



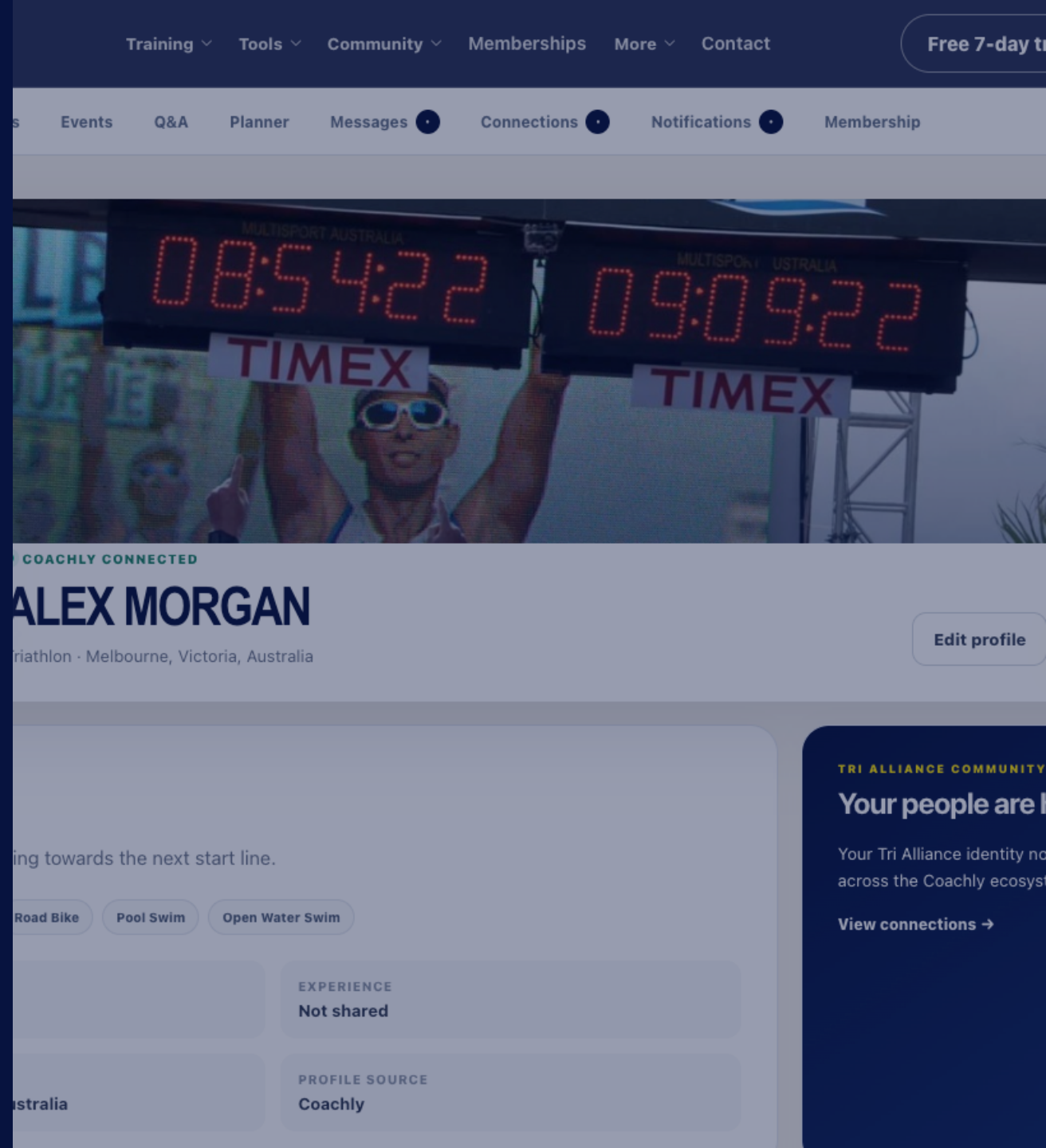
TRI ALLIANCE

YOUR NEW TRI ALLIANCE PROFILE

One connected home for your people, training, events, messages and membership.

POWERED BY COACHLY

Member walkthrough · August 2026



Your identity now travels with you.

Update once. See it everywhere.

01 ONE PROFILE

Your public athlete identity is shared across Tri Alliance and Coachly.

02 ONE COMMUNITY

Find your people, groups, teams, questions and club updates.

03 ONE TRAINING VIEW

Open your assigned program, race markers and season rhythm.

04 ONE SUPPORT LOOP

Messages, notifications and membership actions stay together.

Private health information remains protected. Your public profile only shows what is appropriate for the community.

Everything is one click away.

The menu stays consistent across member pages.

PROFILE

My profile · Edit profile

Identity and preferences

CONNECT

Community · Members · Connections

People and club activity

SQUADS

Groups · Teams

Training circles and club spaces

TRAIN

Planner

Your assigned season and sessions

DISCOVER

Events · Q&A

Start lines and shared knowledge

STAY CURRENT

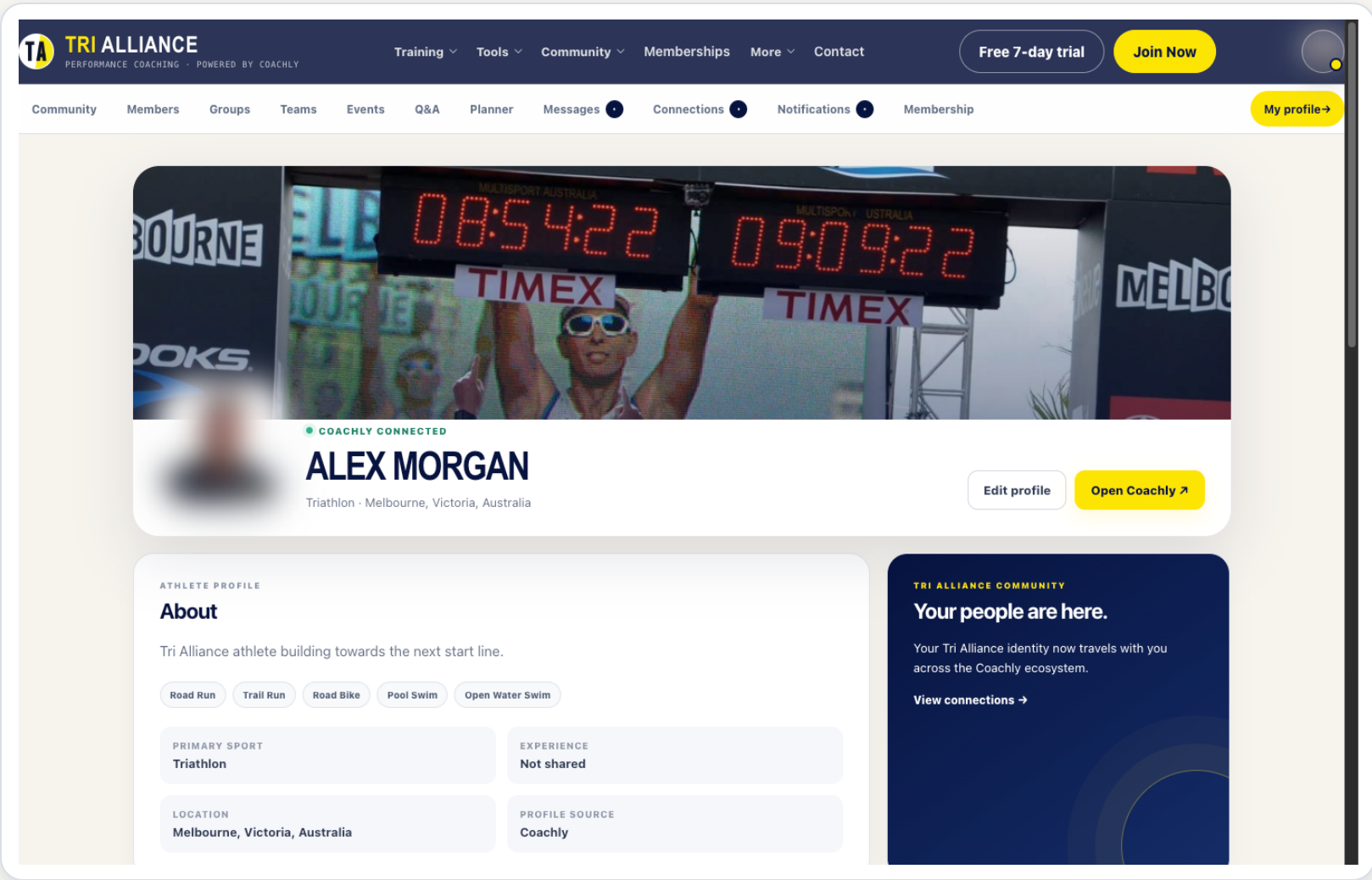
Messages · Notifications · Membership

Conversation, updates and support

Start at “My profile” — the yellow button at the right of the member menu.

