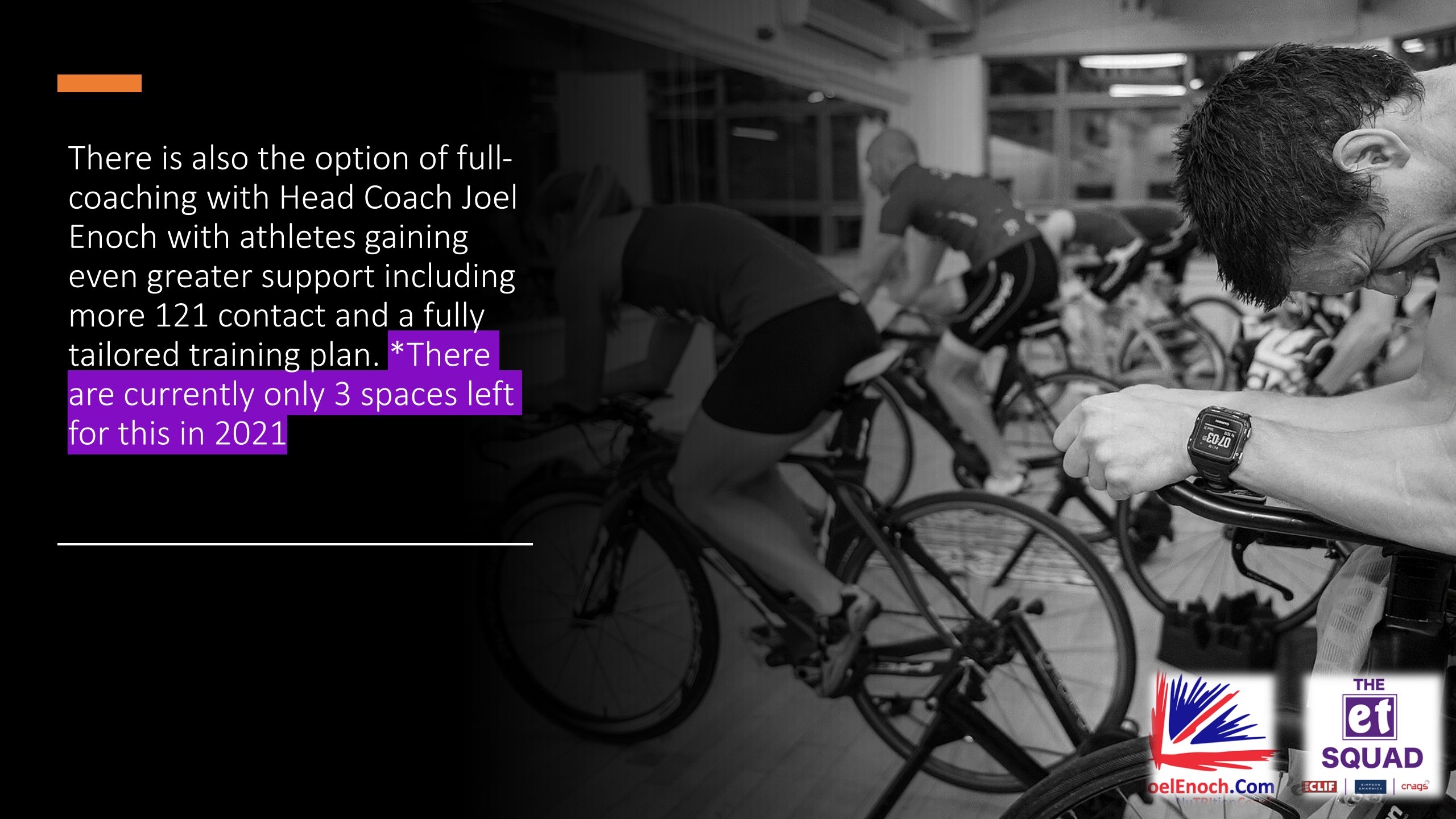
Full details of each tier's benefits are on the next slide



