



7 days 6 nights – Triathlon Training Week at Los Olivos CTTC, Alcalá la Real, Spain

Our triathlon camp focuses on the conditioning and the wellbeing of the athlete taking into account her/his level of fitness, experience and goals. Swimming is organized in an indoor endless pool and in open water to increase strength and navigation skills. Our cycling routes can be demanding or not so demanding with the common feature of climbs, which in the end will deliver a stronger and a more confident rider. The runs, a combination of road and trails, increase endurance and strength while you enjoy the open countryside air and the beautiful Andalusian views.

Soft Tissue Sports Therapy available (www.bodylines.info)

Think of it this way “... you are going to enjoy living for a week in Southern Spain, having fun while training hard enough to show results”

Day 1 (Saturday 1 October 2022)

1. Arrival at Los Olivos
2. Introduction with either tea, coffee and cake or lunch*
3. Unpacking
4. Time permitting, a soft 36k bike ride to Montefrío and back
5. Endless pool swim training (15 min per person/session)
6. Dinner (around 8 pm)

Day 2 (Sunday 2 October 2022)

1. Breakfast (8.30 am)
2. 50k bike ride (10.30 am)
3. Lunch followed by a siesta
4. Bleep Test at the start of the week – to be measured again at the end of the week.
5. Run (optional distances of 5k, 8, 10k) - hilly
6. Dinner (around 8 pm)

Day 3 (Monday 3 October 2022)

1. Breakfast (8.30 am)
2. Leave for lake around 10am
3. Short trail run (3, 5 or 10 km)
4. Open water swimming (fresh water, wet suit) - Bermejales
5. Lunch at a restaurant close to the lake (menu de día)
6. Return to the cortijo for a siesta
7. Dinner (around 8 pm)

Day 4 (Tuesday 4 October 2022)

1. Breakfast (8.30 am)
2. 60 or 80k bike ride
3. Lunch followed by a siesta
4. Trail walk (Gollizmos, Zumaques, etc) (around 5 pm)
5. Dinner (around 8 pm)

Day 5 (Wednesday 5 October 2022)

1. Breakfast (8.30 am)
2. 45k ride
3. Endless Pool swim training (15 min per person/session)
4. Lunch followed by a siesta
5. Bleep Test – to be compared to the results from the beginning of the week
6. Run intervals
7. Dinner (around 8 pm)

Day 6 – TRIATHLON REHEARSAL – (Bermejales, Thursday 6 October 2022)

1. Breakfast (8.30 am)
2. Leave for lake around 9.30 am)
3. 1500 m open water swim
4. 38k ride
5. 5 or 10 km trail run
6. Lunch at a restaurant near the lake (menu of the day)
7. Return to the cortijo for siesta / packing
8. Farewell paella dinner at the cortijo (around 8.30 pm)

Day 7 (Friday 7 October 2022)

1. Breakfast (around 8.30am and departure)
2. Departure

Option to stay for the weekend (Saturday 8 & Sunday 9 October 2022)

*Depending upon arrival time