My profile

Your public athlete identity



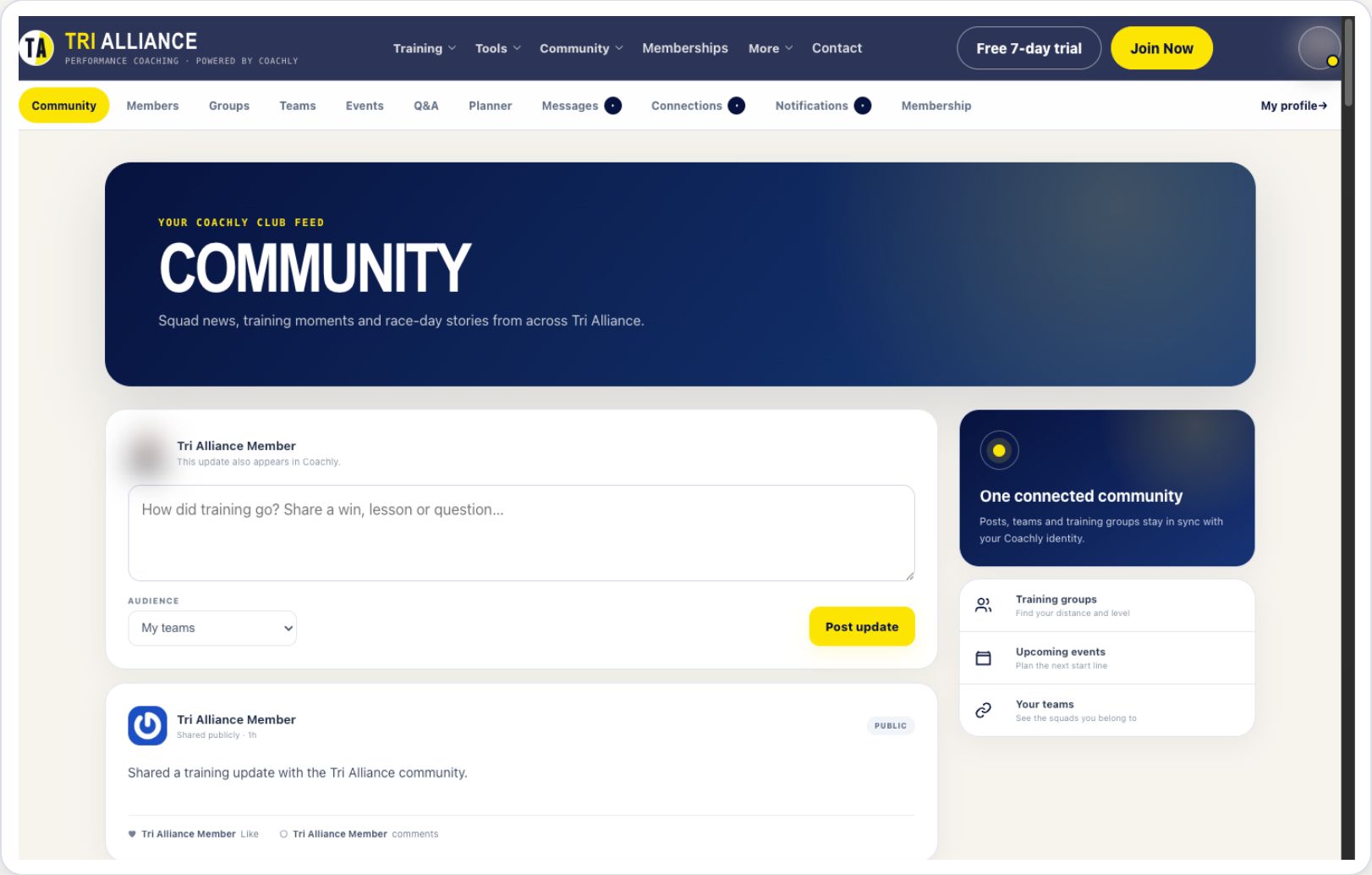
WHAT IT DOES

Shows the athlete story you choose to share across the Coachly ecosystem.

- 1 Review your sport, location and bio.
- 2 Open connections, groups, teams and events.
- 3 Use Edit profile to update source details.

