

Specific Women Triathlon Training Camp in Lanzarote, Spain

4-11th of March 2018



This is a great way to get in your early season miles while training under the Spanish sun. Sione Jongstra, Ironmama and 10 times national Triathlon Champ, will be holding a training camp in Lanzarote, Spain (also known for one of the toughest Ironman races in the world) from Sunday **March 4th** until **Sunday March 11th 2018**.

Sione will provide a suggested training plan for the week. It is a primarily a group camp; however, there will be some flexibility to incorporate your own training schedule if necessary. You will find the schedule below. The training camp will be finished with a little competitive fun race in which all 3 triathlon disciplines will be done separately

Training camp schedule:

Day 1	Arrival: Swim training afternoon, Welcome Dinner and Introduction
Day 2	Morning: bike fitting and 1,5 – 2 hours bike ride. Afternoon: running technique en run.
Day 3	Core stability before breakfast. Late morning brick training including technique and tips and trics
Day 4	Day off for sightseeing/relaxing/massage
Day 5	Morning swim in the ocean (if weather permits) and bike ride in the afternoon in 2 different level groups.
Day 6	Long bike ride with coffee and lunch break.
Day 7	Swim-Bike-Run race.
Day 8	Travel Day

**The above schedule can be altered due to circumstances eg. weather.*

Stay

You will be staying in Costa Teguse (South of the Island) in apartments. Shops, restaurants, a supermarket and the beach are all within walking distance from the apartments.

Price

The price for this week is 629 euros this is based on sharing a two-person apartment. One-person apartments will be an additional 175 euros for the week. If individuals request to be in a shared apartment a roommate will be assigned if available.

Included in the price:

- 2-person apartment: Includes kitchen with refrigerator, bathroom, TV, air conditioning, and telephone.
- 7 nights stay (breakfast and dinner buffet included)
- Training units as mentioned in the program including pool entry
- A sleeveless Siosport Lanzarote Training Camp 2018 cycle shirt

- Use of outdoor leisure pool
- Transportation to and from the airport in Lanzarote at the times of the group

Not Included:

- Flight to Lanzarote (and a transportation surplus (15 euros one way) to the hotel at other times than the group)
- Travel and cancellation insurance
- Bike (you can bring your own or rent a carbon roadbike for the special Siosport price of 118 euros for 6 days). Time trial bikes also possible ask for prices.
- Transportation of your personal bike- 25 Euro round-trip for bike transportation to and from the airport.
- Any additional costs for paying by bank transfer or paypal.

Register by requesting an entry form at info@siosport.nl

The organiser (Siosport/Sione) is not a travel agent and only leads on location. Participation is at your own risk. You can not sue Siosport for anything. The participant needs to arrange his/her own travel and travel insurance. By registering for this week the participant has been made aware of Siosport policies and agrees to them, these can be found on the website (www.siosport.nl).

Although the documentation has been set up with most carefulness, Siosport does not accept any responsibility for mistakes, inaccuracies or printer's errors.

