

LOVETRI

SwimWerkx

race team

All times are approximate and weather dependent

SATURDAY Day 1 Leisure | Familiarisation

AM

Arrival at Palma Airport | Camp bus or transport to your hotel

Day at leisure

Rooms allocation | Bike assembly and or bike

pick up from bike hire company | Unpacking | familiarisation (gentle run or cycle around provided routes on own, friends or other athletes, visit pool |

lunch if Full Board basis

PM

4pm Welcome meeting, week schedule and assignment of swim film and assessment times. Dependent upon athlete arrival times

SUNDAY Day 2 Assessments and Allocations

AM

Breakfast

Early Swim and Swim Seeding BEST Centre 60 mins 9 (2 lanes) **PLUS Filming**

Bike 90 mins to 2 hours (group allocation)

Drafting Skills – Peloton Skills

Lunch

PM

Run Technique 45 mins followed by 3pm Guided run, 5k-10K Easy and Run groupings

Dinner and evenings at leisure

MONDAY Day 3 Multi Activity

AM

Breakfast

Long or longer bike (Groups) 45K, 60K, 90K
Early Depart (Optional Run off)
(Alternate longer run – mid morning depart)

Lunch

PM

Swim (CSS or Threshold pacing) BEST CENTRE Lane 1

Swim (Open Water Skills) BEST CENTRE Lane 2
Optional run to beach 5K – 10K

(Optional) Post activities Stretch and Activations session BTF performance Series

Dinner

Pre or post, **informal SWIM film feedback analysis** venue to be decided

TUESDAY Day 4 Double Swim Day

AM

Breakfast

Swim (Endurance Sets) BEST CENTRE Lane 1
Swim (Speed Work and Technique holding)
Lane 2

Long or longer bike (Groups) 45K, 60K, 90K
Early Depart (Optional Run off)

*Lunch (for those back – on the road for longer
bike)*

PM

(Optional) Post activities Stretch and
Activations session BTF performance Series

Late Afternoon REVERSE morning Swim
(Endurance Sets) BEST CENTRE Lane 1
Swim (Speed Work and Technique holding)
Lane 2

*Dinner and evenings at leisure
(Any other swim technique feedback sessions
remaining)*

WEDNESDAY Day 5 Sea Swimming | Multi Activity

AM

Breakfast

Open Water at Beach (wetsuits and swim hats
mandatory) Putting OW skills into context,
beach starts, Australian exits, smart turns,
sighting, racing skills

Optional Boardwalk 5KM Run

PM

Long or longer bike (Groups) 45K, 60K,
Lanes Open for your own organised swimming
AND or any 1-1 Sessions booked

Pre-Dinner – Everything you wanted to know
about Training Peaks, and how to train
smartly 45 minutes | Tips for the fastest
transitions

Dinner and evenings at leisure

THURSDAY Day 6 Athlete Options day Activity

AM

Breakfast

Athlete vote for activity Group
Swim, bike or run technique sessions 1-1 pre
booked (2)

PM

Athlete vote for activity Group

Swim technique sessions 1-1 30 minutes (2)
Pre-Dinner – Everything you wanted to know
about Training Peaks, and how to train
smartly 45 minutes | Tips for the fastest
transitions

Dinner and evenings at leisure

FRIDAY Day 6 Mini Tri Day

AM

Breakfast

REVERSE Mini Tri, Open Water 400 or 800M swim, 5K or 7.5K run, 20K or 30K Bike, **Swim Run Bike**

Lunch

PM

Last bike or run or BEST centre swim, own arrangements even sightseeing. Option to explore Palma -7 places for free

Dinner in town and awards – dress to impress, no lycra! Bring sense of humour

SATURDAY Day 7 Depart

AM

Breakfast

Return of bikes, packing of bikes and own time | shuttle to airport

Last activities on own

FAQs

Location: Colonia Sant Jordi | 30 minutes from Palma Airport | Southern tip Mallorca

Date Mixed: 14th March – 21^h March 7 Nights 2020

Home Pool: Bluewater Elite BEST Swim Centre [50m Pool with full change, filming and lanes]

The training centre consists of a state of the art 10 lane 50m pool, on-site gym, dry land area and meeting room as well as showers and changing facilities for able bodied swimmers and swimmers with disabilities. There is also plenty of space for open water swimming off the beaches close-by.

The centre is a modern, reliable facility that includes:

- 10 lane outdoor 50 metre Astral competition standard, free-standing pool.
- A one-storey building next to the pool for the changing rooms, gym, First Aid room, massage and treatment room, office, meeting room/audio visual room and relaxation area

The BEST swim centre is just 3-4 minutes-walk from the Camp Hotel and welcomes wet suits if required. Athletes can choose to swim there on arrival or departure day by making separate arrangements, usually free for us.

We'd recommend that you purchase a finis tempo trainer pro OR bring one if you've already got one as we'll be using the CSS methodology in the pool, these are available to purchase online, or you can use your waterproof watch for the same function if you don't like using a pool clock.

Open Water

Ocean – 10 seconds from Hotel with run trails leading to the beach. Please don't swim on your own or without a spotter, no matter how strong a swimmer you are. We will be participating in an open water skills session following on from a specific skills session in the BEST pool, so you can try out your new skills or practice old ones. Open water need feel unsupported. Huub wetsuits are available for hire for a consideration to BEST centre

outside of the price of your camp. We'll also use the port for the swim leg of the closing mini tri, marked with buoys.

Cycling

Selection of routes flatter [for the island] in nature around South Majorca – opportunities for longer hillier routes toward Randa and Sant Salvador featuring 400-800m of climbing. Athletes will be sorted into groups, and along with the ethos are free to do their own thing We'd recommend that you bring your head unit and or bike computer and chest belt for your bike

Athletes will be sorted into groups, and along with the ethos are free to do their own thing with friends they bring or make on camp.

