

Training Camp for Cyclists and Triathletes in Lanzarote, Spain

11-18th of March 2018



This is a great way to get in your early season miles while training under the Spanish sun. Sione Jongstra , 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 11th until Sunday March 18th**.

Sione will provide a suggested training plan for the week; however, there will be some flexibility to incorporate your own training schedule if necessary. You will find the schedule below. On Saturday there is the possibility to participate in the TRI 122 race as an individual or as a team. There are two distances.

Training camp schedule:

Day 1	Arrival: Swim training afternoon, Welcome Dinner and Introduction
Day 2	Morning: bike 2,5-3 hours and afternoon running technique followed by a run.
Day 3	Swimming and bike ride on the course
Day 4	Brick training bike-run
Day 5	Rest Day
Day 6	Bike 3 hours or easy bike/ocean swim/rest day for Triathlon participants
Day 7	Triathlon or long ride/run
Day 8	Travel Day

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

Stay

You will be staying in Costa Teguisse (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
- A sleeveless Siosport Lanzarote Training Camp 2018 cycle shirt
- Use of outdoor leisure pool
- Transportation to and from the airport in Lanzarote

Not Included:

- Flight to Lanzarote
- 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.
- Using the rental bike in the triathlon there will be a surplus of 60 euros.
- 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 organisor (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.

