



"Project 19" Winter Triathlon Camp Tenerife Top Training 11-18 Feb 2019

A week of all things swim, bike and run when it's needed most, right in the depths of the UK winter!

The foundations for your summer and 2019 goals are lay here. Come and learn from a deeply experienced coaching team, play in the best performance centre on the Canaries and share it with like-minded people. All in a toasty 22 deg Celsius and with the biggest mountain in Spain to enjoy for kicks.

There is a reason why the world's best train here and we hope that you can join us for what will be one of the most rewarding camps you can go on.



All included in cost:

Min. 10 hours coached hours of swimming in the 25m & 50m Olympic Pools plus open water training.

Swim analysis in state of the art swim flume with 3D video and access to feedback from Dr Tomas Barreda (Doctorate in swim Biomechanics). Detailed feedback from coaches on where your greatest gains can be made.



Min. 20 hours guided/ coached road cycling including Spain's highest Mountain in Mt. Teide and of course the infamous Masca Climb. The Island and it's routes around Mt Teide are used by the leading Pro Tour Teams in the early winter months. The last camp bumped into 2 Tour de France winners at the top of the mountain! Ride above the clouds and earn the thrilling descents off a variety of angles from the summit.



Min. 5 hours coached/ guided running including analysis and feedback on technique and progressions. Enjoy early morning/ evening runs along the promenade whilst the waves roll in and the sun rises or falls. Take new skills to the track and spend time on finding YOUR most efficient means of running.



In camp race simulations - swim/ runs, mini triathlons, bike time trials, track time trials you name it we've played with all of them on camp and will always find a way to test your skills in fun, competitive yet judgement free environment.

For example the infamous TTT Triathlon: 3 x sprint triathlons and 1 team time trial triathlon (yes on the same day). Think super league triathlon and you get the idea (we beat them to it by the way). If you weren't a triathlete at the start of the camp - you sure will be by the end (4 x no less).



Full board accommodation at Hovima Hotels Jardin Caleta based on 3 people sharing the apartment. Note as the apartments take 3 people there are supplements should you wish to occupy as a double or single only

Full use of www.tenerifetoptraining.com if you have any energy left on top of the sessions. We will of course make use of the Strength and Conditioning facilities whilst you are there to demonstrate how to integrate into your training.

A whopping great time with some lovely people and the chance to create some amazing memories, knowledge and fitness all at once.



The Cost.

£845 per person for 7 nights full board and full coaching based on triple sharing apartment.

If double sharing the apartment, the supplement per person for the week is £100.

If single occupancy of the apartment, the supplement for the week is £160 per person.

25% deposit on booking and balance sorted by 30 days prior to camp You will need to sort your flights and own travel insurance. Bring your own bike or use our partners at the centre for approx 22-28 euros a day (Cannondale/ Specialized). You can arrange booking of bikes through <https://www.free-motion.com/> please quote TTT Sports Ltd as your tour company on booking.

Payments for deposits to **TTT Sports Ltd** Account 33341798 Sort 20-30-47. Quote your name as reference please.



Any questions? Please contact Matt (info@fa-fitness.co.uk) or Del (del5357pitcher@hotmail.co.uk) we look forward to seeing you in the new year.

Speak soon,

Matt

Matt

Owner of MattLuxtonHealthandFitness

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Voted [Cornwall's Best Fitness Instructor 2016](#)

Voted [The UK's Most Innovative Fitness Entrepreneur 2012](#)

International Best Selling Author of [The Fad Free Fitness Formula](#)

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