



# TRIATHLON TRAINING CAMP

with

## Natural Ability Performance Coaching

A full week of **swim, bike and run** opportunities in the spring sunshine, on the pro teams' favourite training ground. If you love being on your bike, then this camp is for you; whether you are a novice athlete, a power charged sprinter, an agile mountain climber or a long-distance mile muncher.

Whoever you are, we'll guarantee you'll learn more about yourself, develop your skills and return home enthused for the season ahead.

Your home for the week, the 4\* Hotel Diamante Beach ([www.diamantebeach.com](http://www.diamantebeach.com)), provides a superb base, offering top-class facilities including briefing rooms, secure bike storage, a wellness/spa centre and indoor gym. Your breakfast and evening meals are also taken care of – accommodation is on a half-board basis and all dietary requirements can be catered for. With great facilities and being only zoom from the beach and shops partners will have a great time too.

This is cycling country and every day will bring new rides and challenges, whatever your level of experience and confidence. Although the focus is on cycling, sea swimming and running are also part of your programme both in coached sessions and in free practice.

### COST

**£480 per person** (sharing a twin room)

### DATES

**April 5<sup>th</sup> to 12<sup>th</sup> 2018 or April 19<sup>th</sup> to 26<sup>th</sup> 2018**

### To Find Out More

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Visit our website: [www.natural-ability.co.uk](http://www.natural-ability.co.uk)

## Example Itinerary

**Day 1:** Arrive at Alicante and transfer to Calpe. Shake down run or swim. Build bikes. Initial briefing.

**Day 2:** Sea swim. Bike 35 or 50 km, Moraira. Easy. Easy run.

**Day 3:** Sea swim. Bike 60 or 90 km, Jalon Valley. Moderate. Longer run.

**Day 4:** Bike 65 or 120 km. Port de Toudon, Hard.

**Day 5:** Sea swim. Bike 60 km. Col de Rates Time Trial challenge. Easy run.

**Day 6:** Sea swim. Bike 70 or 120 km. Gallinera Valley. Moderate.

**Day 7:** Bike 60 or 80 km. Bernia, Moderate. Aquathlon challenge.

**Day 8:** Early swim or run. Depart after breakfast for airport.



## What's Included

- Transport, you & bike, to/from Alicante airport
- 7 nights', 4-star half board accommodation (on shared room basis)
- Use of the wellness spa
- Guided rides
- Coaching from BTF accredited coaches

## What's Not Included

- Flights
- Travel / Bike Insurance
- Bike Hire