Community feed

Club moments, together



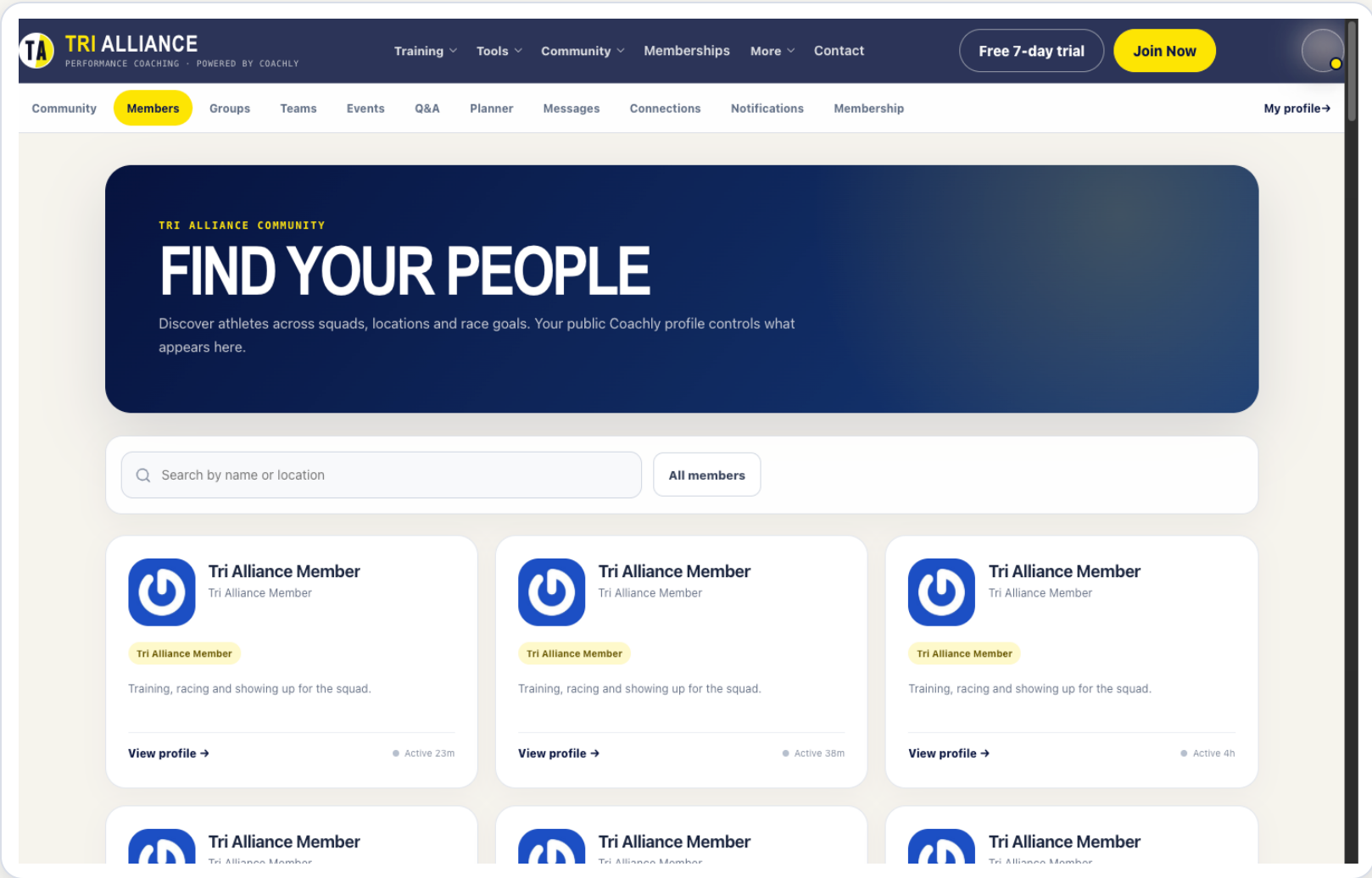
SHARE AND SUPPORT

Post training wins, questions and race-day stories to your teams or the wider Coachly community.

- 1 Choose the audience before posting.
- 2 Like and comment on squad updates.
- 3 Your post also appears in Coachly.

Member directory

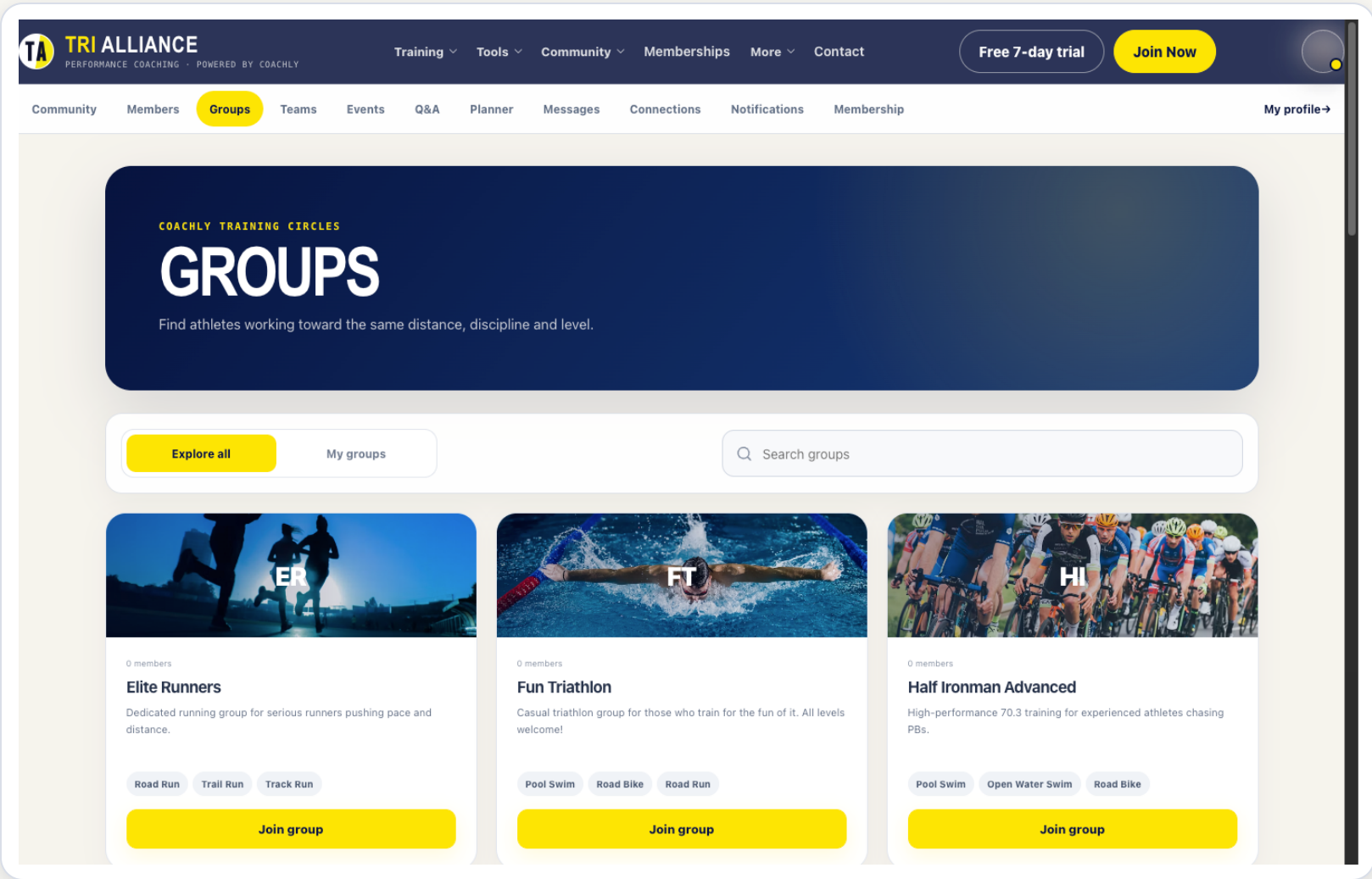
Find familiar faces



DISCOVER ATHLETES

Search the public member directory by name or location, then open an athlete profile.

- 1 Search for a teammate or coach.
- 2 Open a public profile.
- 3 Send a connection request.



