

Mallorca

TRIATHLON CAMP



**LOCATION: MAJORCA, ALCUDIA
HOTEL VALENTIN, PLAYA DE MURO, MALLORCA**

DATES: 05TH MAY (SUNDAY) - 12TH OF MAY 2024 (SUNDAY)



*7 night HALF BOARD

accommodation in comfortable and independent bungalows

*transfers from/to Mallorca airport

*professionally coached triathlon training camp with swim, bike, run, strength and mobility sessions daily

*swim analysis, nutrition talk, and daily tips on how to make your tri journey most successful

CAMP TOTAL PRICE:

- *double room, half board per person **1100 euro**

!!! **SPECIAL OFFER 1020e** (if deposit will be paid by the end of October 2023)

Price includes:

- a mixture of run sessions, multiple-level group rides, pool, and open water swim sets
- 1 to 1 swim video technique analysis, you will leave with a range of swim sets to practice
- triathlon-specific strength and mobility coaching sessions, education, and understanding why they are so important
- 1 to 1 biomechanical screening, you are going to get to know which body areas are going to benefit if strengthened and/or more mobile, you will leave with a range of exercises specific to your individual needs
- double rooms (standard bungalows)
- breakfast and dinner (HB), please note – drinks not included
- transport from and to the Palma de Mallorca Airport
- experienced triathlon coaching throughout the week

* flights, bike rental/carriage, and individual insurance are not included in the price.

* a deposit of 200 euros paid once signing up, and the rest of the payment must be paid 8 weeks before camp starts (before the 10th of March 2024), every additional new starting week of delayed payment will be charged 50 euros extra to the total camp price.

* Please note! deposits are not refundable, please contact us if you need to cancel and we will do what we can but we can't guarantee any full refunds.



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FLIGHT DETAILS RYANAIR

05TH (SUNDAY) 11:40 FOR 15:25 IN PALMA

12TH (SUNDAY) 12:30 FOR 14:20 IN DUBLIN



*Meet the coaches:

Alicja Fedor

(Nutrition Coach, Strength & Mobility Coach)

Marta Godlewska

(Ironman Certified Coach, Strength & Mobility Coach)



Typical day will include:

- early morning swim, including video analysis and feedback
- breakfast
- bike ride 3-5h long with coffee/lunch stop
- run or brick type session (straight after bike ride)
- dinner
- strength, stretch session daily, nutrition talk / afternoon - and rest and relaxation in the evenings

*we understand this is a training week as well as a holiday for everyone so please feel free to pick sessions of your interest and have as much time off as you like.



Who is it for:

camps are tailored for short and long course athletes to step up their fitness in the holiday type environment. Everyone is very welcome to join us. If you require more information or are interested in booking please contact us.



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