

# **TRIATHLON CLUB GENEVE -TRAINING CAMP 2020**

Dear members,

We are pleased to present to you all the relevant information concerning the Triathlon Club Genève training camp.

## **When?**

The training camp will take place from Friday 10th April 2020 to Sunday 19th April 2020.

Official flight (outbound): **EASYJET** Friday 10.04.2020 – Departure from Geneva: **08h30**

Official flight (return): **EASYJET** Sunday 19.04.2020 – Departure from Majorca: **15h10**

## **Where?**

For this edition, we are staying at the Hotel **VIVA Blue & Spa \*\*\*\*, Playa de Muro** in Majorca. We have 22 double rooms for adults and 5 triple rooms for our junior members, all on a **half-board** basis.

### **Hôtel VIVA Blue & Spa \*\*\*\*, Playa de Muro**

This hotel is particularly suitable for triathletes. It includes a 25-meter heated outdoor pool with 6 lanes, a fully-equipped gym and a spa with a sauna, hot tub and various pools.

A healthy, varied and balanced cuisine is offered. Meals are served as a hot and cold buffet, there is something to satisfy all taste buds.



## **How to get there?**

We kindly ask you to book **your own flights**. For information, EasyJet flights have been open for a few days now.

In addition, we would like to inform you that a transfer between the airport and the hotel and vice versa will be provided for people arriving on Friday, April 10, 2020 and leaving Sunday, April 19, 2020.

## **Bike Rental**

Three options available:

1. You bring your own bike, Easyjet charge CHF64.- per bike and per flight.
2. Rental from **BIKESVIVA**, bike rental shop that can be found on the lower ground floor of our hotel. <http://www.bikesviva.es/>
3. Rental from **HURZELER CYCLING**, bike rental shop that is less than one minutes walk from our hotel. <https://www.huerzeler.com/en>

## Sports Programme

The coaching will be led by one of the Triathlon Club Genève coaches. He will be in charge of swim coaching (slots are reserved specifically for the club) and running. In addition, he will also lead stretching and strengthening sessions. For the bike training, different groups of levels and / or affinities are organized throughout the stay according to the wishes of each participant. You can also use the services of Hurzeler Cycling, allowing you to discover the island with a guide.

## Price

We are proposing the training camp for **850,00 €**.

### This amount includes :

1. Accommodation in a double room, half-board (9 nights according to the official camp dates)
2. Transfers to and from the hotel and the airport on the official camp dates
3. Training sessions led by a Triathlon Club Genève coach
4. The use of various hotel amenities as described above

### This amount does not include :

1. The journey Geneva-Majorca-Geneva
2. The transfers to and from the hotel if outside of the official camp dates
3. Transportation of bikes between the airport and the hotel and vice versa
4. Bike rental
5. Lunch

## Registration deadline

So, convinced ?!

To register, it is simple, please send an email to **campstcg2020@trigeneve.ch** mentioning your name, surname, address, phone number and eventually the name of the person you would like to share a room with.

In order to confirm your registration to this training camp, we would ask you to pay a 50% deposit. **All bookings are final**, the deposit will be used to cover costs in case of cancellation.

The payment should be made to the following bank account:

Account Name : Triathlon Club de Genève

N° IBAN : CH26 0024 0240 2621 6460 F

Reference : Camp d'entraînement 2020 – *NAME OF PARTICIPANT*

**This account is in EUROS – Please make your payment in EUROS.**

**For any difference in exchange rates due to payment being made in CHF, the difference will be requested.**

This account is only to be used for payments relating to this camp.

The number of places is limited (44 adults & 15 juniors), reservations will be on a first come first served basis. Club members have priority up to 15.12.2019.

*For all questions regarding the camp, please send an email to **campstcg2020@trigeneve.ch***