

GROUP BOOKING BROCHURE (TRI)

| | |
|-----------------------|--|
| DESTINATIONS ON OFFER | LAGOS, ALGARVE PYRENEES, FRANCE EXMOOR, UK |
| GROUP SIZE | 6 to 20 |
| DURATION | 7 or 14 nights |
| MAIN ACTIVITY | Triathlon |
| LEVEL | Usually Mixed (Sprint to Ironman) |
| ACCOMODATION TYPE | Luxury Villa |

ACCOMMODATION

Embrace Sports individually select extremely high quality and well maintained villas, chalets and cottages to offer only the best options for our guests.

If you have a very large group we will use bigger properties (capacity 18 to 20) and smaller properties nearby as required (capacity 8 to 10+).

Below are some typical pictures of the properties we use.



TRAINING

To cater for mixed abilities in groups we offer a varied training schedule, for example;

1. We offer multiple sessions each day. Novice athletes can choose to do lower volume
2. Use laps on a few of the sessions to offer multiple distance options
3. Different speed groups
4. Use markers so people can go at their own pace

All destinations have amazing training facilities. Below is a short summary of what is on offer.

Cycling:

The key stages of the Tour of the Algarve ([Volta ao Algarve](#)) which was won again by Tour de France winner Alberto Contador is right on our doorstep offering some great climbs and fast flat routes. The Pyrenees speaks for itself, we base ourselves in a lovely town close to some of the major col's such as the Col du Tourmalet and the Col D'Aspin. In Exmoor we have some great routes which include routes from the UK half Ironman and the Exmoor Beast cycle ride.



Swimming:

In the Algarve we have three preferred options for swimming facilities, all excellent. Firstly right on our doorstep we have some great sea swimming. Secondly we have the use of a 50m outdoor pool and finally the local leisure centre has one of the cleanest 25m indoor pools we have ever used. When we are in the Pyrenees we combine open water lakes with indoor pools and in Exmoor whenever possible we try to make use of Wimbleball lake, home to UK Half Ironman.

Typically UK triathletes don't get access to much open water swimming so we spend time teaching open water techniques, drafting and getting a general feel for the open water.



Running:

We like to mix up our running to try and keep everyone on their toes. In all our locations we have great local athletics tracks, stunning trails, woodland tracks and some good undulating road running. Whichever flavour your preferred terrain is... we have it!



Competition:

If your group fancies it we can offer a fun individual / team race or an ongoing mini 'yellow jersey' competition for the week. This tends to be light hearted but still a mini challenge.

Training Schedule:

We don't want to prescribe a set training schedule at this stage as you are one group and we can tailor it to best meet your demographic. However just as a sample here is a schedule we recently delivered for a training camp.

| | |
|-------|---|
| Day 1 | Afternoon: Welcome reception Evening: Easy coastal 5mile run |
| Day 2 | Morning: Monchique hill ride + short run off bike Evening: Swim session |
| Day 3 | Morning: Swim/Bike/Run Brick Evening: Rest /recovery cross training |
| Day 4 | Morning: Track session Evening: Open water / pool swim |
| Day 5 | Morning: Team time trial Evening: Strength & conditioning class |
| Day 6 | Morning: Long Sagres bike ride / 2k run off bike Evening: Rest / massage / evening jog |
| Day 7 | Morning: Swim session Evening: 5 - 10m woodland trail run |
| Day 8 | Morning: Morning Beach run or Swim Afternoon: Depart |

Don't worry, all these sessions are optional

If you have your own coaches we'd love to work with them if they want to get involved too.

CATERING



We want you to have a fantastic experience on this holiday, so we make catering easy and as all inclusive as possible. This means no shopping and fully prepared dinners. Breakfast and lunch foods are provided although these are self prepared. In the evening dinner is carbohydrate and protein packed and prepared for you. Sample menu below but again this can be adapted to suit.

- Day 1: Wild mushroom & Italian sausage risottos served with fresh salad and garlic bread
- Day 2: Chicken & vegetable pastas served with a bean salad & roasted potatoes
- Day 3: BBQ kebabs & honey chicken breasts served with a cashew nut rice salad
- Day 4: Wood fire seafood, chicken & roast vegetable pizzas (restaurant night out)
- Day 5: BBQ salmon & herbed chicken breasts served with rocket salad & French sticks
- Day 6: Roast beef & chicken served with mash potato, roast vegetables and boiled broccoli
- Day 7: Traditional Portuguese food at a local restaurant (not included in price)

SOCIAL

One of the reasons we set up our company and believe we have something different is down to the fact that we believe people are now using a lot of their holiday time to train. We are not saying that training shouldn't be hard but we wanted to distance ourselves from some of the other camps and understand that when people aren't training why not be in great surroundings, have some quality social time and some great food and even the odd drink. Our properties and setup deliver this and with the feedback we get we know it works well.



TRANSPORT

Embrace Sports will provide airport transfers and all transport during the week for training and activities. It's all part of the cost. We tend to use a number of 9 seater minibuses.

For groups we can even look at leaving one or two vehicles with you while we are not training.

PRICING

As we do not know the exact size of your group, dates or the destination it's not possible to give concrete pricing. However an indication of 7 day pricing for larger groups is:

- £395 to £495 per person training

Please remember these costs include EVERYTHING mentioned above.

Most places do not include food which can easily cost £100 to £200 pp for the week.

Pricing does not include flights/trains to the airport/station but booked well in advance they are very cheap.

BOOKING

When you are ready to confirm numbers we would love to put final pricing together for you. Simply [click here](#) to fill out the enquiry form and email to us at info@embraceports.co.uk.

Thank you for taking the time to read this and we look forward to hearing from you soon.