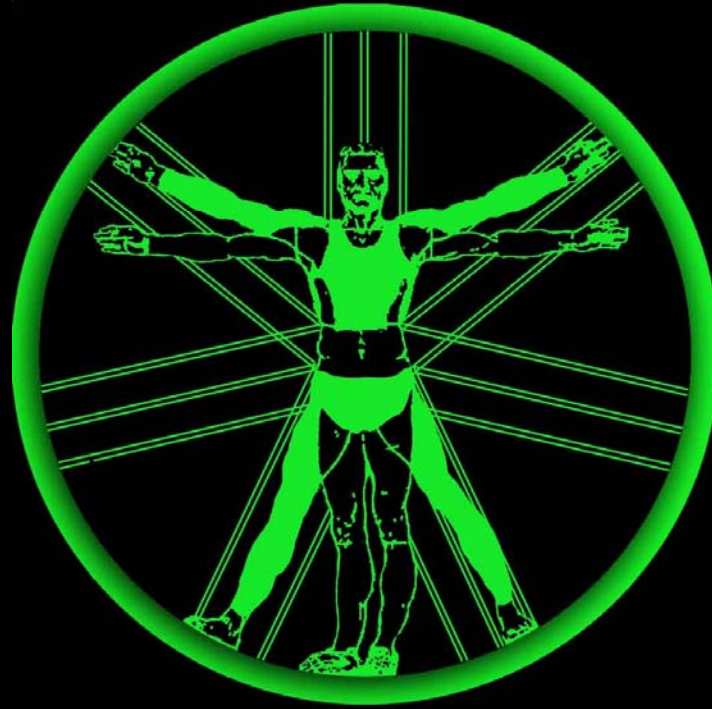


BELPARK TRIATHLON CLUB



AUSTRIA

TRAINING CAMP 2009

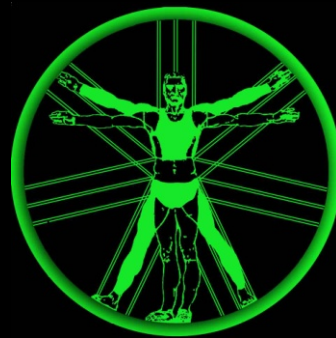


6th – 13th June 2008

In summer 2009 Belpark Triathlon club is organising a training camp in Söll, Austria. The camp will cater for all levels of athlete in our club and will provide a full week of quality swimming, cycling and running in a fabulous location!

Liam Dunne and Art MacManusa will be coordinating training for the week. A group of four from Belpark travelled to the venue in September to test the facilities and look at prospective hotels.

We have negotiated a very competitive price with the Austrian Tourist Board for the hotel and all training facilities. The hotel will provide a buffet-style breakfast after swimming and an evening meal.



SWIMMING

The pool complex is only 3 minutes walk from the hotel and features both an indoor and outdoor 25m pool, of which we will have full use before it opens in the morning. This unique indoor and outdoor facility provides us with an opportunity to carry out time-trials for everyone indoors and the following day undergo the same time-trials in our wetsuits in the outdoor 25m pool. You finally have the chance to really test how much faster you can go in your wetsuit.....

We also have access to a fabulous lake, a short 10 Kilometres Cycle from the hotel.



CYCLING

We intend to split the cycles into two groups. The stronger group will be led by a local bike guide while Liam and Art will lead the second group. Everyone has the opportunity to cycle with the stronger group led by the local guide if they wish or decide to join the shorter cycle if they feel tired that day. You have the option of bringing your road bike with you or hiring a bike for the week at a cost of €60. You will require pedals, shoes and puncture repair kits if you choose to rent a bike.



RUNNING

Söll is host to a very unique event each year; The Kaisermarathon.

http://www.tourdetirol.com/english/tour_de_tirol/informationen/kaisermarathon.html

The town has well marked trail routes for everything from 2K to 16K routes with spectacular views.



