



Malaga Training Camp

30th March – 5th April 2014

With coaches Paul Savage and Llyr Hughes

Kick-start your spring triathlon training with a week at Idle Breaks, high in the mountains of Malaga. Idle Breaks is the perfect training retreat to take your 2014 performances to the next level.

The camp will focus on bike training with additional swim and run technique work.

£750 All Inclusive with Flights

Coaching, Accommodation, Food and return flights with transfers, bike and 22KG Bag Allowance

Training Camp Highlights:

- Unrivalled cycling terrain on smooth, quiet roads with back-up vehicle on rides over 2 hours
- 25m heated pool and transport to open water venue – Lake Iznajar
- Stunning off-road running trails with established 5km, 10km & 21km routes
- Run video-analysis and Swim technique analysis with stroke correction
- Structured plan for the week with full support from BTF Level 2&3 coaches
- Benefit from a small group – maximum 10 athletes

Evening discussions to include:

- Training intensity/zones
- Sports nutrition
- Preventing illness and injury
- Intelligent run training
- Bike interval training
- The key components to Ironman training
- Tapering

Suitable for athletes training for Standard/70.3/Ironman

£150 Deposit to secure your flight and place, please email hughesyli@hotmail.com
No further payment due until 2014