



TRAINING CAMP *Mallorca* 2020

WEEK ONE | MARCH 21ST TO 28TH

WEEK TWO | MARCH 28TH TO APRIL 04TH





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The Spanish island of Mallorca (also spelled Majorca) is a paradise for athletes from all around the world: a training and racing Mecca.

A training camp destination for cyclists and triathletes who, more than training, want to make it a complete experience: touristic, gastronomic, pioneering and luxurious. And without having to worry about any details. Stunning landscapes, breathtaking views, beaches, and seas in the deepest shades of blue, historic villages, typical cuisine and upscale lodging. And, of course, the intense training routine closely monitored by the best in the world, to ensure that dose of endorphin that can never be absent, neither for us nor for our athletic clients.





FRANK JAKOBSEN

Triathlon coach of a PRO team, he holds multiple Ironman victories, and other international titles. Frank will design the week for you with FTE coaches. The latest training methods (and secrets)



JESPER SVENSSON

2 x Ironman Champion (Brazil and Barcelona), 2nd place at Challenge Roth in Germany 2019, and more than we can count "first-out-of-the-water" athlete. Even more he is just very patient and good in teaching, so look forward to improving your swim.



THIAGO VINHAL

TOP 15 at Ironman Kona 2017, and several other Ironman's podium positions. His fantastic humor and smile give such a fantastic energy to the camp.



HANS CHRISTIAN

Hans debuted as a professional in 2018 and became Norwegian's Long Distance Champion. On his 2nd year as a PRO he won the Epic Norseman Xtreme Triathlon 2019, considered the hardest triathlon on the planet.

HOW DOES IT WORK

METHODOLOGY AND TRAINING

The rides are going to be lead by these professional athletes, respecting the Peloton pace. There will be 4 groups with different paces for you to ride with.

STRUCTURE AND TRAINING

The camp first concern is the athlete's safety and comfort. During all training sessions there will be a support vehicle, carrying phones, hydration and snacks. When facing any technical problems or difficulties, athletes can count on our staff.

For triathletes that don't do without the triad swim-bike-run, we will provide further activities for your complete preparation, such as swimming and running groups.

We will take care of all details, so your only concern will be training and having fun in one of the trendiest destinations in Spain!





WHAT DOES IT TAKE TO PARTICIPATE?

In order to join the Camp, a certain degree of experience in road cycling is required, including basic notions of safety. Also, cyclists need to be able to ride at least 50km wearing cycling pedals and shoes.

Previous interviews will be held, in order to determine each athlete's former experience and the adequate training groups. This is, after all, a challenging open-air sport, which means the more prepared you are, the more satisfied you will be after each session.

WHAT TO PACK:

Travelling around the world with a bike may seem complicated. There really are many specifics, but you can trust we will take care of everything.

The only few things you will need to pack are: cycling (clothes and shoes, helmet, sunglasses, gloves), running and swimming equipment, as well as your personal items.

We can provide a rental bike, or assist you on assembling and disassembling yours. There are a few bike shops around the hotel, offering modern bikes for rental (either manual or electric), in a wide range of brands.





DAY-TO- DAY CAMP SCHEDULE

Our weekly schedule consists of a training volume ranging from 20 to 25 hours; cycling being the main activity.

We will have a different program each day, providing the best experiences for our athletes. We usually begin our day at the pool with a swimming training session, followed by a very complete breakfast buffet.

After breakfast, we will meet up with coach Frank for a briefing regarding the day's cycling session. The athletes will gather with their pace and distance group, depending on their conditioning level and future goals.

The running training sessions will be distributed during the day, always suiting the needs of each participant.

Each participant will have free daily access to the hotel's SPA, and can also benefit from our recovery treatments, such as compression boots and massage therapy.

For those with travelling companions, we have many suggestions of activities and tours in Mallorca. We can also make sure they meet up with the athletes in some occasions during the day.



TRAINING CAMP

Mallorca

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The basis of our training is cycling, as we will be at the paradise spot for its practice. We will make sure to take in the maximum level of expertise from our guides. For triathletes, we will also have swimming and running training sessions.

For the week, we created a Peloton for beginners, with training sessions from 18 to 30 miles, with lower elevation, riding by villages and secondary roads. As for the most experienced athletes, we have 4 Pelotons, which will vary in levels.