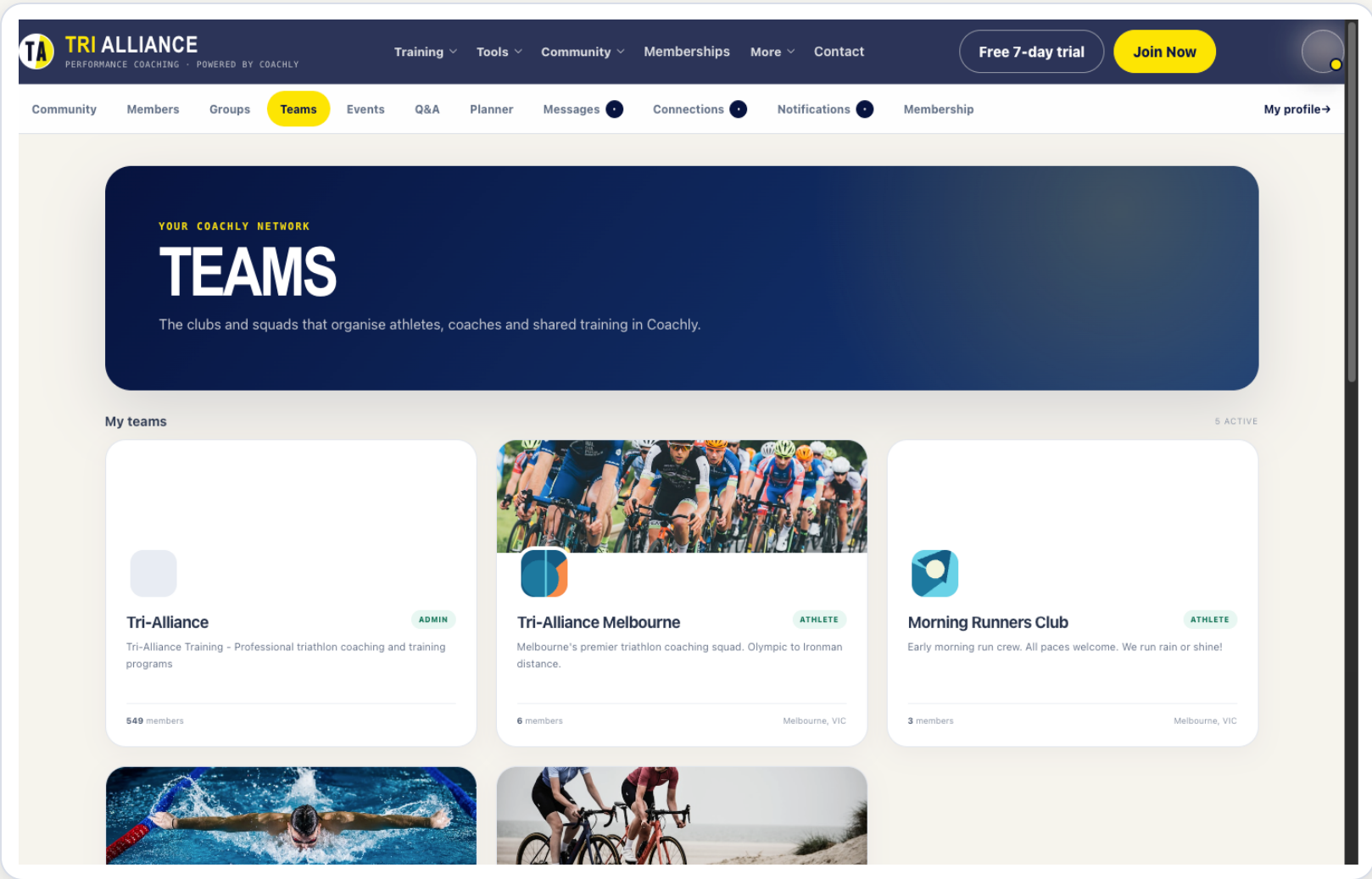
FIND YOUR COHORT

Join athletes working toward the same distance, discipline and experience level.

- 1 Explore all groups or filter to yours.
- 2 Check the group's focus and activities.
- 3 Join the right training circle.

Teams

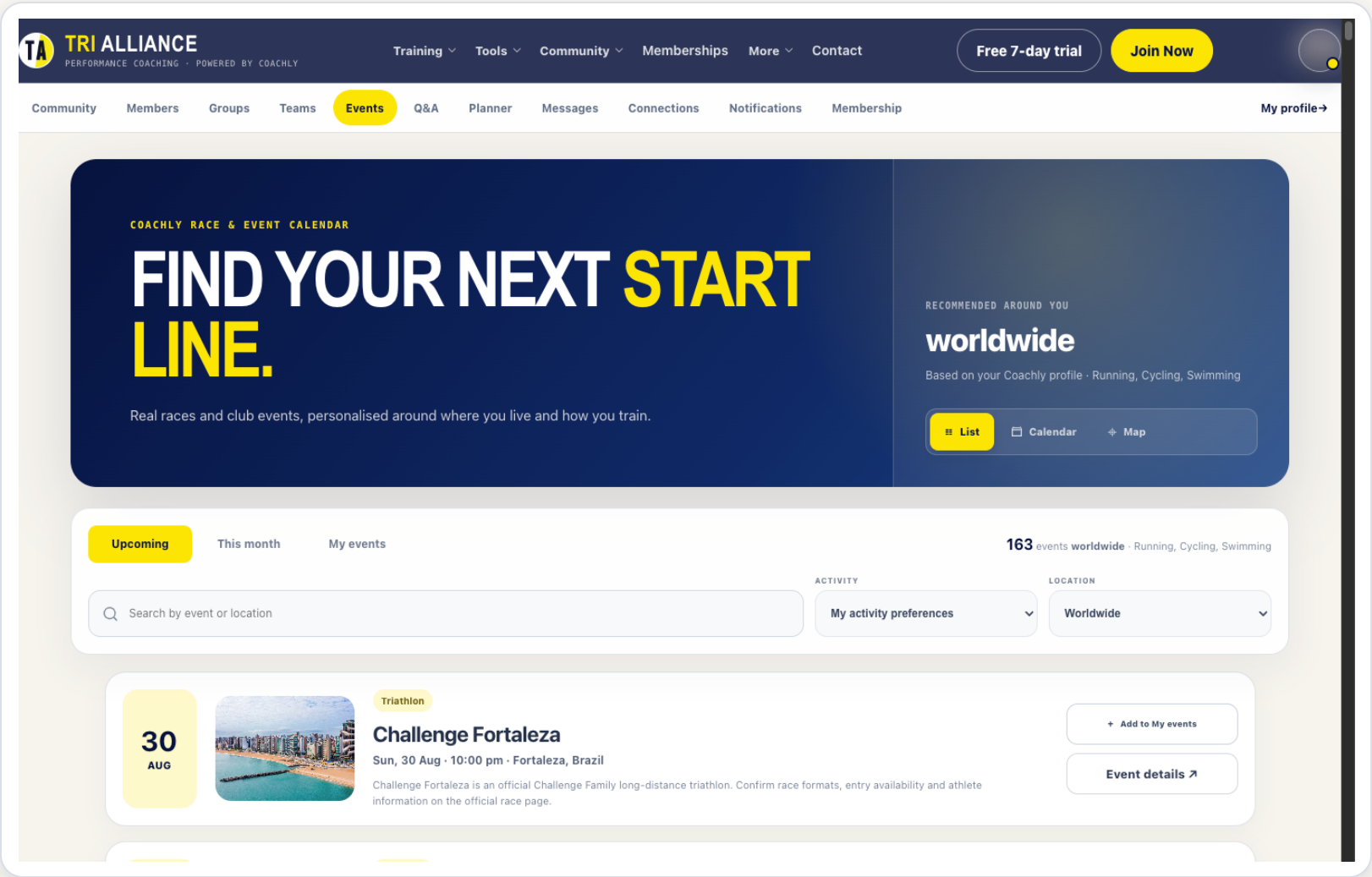
Your clubs and squads



YOUR ORGANISED SPACES

See the teams that connect athletes, coaches and shared training inside Coachly.

- 1 Open your Tri Alliance team.
- 2 See location and member context.
- 3 Use team conversations in Messages.