(limited places for each tier allocated by coach to athletes who apply based on a case-by-case basis with a view to placing each individual athlete in the optimal structure and balancing the squad as a whole).	Squad – Plus (Similar support package as 2020)	Squad – Core (A more flexible, affordable version of the Plus option)	Squad – Virtual (An option for those who may not wish to train in a group, or who are unable to attend physical sessions)
Sessions online (broken down below)	11/week (44/block)	6/week (32/block)	11/week ONLINE
<ul style="list-style-type: none"> Coached sessions face to face 	2 x swim, 1 x run, 1 x S&C (4)	Thurs Run, Tues or Fri Swim (choice), Tues S&C (S&C Fri VC Option) (3)	No
<ul style="list-style-type: none"> Coached Virtual sessions 	2 x Bike, 1 x S&C (3)	1 x bike (Wed/Sat) (and S&C Fri) (1)	Yes, access to all virtual sessions/week (3)
<ul style="list-style-type: none"> Online additional sessions 	1 x Bike, Run, Swim, Flexibility (4)	1 x swim, 1 x Flexibility (2)	All (8)
<ul style="list-style-type: none"> Education Sessions (Min, x1 every block) 	YES (option of Tues or Fri)	Yes	Yes Virtual
Access to Coach	Daily (face to face, virtual, phone)	Weekly (face to face, virtual, phone)	Weekly (Virtual, phone- see '121s' for more detail)
Watts App Group	Yes	Yes	Yes
Socials (inc end of season awards 2020)	Yes	Yes	Yes
Access to season start Training day (End Oct 2020)	Yes	Yes	Yes
Access to bespoke ET squad kit (via Impsport)	Yes	Yes	Yes
Squad Mail (weekly news and achievements)	Yes	Yes	Yes
Access to Warm Weather Training Camp (planned March 2021)	Yes	Yes (but preference to plus athletes)	Yes (but preference to core and plus athletes)
121s	Structured session every 2 weeks. (phone, zoom, face to face)	Structured session every 4 weeks (phone, zoom)	Unstructured contact with coach at virtual sessions and via email/phone etc (phone)
Sponsor support	Yes - full + club benefits	Depends on sponsor offer + club benefits	Depends on sponsor offer + club benefits
Gold membership of ET needed? (student/LW discount can apply*)	Yes (£110/year)	Yes (£110/year)	Yes (£110/year)
Student/low wage discount?*	Yes (50%) = around £70 (proposed subject to committee approval)	Yes (40%) = around £54 (proposed subject to committee approval)	Yes (30%) = Around £52 (proposed subject to committee approval)
Can move from tier to tier	Yes (3 block commitment, before move to core/virtual)	Yes (3 block commitment, before move to virtual)	Yes
Athlete guide book at start of season	Yes	Yes	Yes
Fee/4-week block	Around £140	Around £90	Around £75