The total cycling distance will be around 250-300 miles, with a total of 19.000 ft of elevation.

The 3 main sessions 3 will be:

- **PUIG MAJOR** (83 miles - 5.856 ft of elevation)
- **SA CALOBRA** (53 miles - 6.463 ft of elevation)
- **FORMENTOR** (33 miles - 3.280 ft of elevation)

**previous experience in road cycling and knowing how to ride wearing bike shoes are mandatory*



OUR TRIP

- Accommodation in a standard 4-star hotel, at Pollença Bay
- Rooms equipped with mini-bar, air conditioning and Wi-Fi
- Breakfast and dinner included
- Training sessions with cyclists guides, with 4 different levels and distances
- Swimming techniques with coach Frank and Jesper Svenson
- Running techniques with coach Frank and Thiago Vinhal
- Support vehicle during training sessions, with hydration and snacks
- Day Pass for the hotel's SPA
- Access to the gym
- Airport transfers
- Full support from ASL staffs 24/7

O pacote não contempla passagens aéreas, bebidas durante o jantar, locação de bike e outros equipamentos e despesas pessoais.

THE HOTEL

Our hotel is located at Pollença Bay, with easy access to Alcudia and Pollença commercial areas.

It is a 4-star hotel with excellent facilities for the athletes and their families.



FAQ

A few of the frequently asked questions we receive from our athletes, regarding the travelling program and how the camp works.

Still have any doubts? Get in touch with the team and we will help you with anything you need to know.



01 Where is Mallorca?

Mallorca is the largest island in the Spanish Balearic Islands, located in the Mediterranean. You can find daily flights from Madrid and Barcelona to Palma de Mallorca (PMI), the only airport in the Island. Flight duration from Madrid is 1h25 and from Barcelona, only 50min. Other European airlines also provide daily flights from cities like London, Paris and Zurich.

We will be staying in the north of the island, 60km from the capital Palma de Mallorca.

02 What's the average temperature during that period?

Temperature ranges from 05° e 25° but due to climate change, it has been varying each year. In 2019, we had a pleasant weather during our stay, with temperatures going from 12° to 25°.

03 Do I need to bring my bike?

That is up to each athlete. There are advantages, like being used to riding your own bike, but also disadvantages, such as the transportation process. We have a great partnership with a bike rental store, with many models of both manual and electric bikes to choose from. The pick up and return will be done at the hotel.

04 What do I need to take?

Regardless if you are bringing your own bike or renting one, you will need to pack your own equipment, such as helmet, gloves, cycling shoes and clothes, jacket, windbreakers, pedals, protection for face and neck, for cold days.

05 Are there any activities for travelling companions?

Travelling companions are very welcome in Mallorca. They won't be short on tours and places to visit. The Island has beautiful beaches and great restaurants. While you are in session, your companions can enjoy these tours and even meet up with you for a breakfast during your training!

06 Are there good bike shops near the hotel?

You will be staying in a 15-minute bike ride from Alcudia commercial area, where you will find stores of the main bike brands.

07 Is food included?

Yes. Breakfast and dinner are included, served in a buffet style at the main restaurant. We will have reserved tables in order to facilitate the group's interaction.

During dinner, drinks are not included.

Dinner is set to begin at 6h30pm and we traditionally eat around 7pm, as during lunch we usually are in the middle of cycling sessions.

08 Are airport transfers included?

Yes. We will have a pre-scheduled timetable for arrival and departure transfers; you can verify the schedule during check out. You can also opt for booking a private transfer, with extra costs. USD75 per person/per transfer anytime arrival.

09 Will there be support vehicles during the training sessions?

Yes. A support vehicle will be present at all training sessions, but it is important to acknowledge that it will be there to assist all pelotons. Therefore, we strongly suggest athletes to be responsible for their own nourishment during the sessions.

The vehicle will be present at strategic spots for hydration and it is available to an eventual need for rescue.

10 Road or TT?

Road, for the convenience and safety when cycling up and down the mountains. However, athletes opting for the TT are also welcome. We've had a few athletes preparing for Florianopolis' Ironman that practiced in their TTs.

PRICE

USD **2.000**

PER PERSON IN A DOUBLE ROOM

USD **300**

SUPPLEMENT FOR SINGLE ROOM