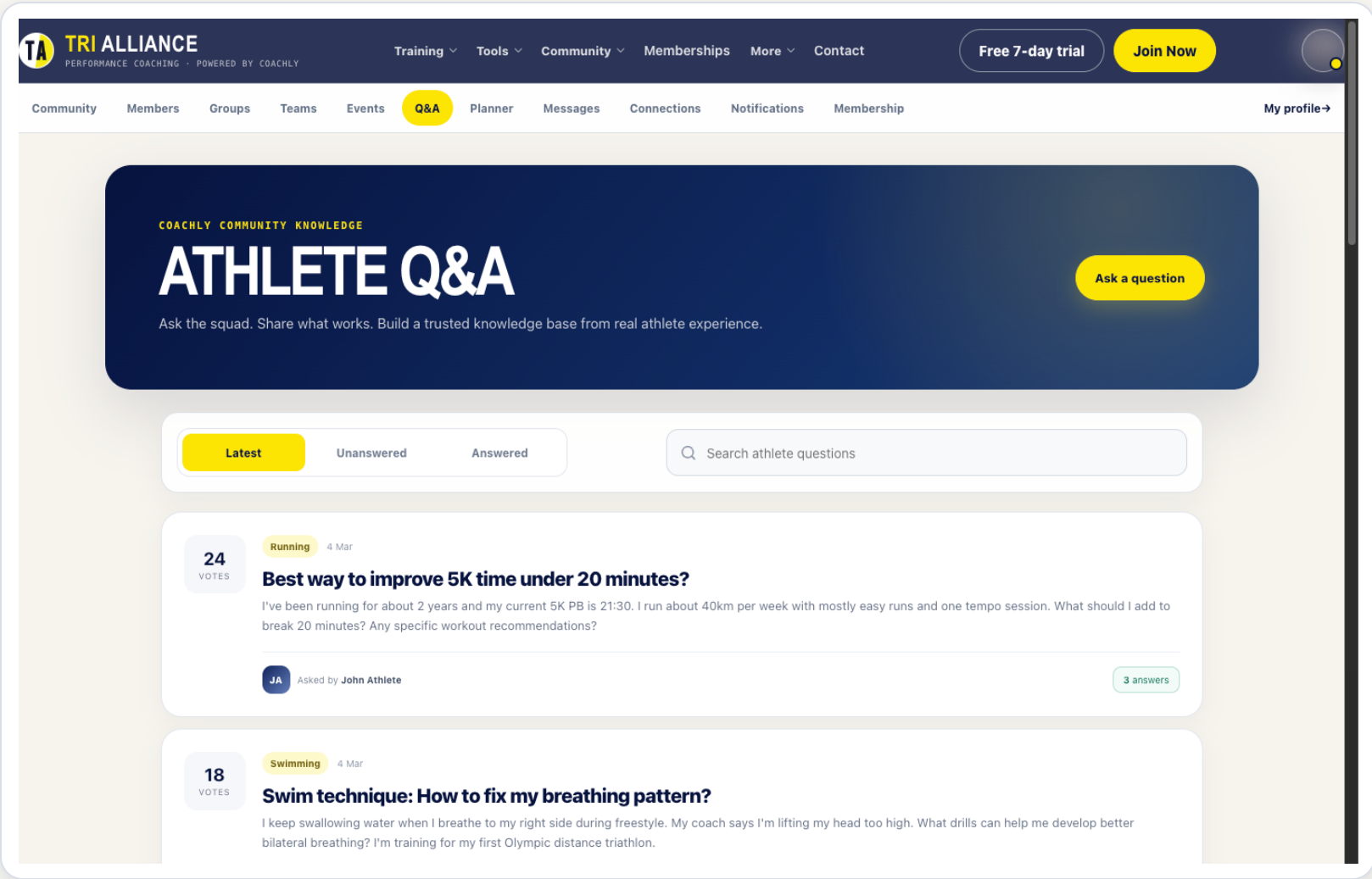
RACE PLANNING

Discover races and club events around your location, sports and Coachly preferences.

- 1 Switch between list, calendar and map.
- 2 Filter by activity and location.
- 3 Add a race to My events.

Athlete Q&A

Real answers from the community



SHARED KNOWLEDGE

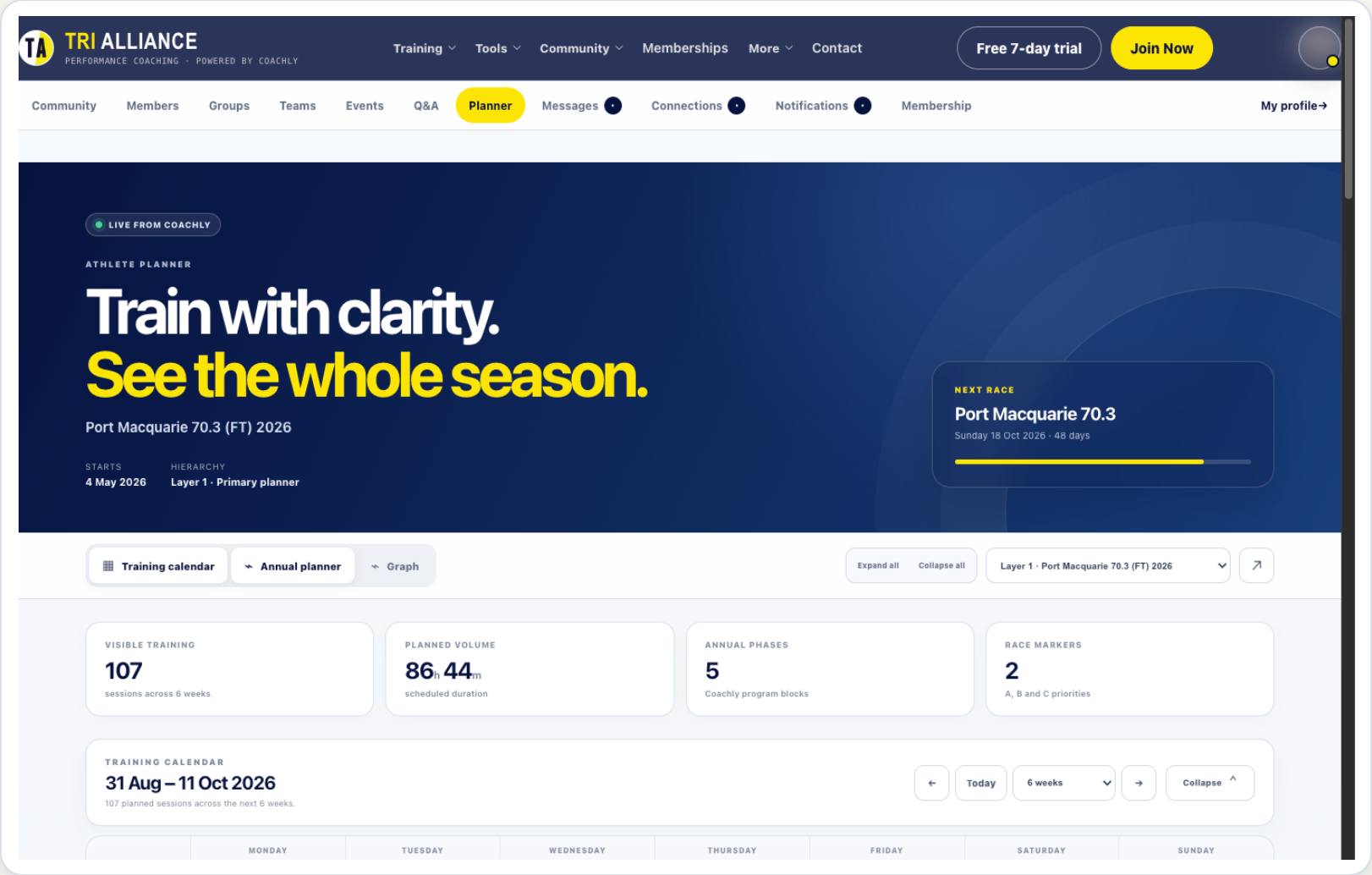
Ask the squad, vote on useful questions and build a trusted athlete knowledge base.

- 1 Ask a clear training question.
- 2 Browse latest or unanswered posts.
- 3 Vote and contribute an answer.

TRAIN

Planner

[See the whole season](#)



LIVE FROM COACHLY

Your assigned program, weekly sessions, annual phases and race markers appear in one view.

- 1 Choose the correct planner layer.
- 2 Open a session for full detail.
- 3 Switch calendar, annual and graph views.

Your Coachly Copilot

Emma turns your profile, planner and Tri Alliance context into guidance you can understand and act on.

