



TRIATHLON CAMP

at the

Rafa Nadal Sports Centre with Coach Joe Beer

16th – 22nd April 2018



RAFA NADAL
SPORTS CENTRE



Don't miss out, book online today!

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Cycology Triathlon Camp at the Rafa Nadal Sport Centre in association with Coach Joe Beer

Need to improve on last seasons races and get ready for the forthcoming triathlon season, then this structured week of training at the Rafa Nadal Sports Centre in Mallorca and the award winning, coach, author and triathlete Joe Beer from Monday 16th - Sunday 22nd April 2018 – this is for you.

Reignite your passion for triathlon, make friends, share & receive the latest advice and find that early season motivation. Train and ride with like-minded, motivated people to give you that all important confidence boost and to kick-start your triathlon season – then this is for you.

Learn about the training that actually makes you faster, discover 6 nutrition methods that make you faster and demystify the out of date myths about your equipment.

Staying at the state of the art Rafa Nadal Sport Centre allows you to reach your peak during the day and unwind from the training stresses in the evening. With its fully kitted out Technogym fitness centre, indoor and outdoor pools, running track, cycle centre with Specialized bikes & some of the best cycling routes and smoothest tarmac on the island – this is definitely for you.

This camp is perfect for athletes from intermediate to experienced levels with our aim is to work with each athlete individually to ensure that they get the correct advice and training.

This is more than just a holiday, this is an exclusive training experience for only 10 triathletes to enjoy the challenges and camaraderie to provide the perfect springboard for your 2018 season & beyond.

Prices start from:

£1,795 per person

Accommodation is based on single occupancy.

Double occupancy available upon request.



Your Triathlon package

The **Cycology Triathlon Camp** in association with **Coach Joe Beer** triathlon training experience that packs a punch:

- Six nights, seven days, half board accommodation at the state of the art **Rafa Nadal Sport Centre** (Breakfast & Dinner excluding beverages)
- Welcome cocktails & dinner on the first night to meet your triathlete companions
- Buffet breakfast
- Dinner – excluding beverages
- Free wifi within the hotel
- Cycology concierge meet & greet at Palma International airport
- Private Luxury transportation from Palma airport to the training centre (and return) – 1 hour each way.
- Bike box transportation from Palma airport to your hotel (and return) if required
- Secure storage for your bike
- Two local guides on rides
- Service – support vehicle on longer rides (Subject to numbers)
- Daily sports nutrition for your training: gels and bars
- Celebratory dinner on final night – you've earned it!
- Pool use in state of the art facilities
- Gym use in state of the art facilities
- Bike mechanic support
- Free access to spa facilities at Rafa Nadal Sports Centre
- 2 full body sports massage (to be booked prior to arrival)
- Mallorca visitor tax
- YSO - options for Your Significant Other whilst you're enjoying your ride



What's Not Included

As we've packed more into your holiday, there isn't much that's not included:

- Flights
- Bike Box: Check out the offers from our Bike Box partner
- Bike Rental – Specialized Tarmac or Venge Vias available at an additional cost
- ForthEdge Blood Profiling
- Travel Insurance: We recommend travel insurance from Yellow Jersey
- Drinks with evening meals
- Incidental expenses
- Coffee stops on the bike
- Tips and gratuities

What amount of training will we do?

Durations will be spread to ensure muscles have longer days followed by skill days. The riding terrain will be chosen to make great sessions and enjoyment combined.

Do I need to bring my own bike?

No, we have a selection of Specialized bikes which can be hired at an additional cost. However you're more than welcome to bring your own.

What's the terrain like?

The terrain is a mixture of climbing, descending and flats, with gradients around 8%. You will take on the Tramuntana mountain range with its sweeping roads, eye catching vista and sea views. The pace will be set by your ride captain to ensure everyone is comfortable.

Is It For Me?

The camp would not be suitable for absolute beginners who may be used to a lower level of exercise, but athletes from single sports who have a few years endurance experience will find it manageable and great fun.

On the Bike

- You should be able to complete a ride of 30 to 50 miles comfortably
- You are comfortable riding in a group of cyclists on a road in traffic
- You have basic cycling skills and bike handling knowledge
- You're looking to challenge yourself in a supportive environment



Your Coach

Joe Beer has been competing in multisport events for more than 30 years, covering all distances from sprint to Ironman - including the legendary Hawaii Ironman. He has been coaching and writing in multisport magazines for almost three decades. His first book "Need To Know Triathlon" was Published in January 2008 his second book "Triathlon for the Time Crunched" is published in 2016. He was voted the inaugural 220 Magazine Coach of The Year in 2004 and is a qualified British Triathlon Federation Coach. He is an ambassador for Scott, PowerBar, Nopinz, ForthEdge, Trainsmart & VasaTrainer.



The Schedule

Day 1: ARRIVAL DAY

Arrival and equipment set up:
Optional "shake-out" swim
@ 10:00 to 12:00

- 13:00 Welcome meeting
- 14:00 Cycle talk: Safety and group riding
- 14:30 Cycle 2h including stops; group skills & "the lingo"
- 16:30 Off the bike Recovery (30 mins)
- 19:30 Welcome dinner

Day 2: SKILL DAY

- 08:30 Swim: skill focus and DWR RUN drills 2h
- 11:00 Recovery Brunch
- 11:30 Relaxation 1.5h
- 13:00 Pre-ride lunch and planning talk
- 14:30 Cycle: including ATP and OGE intervals 3h
- 19:30 Dinner

Day 3: DOUBLE RUN DAY

- 08:30 Run Fasted: 0.75h
- 09:15 Strength Training Theory 0.3h
- 10:00 Recovery Brunch (discussing the rationale)
- 11:00 Relaxation 2h
- 13:00 Lunch and planning talk
- 14:30 Swim: drills and skills 1h
- 15:30 Free time
- 17:00 Run: including ATP intervals 0.75h
- 19:30 Dinner

Day 4: ENDURANCE DAY

- 09:30 Long Cycle: with support car 5-6h
- 16:00 Run: for Long distance athletes 0.5h
- 18:00 Stretch/Relaxation
- 19:30 Dinner

Day 5: SKILL DAY

- 08:30 Swim theory: Wetsuit fitting and swim set 2h
- 11:00 Talk: "Better racing... By thinking" 1.5h
- 12:30 Strength Training Theory 0.3h
- 13:00 Lunch
- 14:30 Bike: transitions, cadence, position 1.5h
- 16:30 Run: transitions, surges, 0.75h
- 18:30 Dinner

Day 6: TRI RACE DAY

- 08:30 Meet at the Bike Centre; Race brief
- 09:00 Mini Triathlon (0.75k, 30k, 10k) -1.5h
- 11:00 Recover Brunch
- 15:00 Cycle Recovery 2h
- 19:00 Depart for Dinner
- 19:30 Dinner off site & End of Camp Awards

Day 7 (DEPARTURE DAY)

- 10:30 Leave Mallorca - adios

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