

Fully Coached Triathlon Training Camps in Andalusia



Our Triathlon Camp is a fusion of knowledge and experience, set in the triathlon training paradise of Andalusia. The camp is led by qualified coaches; Karen Parnell, BTF and IRONMAN certified coach and Jess Petersson, former professional IRONMAN athlete and Olympian and your highly experienced ACE bike guides.

ABILITY LEVEL: All levels **NEAREST AIRPORT:** Malaga.

7 NIGHT PRICES: £699 - £749 per person depending on group size and date

Based on room share (2 people per room) or private room in an exclusive authentic Spanish villa or town house.

Whether you want to get some late season running and biking done in a warmer climate, surrounded with like-minded individuals and coaches or have some late season races coming up and need to get ready for then this is the camp for you. You will spend time running on the trails and inland loops as well as technique and speed work sessions on the run with Olympian Jess Petersson.

For the biking we have smooth roads which are quiet and safe - its perfect timing for some long steady rides to build some endurance. We will also add in intervals for those that want to and vary the routes, so you get to see lots of the area, villages and mountains! We have different paces and groups to ensure all levels are catered for. For swimming we use the nearby crystal-clear lake for open water sessions and nearby

25m indoor swimming pool.

What's Included:

- A fully structured coached, guided and supported week
- Fully coached pool and open water sessions with kayak support
- Progressive cycling sessions with experienced coaches and guides
- Bike rides are guided by highly experienced guides and supported with a vehicle for on road assistance, snacks and water
- Run sessions to improve technique, endurance and speed with Jess Petersson
- Brick sessions – bike/run and Transition training
- Strength and Conditioning sessions with a qualified Personal Trainer
- Ask the coach evening with Olympian Jess Petersson
- Advice on training plans and coaching
- Bike hire options available
- Fully Insured Qualified Coaches and Guides
- All sessions risk assessed
- First Aid trained

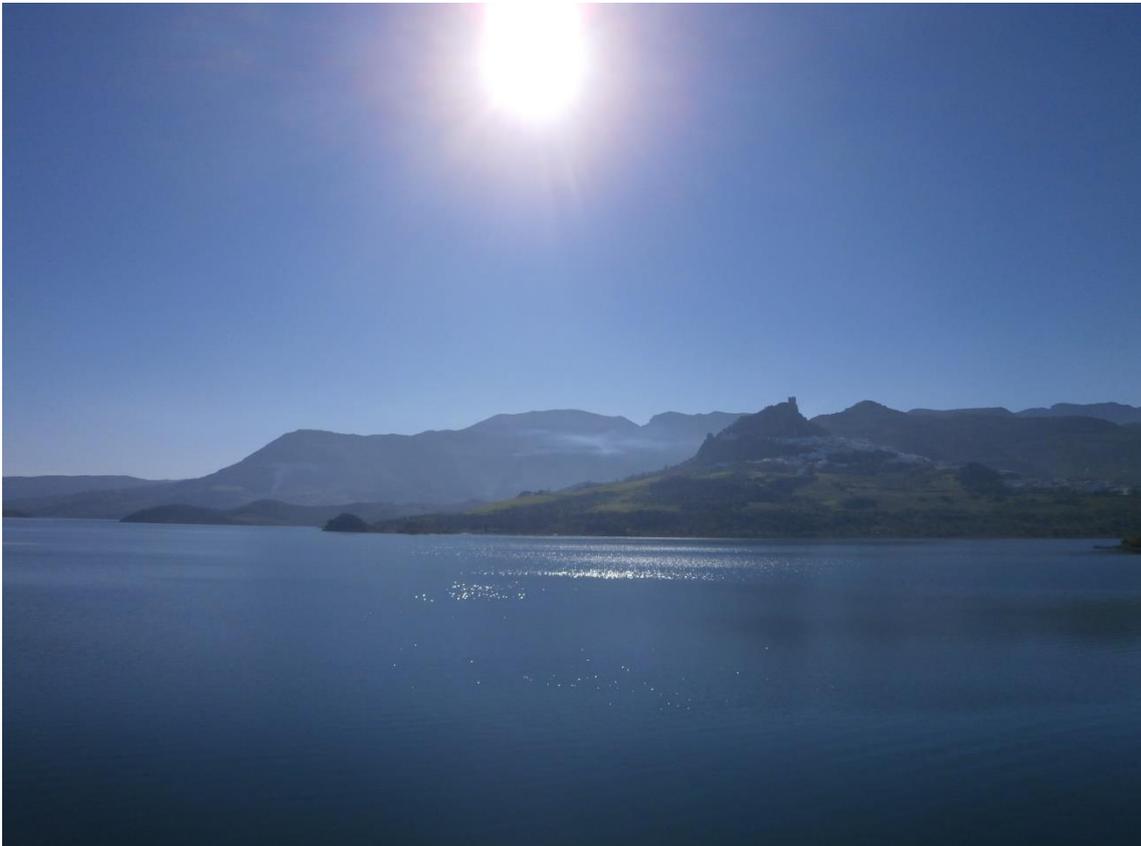
High Quality Accommodation in authentic Spanish Villas and Town Houses

- Apartment style rooms with lounge area and kitchen
- 7 nights' accommodation
- Self-catering so you can follow you own meal plans and try out local Spanish food. Close to local bars and restaurants
- Secure bike storage, with water and snacks
- Outdoor pool on site
- Therapy room for massage therapies
- Fitness classes (Metafit HIIT, TRX suspension trainer, Kettlebell and Yoga)
- Free to use washing machines and dryers
- Bike helmets and pedals available (Shimano and Keo Look). Bike workshop on site.