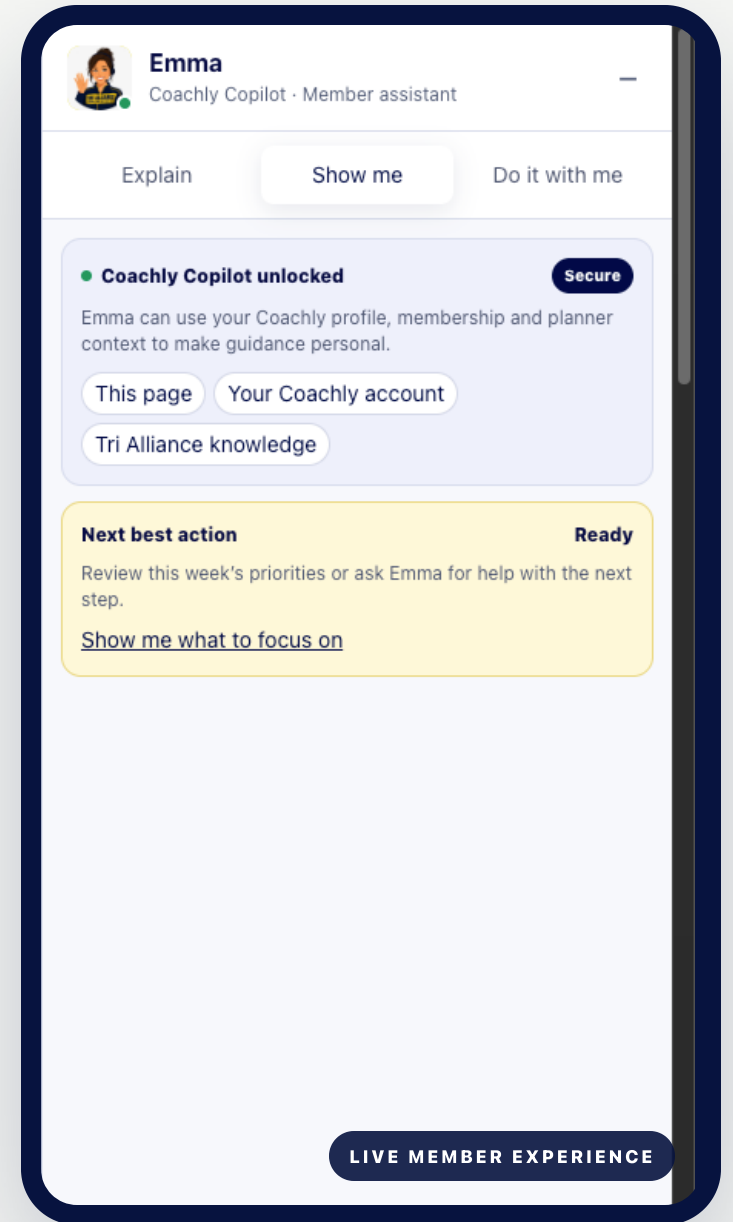
Explain

Show me

Do it with me

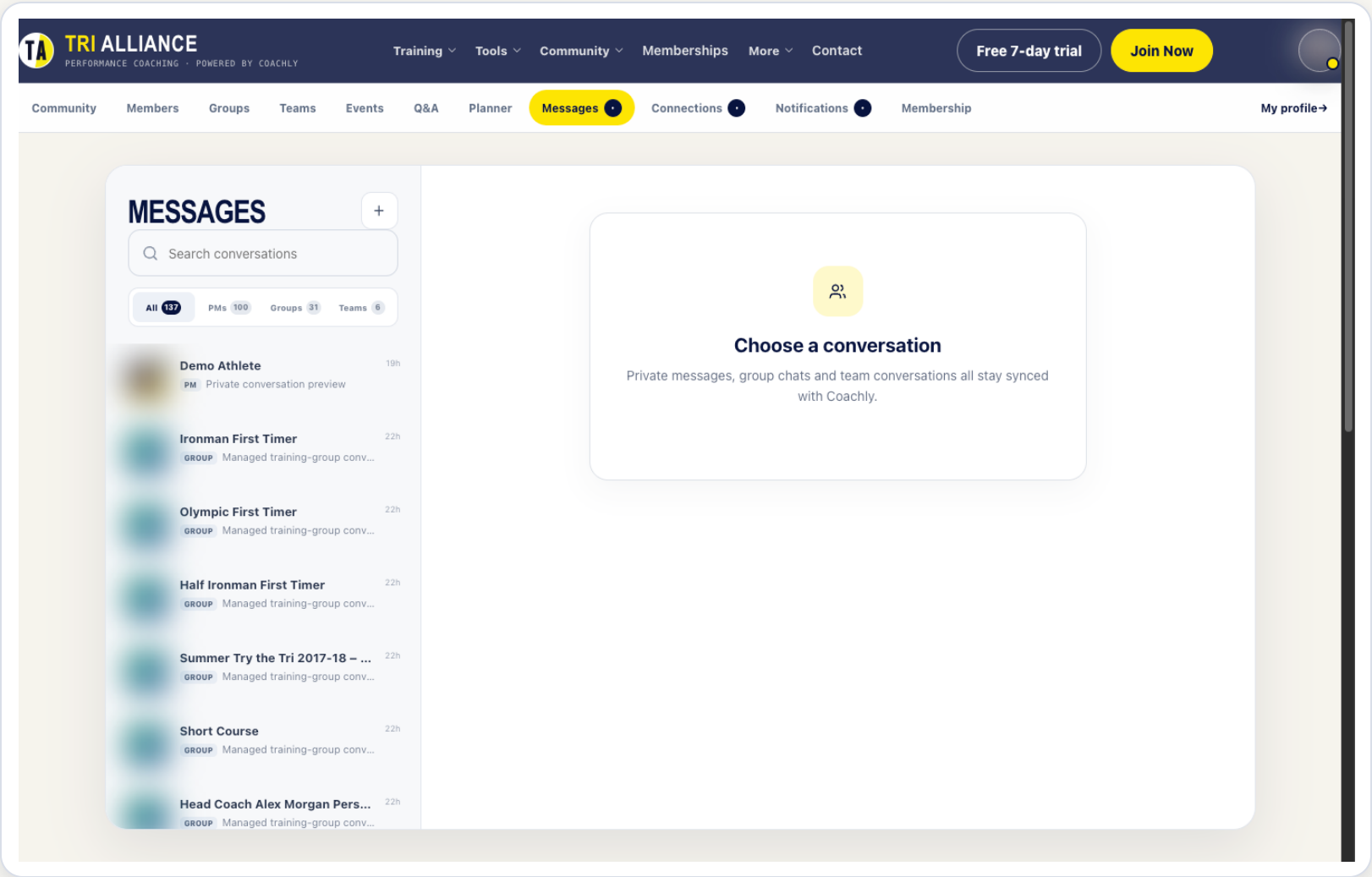
- 1 Ask about this week's plan, your training phase, sessions or membership.
- 2 Get answers grounded in your Coachly account and trusted Tri Alliance knowledge.
- 3 Choose how much help you want. Copilot supports the conversation while your coach stays in the loop.

Private health and emergency information remains protected. Copilot uses your secure account context without making it visible to the community.



