Triathlon Training Camp

14 March – 3 April 2020

... train with the best

SPOWI and ARENA Sports, both leaders in Sports Training camps are pleased to announce their cooperation in organising a Triathlon Training Camp in Paphos, the beautiful island of Cyprus. The camp will take place from the 14th March until the 3rd April. Participants will have the opportunity to enjoy the beautiful weather and fantastic **bike courses** of various difficulties. Hilly terrain in and around Coral Bay guarantees sufficient climbing at every course. The 50m Outdoor Olympic pool located within the grounds of the hotel and the scenic running routes guarantees ideal **swim** and **run** conditions for a successful training camp.

CYPRUS

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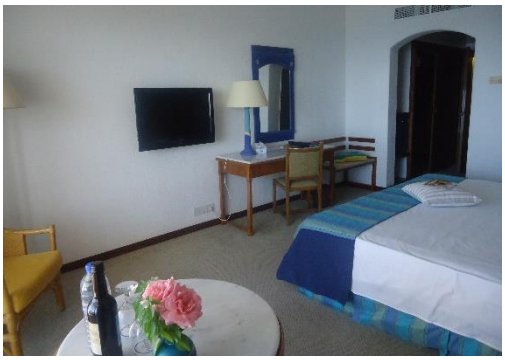
The Hotel

Coral Beach Hotel 5*

The Coral Beach & Resort is a luxurious 5* hotel, situated on the beach at the Coral bay area of Paphos. The resort is only a short walk away from the Coral Bay area with shops, bars, restaurants and other facilities.
The hotel has hosted many sports training camps and can cater to all athletes needs. Apart from the 50m Olympic pool, the hotel also has 2 well equipped gyms.

Transfer from Larnaca airport to the hotel is approximately 2 hours
Transfer from Paphos airport to the hotel is approximately 30 minutes



Accommodation

- Singles, Twins and Triple rooms are offered. All rooms have A/C, hairdryer, minibar (items are chargable), TV, complimentary WIFI, safety box, bathrobes, slippers
- Laundry service is avaialble at a charge
- Complimentary daily housekeeping

Food & Beverage

- Half Board is offered to all participants (breakfast and dinner)
- All meals are buffet style
- ½ bottle of water per person is included during dinner
- All other drinks are chargeable upon consumption

Spa Treatments

- Participants of the camp are entitled to 15% discount on all massage treatments (needs to be prebooked at Health Spa)
- Use of jaccuzzi, steam bath, sauna: EURO.4.00 per person per day
- Free use of indoor pool

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Travel Information

If you would like to book and sign up for the Triathlon camp please contact Arena Sports. Book your camp any dates between 14/03-03/04/20.

Coaches

The camp will be accompanied and guided by sports scientists and the SPOWI coaching staff.

Barbara Wolfschluckner
Sport scientist, triathlete, and long-time supervisor of the Austrian Triathlon Association

Harald Horschniegg
Training scientist with more than 30 years of experience - supervised the Austrian Triathlon Association in his role as a sport scientist. His athletes have won numerous European and World Championship medals as well as 4 Olympic medals in various disciplines.

Two outstanding and experienced coaches are at your disposal and will coach the athletes throughout the training camp.
The SPOWI Team will be attending every training session and will be answering all questions with regards to workout and training.
Taking into consideration the various training levels of our athletes on run, bike and swim practices, the group will be split up into smaller matching groups.

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Package includes

- Accommodation at the Coral Beach Hotel on Half Board Basis for 7 nights stay
- Bicycle room
- Evening meetings
- Professional training control during the camp
- A service car to accompany the cycling group with jackets, gels, bars, water bottles for every rider as well as the possibility of road assistance and/or take riders back to the hotel.
- Guided run and swim training
- Large group core, and stretch exercises

Additional Information

- Each participant to make their own flight booking / arrangements
- Airport transfer is NOT included in the package price. Should you require assistance with airport transfers, please contact Arena Sports. Final cost will depend on number of persons / bikes on the same transfer.
- All participants to have a Travel Insurance
- Please contact Arena Sports if you require a local bike hire.
- Accommodation packages for accompanying persons not participating in the training are also available upon request.

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Want to join..??

Package cost for 7 nights / 8 days stay per person cost		Additional Night
Single sharing room	**EURO. 980,00**	**EURO.102,00**
Twin Room	**EURO.805,00**	**EURO.77,00**
Triple sharing room*	**EURO.780,50**	**EURO.73,50**

- All rates are Per Person
- *Triple room is a standard room with an extra bed
- Rooms are Run of House (sea view or mountain view room will be allocated.)
- For a guarantee Sea View room supplement of EURO.5.50 per person per night to apply.

Sign up

Contact Arena Sports info@arena.com.cy or call + 357 26880877/ 878 to book your accommodation package, airport transfers, bike hire, car rental.

Inquiries:

For any inquiries regarding the training, please feel free to email wolfschluckner@spowi-projekt.at or call +43 676/5706086.

Spowi & ARENA Sports are looking forward to an exciting training camp with you!

CYPRUS

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