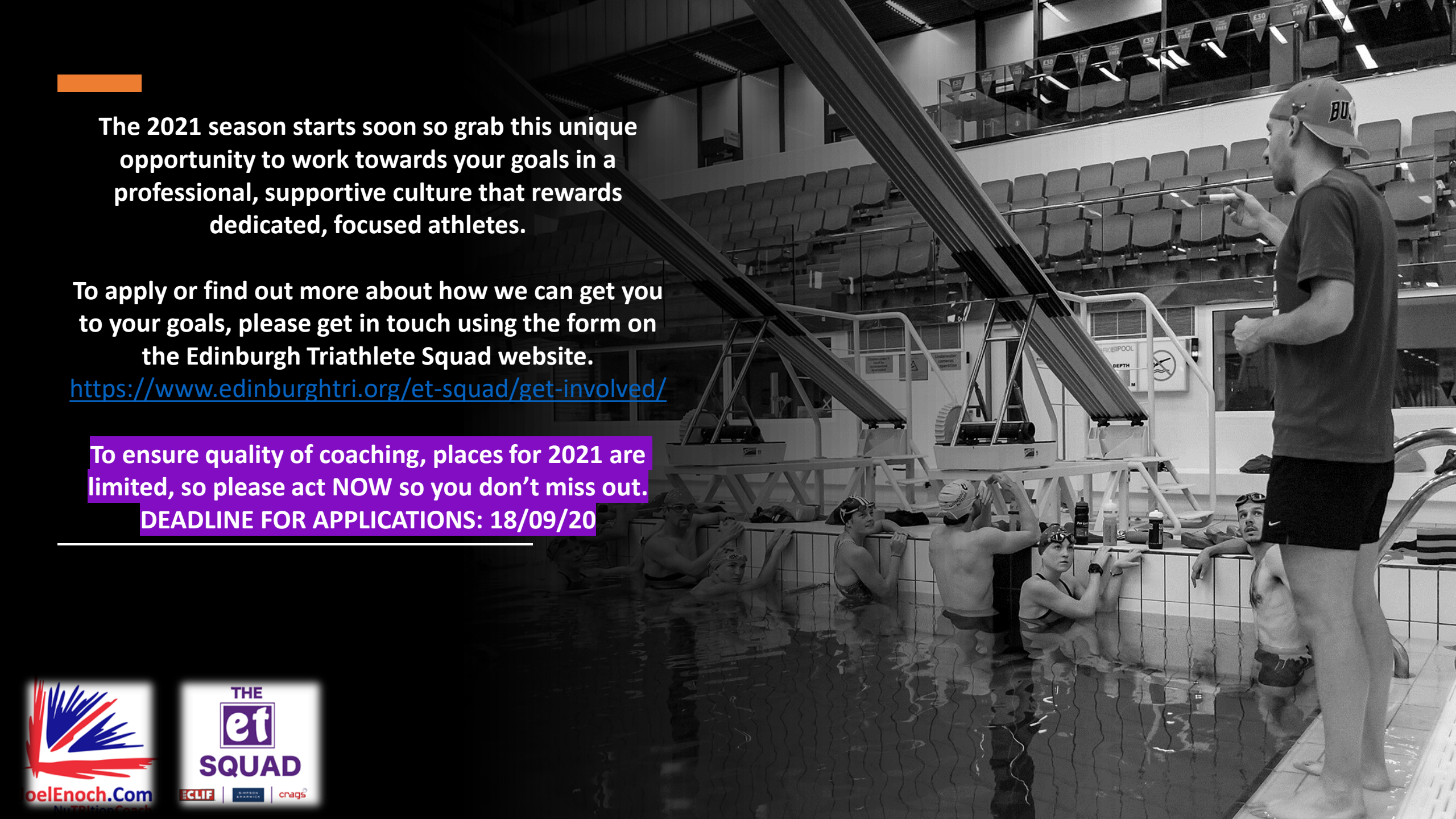
Unsure what support option is right for you?



A black and white photograph of a cycling gym. In the foreground, a cyclist is leaning forward on their bike, wearing a smartwatch that displays '60:20'. In the background, other cyclists are visible on their bikes. The gym has large windows and industrial-style lighting.

There is also the option of full-coaching with Head Coach Joel Enoch with athletes gaining even greater support including more 121 contact and a fully tailored training plan. *There are currently only 3 spaces left for this in 2021



A black and white photograph of an indoor swimming pool. A male coach wearing a cap and a dark t-shirt stands on the right side of the pool, gesturing with his hands while talking to a group of young athletes. The athletes are in the water, some leaning against the pool edge. In the background, there are rows of empty stadium seats and a diving board structure.

The 2021 season starts soon so grab this unique opportunity to work towards your goals in a professional, supportive culture that rewards dedicated, focused athletes.

To apply or find out more about how we can get you to your goals, please get in touch using the form on the Edinburgh Triathlete Squad website.

<https://www.edinburghtri.org/et-squad/get-involved/>

To ensure quality of coaching, places for 2021 are limited, so please act NOW so you don't miss out.

DEADLINE FOR APPLICATIONS: 18/09/20