Running

Selection of private run trails, 3k to 10k, from hotels, these are on woodland trails, so easy on the legs and feet, and are in addition to any runs we may do on the beach, or on surrounding paved quiet roads. We may have access to a running track and we'll know if it's available later in the year.

Flights

Varying times and airports to Palma | at own cost. Please liaise where you can to arrive as much as possible together, this minimises waiting time for you and enables us to offer such low prices for the trip. If you are arriving at a different time to others, and we'll keep you informed, or want to arrive or depart a day early, let us know and we'll book you the extra days at our discounted squad rate. Sky Scanner is a recommended resource, get these flights booked now to benefit from greatly reduced rates, especially in the light of the recent Thomas Cook collapse, pressure will be on

Transfers

We provide transfers with or without your bikes. We cannot meet individuals so there may be a short wait time for other athletes so that we can take you together. We'd ask that you liaise as far as possible to coordinate your arrival times at PMI – Palma as much as possible. We'll set up a Facebook group for campers to arrange this.

You can arrange your own transport at your cost if you wish or arrive separately to others or don't want to wait. Let us know anyway as we may be able to pick you up on a best efforts basis.

If you want to check out an alternate to car hire or taxi then visit [here](#) for very competitive and reasonable transfer rates on a shared bus. Transfer by car is around 30-40 minutes, it may be longer by shared transport

Bikes

Bring your own or hire. Please **keep to road bikes** as mixing TT and road bikes can be dangerous. Plus, if we practice group riding and or drafting we cannot have this mix, sorry. Price includes bike transfer from Airport or you can hire directly with Team Double J 2 minutes from the BEST Centre and run by former Spanish Olympic cyclist Juan Tomas and Spanish national team bike mechanic Jaime. Prices for 2020 are still to be confirmed but will be similar to 2019:

- 1-week rental (7 days): 130€ | Ultegra D12: €190
- Extension extra day: 15€ | €25

Orbea Onix bicycle with carbon frame and Shimano brakes. 105/ultegra 30 speed and equipped with odometers, pump and replacement innertube bag.

Early reservations with bike sizes and pedal type and Cyclists must bring their own pedals. Cancellations: Within 7 days of reservation date 50%. Day of reservation 100%.

They will need to know pretty immediately your requirements in order to secure bikes. Road bikes will be the order of the day for

group riding safety and terrain Tel.: +34 971 65 57 65 Mobile phone: +34 670 30 92 21

Hotel Marques

Plaça Moli de sa Sal. 07638 Colonia de Sant Jordi, Majorca, Spain.

Tel. (+34) 971 65 51 00

Put the address into your phone now so you have it at all times together with the phone numbers we'll send nearer the time

Hotel is as per your booking and is Full Board Check in is 2pm, although you can get there earlier and check out is 12pm or earlier on the final day. On the final evening we will go into town for an informal meal together and the award ceremony, this will be at your cost, split amongst the group.



Weather

At this time of year Mallorca usually benefits from around 8 hours per day of sun, with afternoon temperatures peaking around the 19 degrees C of 66 degrees F mark. It rains for about 8 of the 31 so we'd expect a light shower or two throughout the stay. It can get chilly in the evenings and early mornings, when we're likely swimming, although open air pool is kept at 83 degrees

Kit **CYCLE HELMET is mandatory**

Bring a full range of cycling, swimming [including your own swim aids, like paddles, pull buoys, and drag shorts if you want, together with swim cap, goggles and **WETSUIT** and run kit.

It can get chilly in the evenings so a jacket or sweater or hoody is recommended. Day wear is very relaxed and informal. For those venturing further afield on bikes, we'd suggest arm warmers, gilet, packable or stowable wet weather jersey or jacket and base layers. Head covering or buff up to you. It's best to have many options than too few. Wetsuit hire (Huub) is possible from the BEST centre at own cost.

Ethos

You'll find us laid back, professional and glad to help where we can. The camp is very much a reflection of your attitude and participation. You get what you put in. The focus for us is on ensuring that you're not just a number and that you leave a truly better athlete, armed with the knowledge of how to swim, bike, run and transition better, and maybe with an understanding of top pros do things, including pacing and tapering.

We're also available for a number of free limited 1-1 sessions and can hone your skills from novice level up to BG Age Group. We cater for all ages and abilities and will ensure activities are commensurate with your stage in the triathlon journey.

Most of the sessions are coach led, but we do encourage you to form your own ability groups and experiment yourselves, so for example, you may choose to sign out of an activity and ride off into the mountains with a fellow athlete or two.

All we ask is an ETA back, and that you go with items you need to be safe and get you home in case of mechanical or puncture for example. We do have a support vehicle but it is also used to support all the athletes, not just provide a taxi service!

Safety

We take safety very seriously and have never had cause yet to warn any athlete over behaviour but we will also be sending out a medical form for completion prior to the camp along with an athlete description form

for us to get a feel for your abilities and athletic history ahead of camp. It is important for your own safety and enjoyment of camp and is important that you fill it out honestly, including any medical conditions.

We'll be asking for your emergency contacts and to store them on your phone, this is very easy for any [Apple](#) iPhone user as you may know.

Payment

You will be asked to pay a deposit, usually around £100. Please check out the cancellation policy on the website. Final balances are due January 1st, 2020

We've negotiated hard to keep prices low and added another day at just under last year's pricing and we believe this is outstanding value.

Thank you

As a little bonus on your return if you are not a member of the Lovetri racing family we'll gift you a training plan from www.racestronger.com which is a Lovetri Ltd Group company. This is FREE from and worth around £79. This can be ordered using power, heart rate, pace or effort, and you can just order boosts if you only want to focus on one discipline.