Messages

Private, group and team chat



ONE CONVERSATION HUB

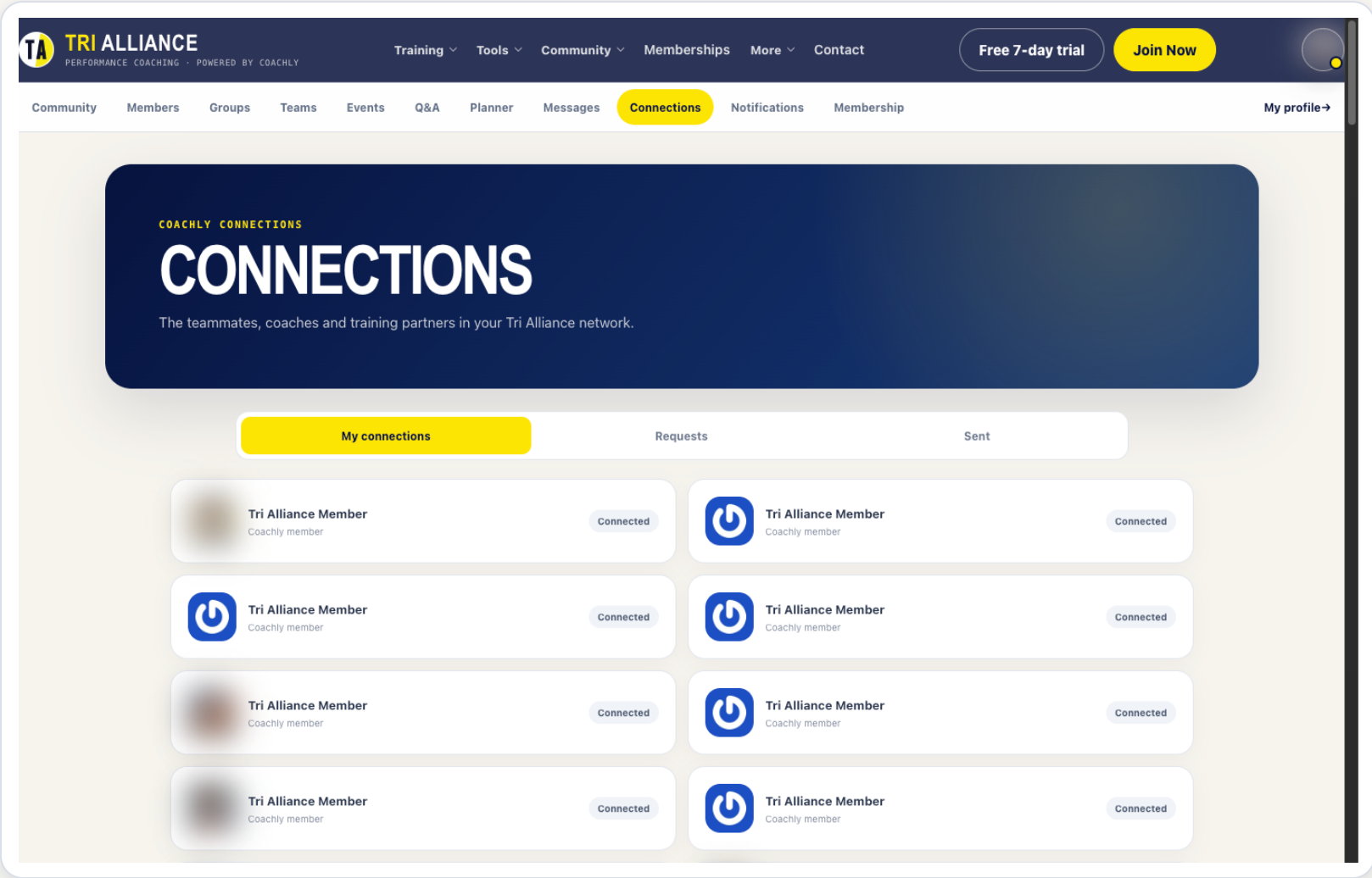
Keep athlete, training-group and team conversations synced with Coachly.

- 1 Start a private, group or team chat.
- 2 Search existing conversations.
- 3 Use Membership Support when needed.

CONNECT

Connections

Your athlete network



PEOPLE AROUND YOUR TRAINING

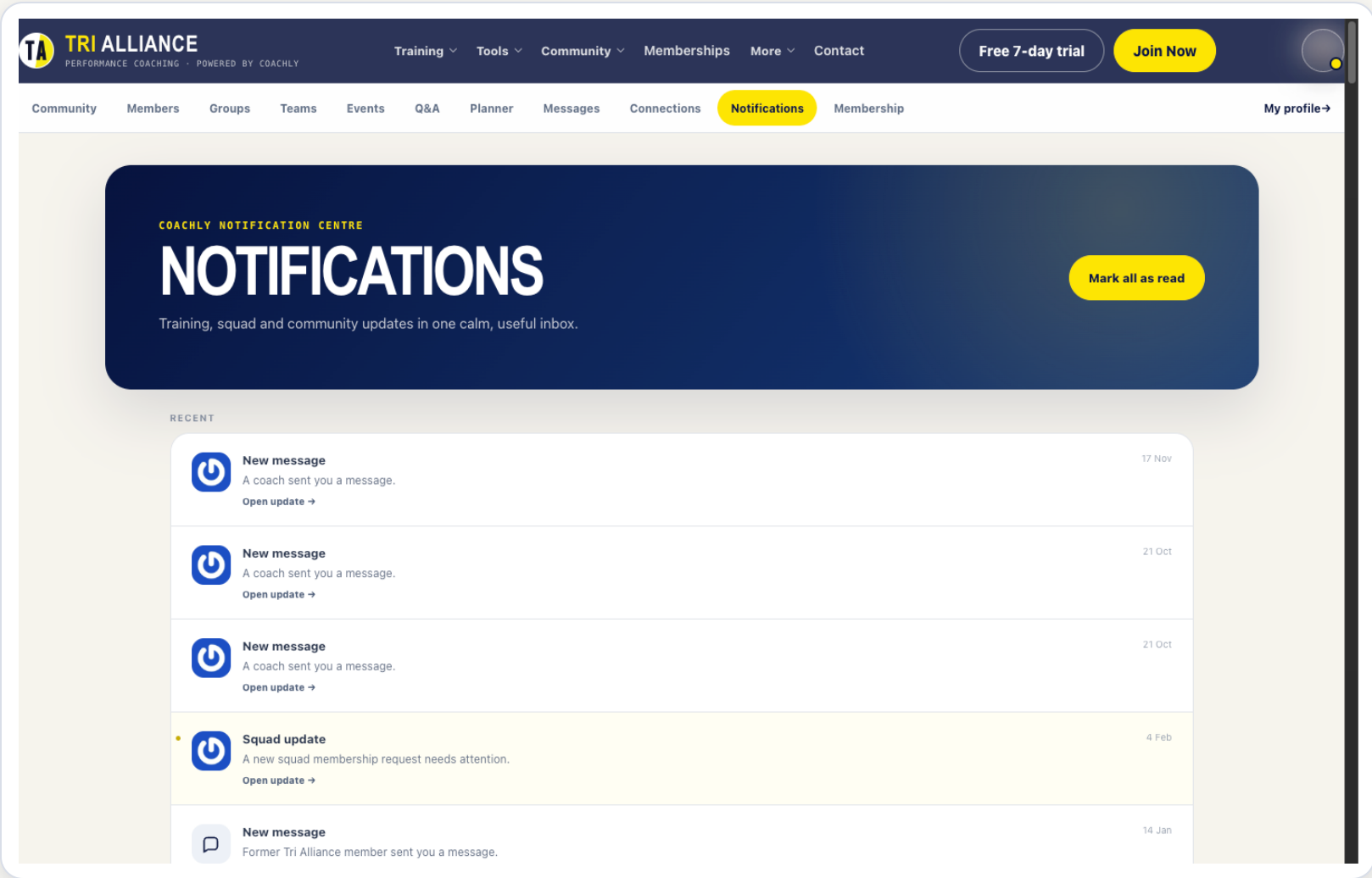
Manage teammates, coaches and training partners who make up your Tri Alliance network.

- 1 Review current connections.
- 2 Accept incoming requests.
- 3 Track requests you have sent.