Extra services include:

- Bike FTP Testing on-site
- Run power testing and gait analysis (video) using Stryd power sensors
- Personal Training
- Full swim video analysis with full annotation and training plan for you to view and use when you get home.
- Full race training plans up to IRONMAN and Marathon distance.
- Yoga, massage
- 1-2-1 Review with Jess Peterson or Karen Parnell

Airport pick up can be arranged.



Example Itinerary is shown below but can be tailored to your clubs exact needs, level and goals:

Day 1: Saturday

Arrival and orientation; Welcome by the Chili Tri team, presentation of the week ahead, Q&A and bike set up. Gift pack.

Run in local area lead by 2 x Olympian Marathon runner Jess Petersson and/or guided tour of the village.

Group Stretch Session or foam roller workshop

Day 2: Sunday

Open Water Swim (option to cycle to the lake)
Fully supported and coached (Kayak support and shore spotter). Sighting, group starts, drafting and technique.

Bike: Grazalema

The scenery on this route is absolutely breath-taking we start with by riding up the Riviera Valley towards Grazalema, the route then takes us through a beautiful high mountain plateau with limestone outcrops lining the road for several kilometres before we stop for refreshments in a 'pueblo blanco' (white village). After our pit stop we head back to Montecorto riding through one of my favourite sections of road 'the cork tree forest' before descending for 7km back to base.

Ride distance 51k – 80k Elevation gain 1200-1500m

Group Stretch Session or foam roller

Day 3: Monday

Bike: Olvera

Today we head north of Montecorto where the landscape is more rolling passing groves of olive trees we climb out of a valley and as we crest the hilltop stunning views of Olvera open out before us. After riding through Olvera we head to Setenil de la Bodegas which was once a thriving economic centre on the 'Travellers route' between Sevilla and Ronda this picturesque white village is now famous for its cave houses and olive oil. Here we stop for lunch at, in my opinion, one of the best tapa's bars in this area which is set beneath the overhanging rock face inside a cave. At this point we have ridden 44k with almost 1000m of elevation from here you can choose from either a 20k, 30k or 40k ride back to Montecorto.

Ride distance 64k-84k Elevation gain 1400-1750m

Endurance run – Lead by Jess Petersson

Or Open Water Swim (Lake)

Yoga: If you have never done it before an ideal time to try it out.

Day 4: Tuesday

Open Water swim session - endurance & technique session

Transition Session & brick session (bike to run)

Strength & Conditioning session with Karen (Metafit HIIT BW, TRX suspension training, Kettlebell)

Evening talk by Jess Petersson, 2 x Olympian and IRONMAN Pro triathlete – what can go wrong before, during and after the race!! Local bar with tapas

Day 5: Wednesday

Bike: The Beast!

We take on 'The Beast' a 15k Cat 1 climb. We head out along the lake toward Zahara a nice easy start to today's ride with breath-taking views of the Sierra de Margarita mountain range and the hilltop village of Zahara before we take the 'Interval Training Road' to the foot of the main event in this ride 'The Beast'. After this climb we descend into Grazalema, another stunningly beautiful 'pueblo blanco' (white village) for well deserved 'Coffee & Cakes'. After Grazalema it's virtually all down hill to Montecorto, unless of course you choose to extend your ride.....which is always an option!

Ride distance 80k-100k Elevation gain 1800-2000m+

Technique Run lead by Jess & Karen – your chance to also try running with power using Stryd run power analysis tools.

Swim – local 25m pool. Technique and drills session

Group Stretch Session or foam roller or S&C recap

Day 6: Thursday

Bike: Pueblo Pitufo

Deep in the mountains to the south of Ronda is 'Pueblo Pitufo' aka Smurf Town. An epic day riding to this quirky mountain village that has been painted Smurf blue! Definitely a day for your climbing legs, which is why it's immediately after your 'rest day'! If you don't fancy such a big ride we can also offer you an alternative 80-100k route today.

Ride distance 110k-130k Elevation gain 2300-2600m

Bike Maintenance & cleaning workshop. Good chance to brush up, clean your bike and maybe learning something new. Ashley will take you through bike care, changing tyres, chain links and much more. Take your bike back fully serviced!

Day 7: Friday

Mini Triathlon - 400m lake swim, 20k Bike, 5k run

Or

Bike: Las Palomas

Our final ride is up Las Palomas a 12.5k Cat 1 climb. Go flat out or take your time and enjoy the stunning views around every turn on this classic climb. After this climb we descend into Grazalema, for refreshments'. After Grazalema it's virtually all down hill to Montecorto, unless of course you choose to extend your ride!

Ride distance 50k-100k Elevation gain 1200-1800m

Group Stretch Session or foam roller or S&C refresher

Group PARTY NIGHT – Trip to one of the best restaurants in the area for a three-course meal and drinks with awards ceremony fun night.

Day 8: Saturday

Pack and transfer to airport.

