

Mallorca

TRIATHLON CAMP



LOCATION: MAJORCA, ALCUDIA

HOTEL VALENTIN, PLAYA DE MURO, MALLORCA

DATES: 19TH APRIL (SATURDAY) - 26TH APRIL 2024 (SATURDAY)



*7 nights = 8 days HALF BOARD

accommodation in upgraded independent **SILVER/GOLD** bungalows

*transfers from/to Mallorca airport

*6 days **carbon road bike hire** together with bike insurance cost

*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

*as always: special unique gift for every participant.

CAMP TOTAL PRICE 1250euro

*price based on two people sharing the bungalow

*950euro (non training participant)

*single room supplement + 300euro

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 (silver/gold bungalows)
- breakfast and dinner (HB), please note - drinks are not included
- transport from and to the Palma de Mallorca Airport
- experienced triathlon coaching throughout the week

* flights, evening drinks, and individual insurance are not included in the price.

* a deposit of **250 euros** paid once signing up, and the rest of the payment must be paid 8 weeks before camp starts (**before the 16th February 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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www.2fitsmile.com

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Flight details from Ireland:

**departure 19th APRIL 17:20 from Dublin Airport
arrival 21:05 in Palma**

Return flight:

**departure 26th APRIL 19:05 pm from Palma
arrival 21:05 in Dublin Airport**



TO RESERVE YOUR SPOT

we will kindly ask you to send 250e deposit to:

- **Paypal** (2fitsmile@gmail.com) send to friends please
- **Revolut** (Marta Godlewska)
- or optionally **cash**.



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