TRAINING PROGRAMME

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0800 - 0830		Meet reception 0815	Meet reception 0815	Light Breakfast	Meet reception 0815			
0830 - 0900				Meet reception 0845	Pool session should be hard 2K set, 4K total in pool		Meet reception 0845	Pool session should be hard 2K set, 4K total in pool
0900 - 0930		Pool session and time trial without wetsuits	Outdoor Pool session in wetsuits (compare times from yesterday)	Open water Swim in Lake. Wetsuits and cameras required!		Meet reception 0915	Open water Swim in Lake. Wetsuits and cameras required!	Group A or B easy Run 30min
0930 - 1000				Cycle as big group out to lake (30min each way)			Cycle as big group out to lake (30min each way)	Breakfast/light lunch organised for anyone
1000 - 1030		Breakfast in Hotel	Breakfast in Hotel			Bike: Hill Time trial..... Group A and B 1hr warm-up. Bike guide required.		
1030 - 1100		Assemble Bikes / Fit rentals						
1100 - 1130		Visit Supermarket (Cycle or walk)				Lunch organised with Hotel		
1130 - 1200				Light lunch organise with hotel			Light lunch organise with hotel	
1200 - 1230			Group A 3.5 hr bike ride with Guide.		Group A 3.5 hr bike ride with Guide.			
1230 - 1300			Group B 2.5 hour bike ride (guide Art or Liam)		Group B 2.5 hour bike ride (guide Art or Liam)			
1300 - 1330		2 hour bike ride group A and B. No guide required		Run Session (Have to find flat 2K route)		Hike in Alps 2-3hr group hike with guide. Gabriel please let me know how much this costs and what we need to bring	Group A 3hr bike ride with Guide. Group B 2hr bike ride (guide Art or Liam)	Pack/take bikes apart
1330 - 1400		Run 40min off bike (Group A only)		30min wup and stretch 45min hard				Depart for Airport
1400 - 1430								
1430 - 1500			Run 40min easy Group A and B		Run 25min easy Group B, 40min			
1500 - 1530				Dinner in Hotel				
1530 - 1600					Dinner in Hotel	Dinner in Hotel		
1600 - 1630								
1630 - 1700					Pints in pub!	Pints in pub!		
1700 - 1730				Brewery Trip				
1730 - 1800								
1800 - 1830								
1830 - 1900		Dinner in Hotel	Dinner in Hotel					
1900 - 1930								
1930 - 2000		Pints in pub!	Pints in pub!					
2000 - 2030								
2030 - 2100								
2100 - 2130	Arrive Hotel. Evening meal or sandwiches required						Book Restaurant for last meal!	
2130 - 2200								
2200 - 2230								

Total Training Time for Camp

	Group A	Group B
Swim	8 hrs	8 hrs
Bike	16.5 hrs	13 hrs
Run	4 hrs	2.5 up to 4 hrs
Total	28.5 hrs	23.5 hrs

ACCOMMODATION

The group will stay in Hotel Gansleit in the centre of Söll. The owners of the hotel are cyclists and fully understand the needs of a hungry active athlete. The hotel has a lockable compound for bikes, a Gym and even facility for sports massage.

The hotel website is http://www.gansleit.com/index.php?tw_s_en_wi=6

Rooms are shared between two and all rooms are en-suite



The cost of the camp is €615. This includes: airport transfers, accommodation on a half-board basis, all training facilities such as the pools, access to the lake and bike-guide as well as the “extra-curricular” activities like the trip to the schnapps brewery and guided hike.

The cost does not include your flight which can be booked as below for less than €200.

You have the option of bringing your own bike on the plane (€30 each way) or to hire a road bike for an additional €60. The hire bikes will be well maintained and of reasonable standard (€700 worth approx)

From Dublin To Munich


<< Previous Day of Service
Saturday 06 June 2009
Next Day of Service >>

EUR	Departing	Arriving	Flight
69.00	Dublin 16:30 Sat 06 Jun	Munich 19:55 Sat 06 Jun	EI356

From Munich To Dublin

<< Previous Day of Service
Saturday 13 June 2009
Next Day of Service >>

EUR	Departing	Arriving	Flight
57.00	Munich 20:45 Sat 13 Jun	Dublin 22:15 Sat 13 Jun	EI357



Price for 1 Adult

Prices are shown in Euro

From Dublin To Munich		From Munich To Dublin	
Fare	69.00	Fare	57.00
Taxes and Charges	33.61	Taxes and Charges	35.95
Flight Total	102.61	Flight Total	92.95

Total Price: 195.56

FINAL DETAILS

The club requires an initial indication of the number of people interested in participating. To register your interest please send an email to liamdunne@gmail.com

Everyone who registers interest in the camp will receive an email detailing payment method and deadlines. To secure all facilities and hotel, full payment for the camp will need to be made to the club circa February 2009.