STAY CURRENT

Notifications

Useful updates in one inbox



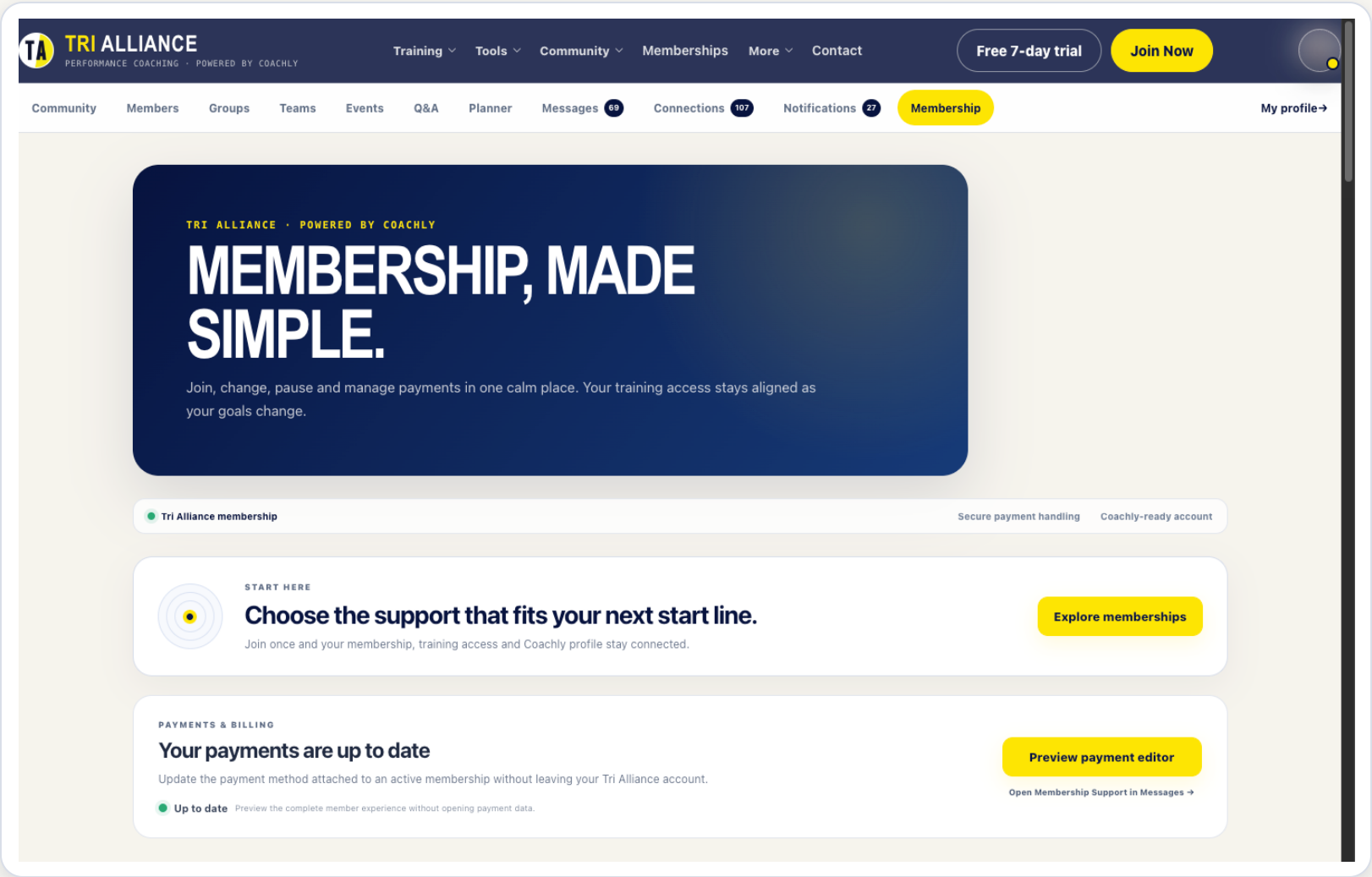
CALM AND ACTIONABLE

See new messages, squad changes and community activity without hunting across the site.

- 1 Open an update directly.
- 2 Scan the recent activity list.
- 3 Mark everything as read when done.

Membership

Join, change, pause and pay



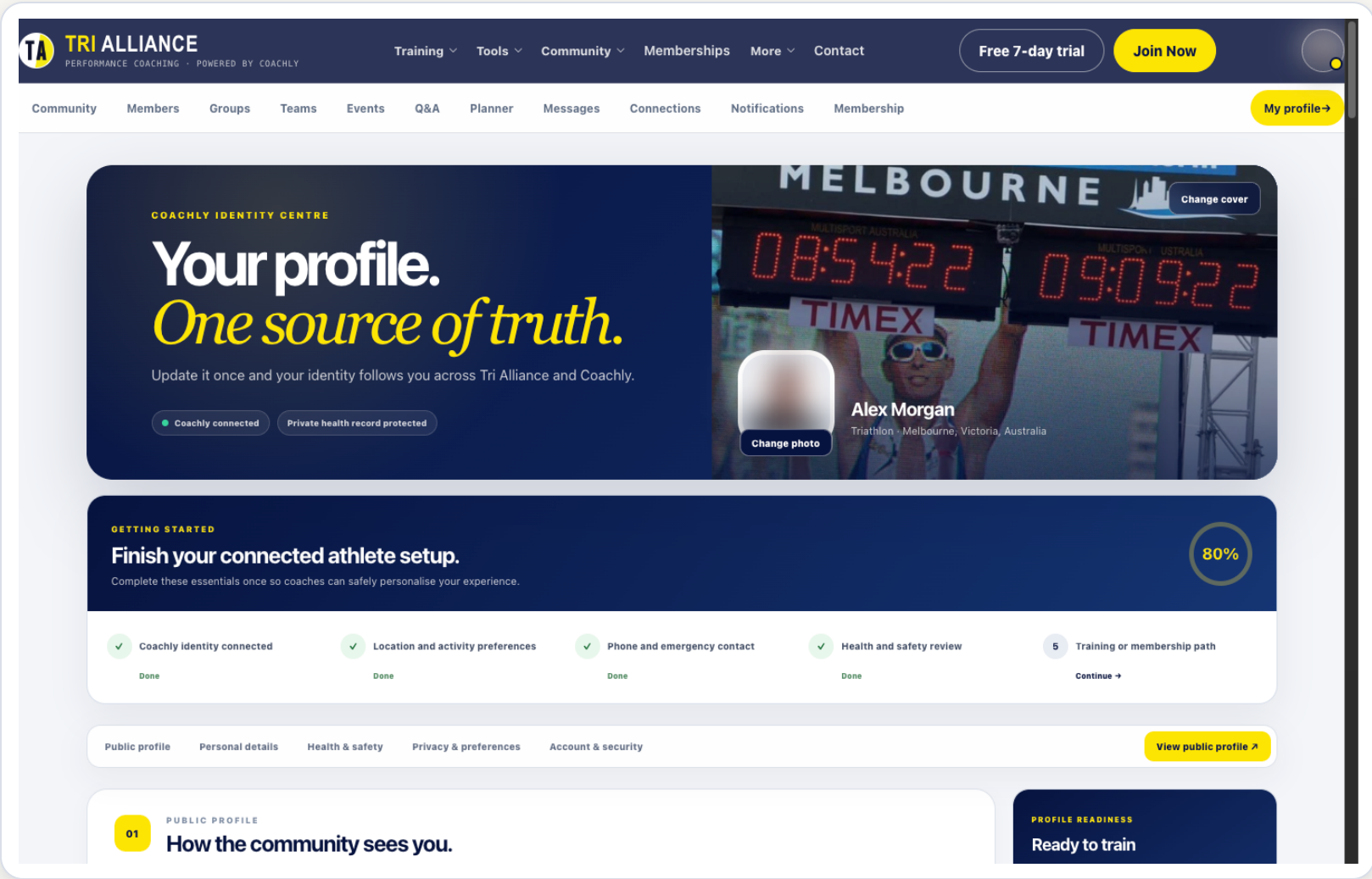
MEMBERSHIP MADE SIMPLE

Membership, payment status, support and training access stay aligned with your goals.

- 1 Check payment and billing status.
- 2 Compare available pathways.
- 3 Open support or the secure payment editor.

Edit profile

One source of truth



CONTROL YOUR IDENTITY

Update profile, preferences, safety information and account security once for both systems.

- 1 Complete the setup checklist.
- 2 Choose what the community can see.
- 3 Keep health and emergency details current.

Try these journeys first.

Each takes only a few minutes.

01

MEET YOUR PROFILE

1. Open My profile
2. Review the public view
3. Complete Edit profile

02

FIND YOUR SQUAD

1. Open Teams or Groups
2. Confirm your training space
3. Start a group message

03

PLAN THE NEXT START LINE

1. Open Planner
2. Check the next race marker
3. Add an event to My events



READY TO TRAIN. YOUR PEOPLE ARE HERE.

Open My profile from the member menu to begin.

tri-alliance.com/members/

