



IMPULSE TRIATHLON CAMP

TRAINING
garden

SAN JOSÉ DE LA RINCONADA-SEVILLE

UNIQUE LOCATION

- Close to Seville
- **SWIM:** 550m lake and other balized circuits.
- **RUN:** 1.500 m lap
- **BIKE:** 4 routes
- T1 & T2 zones
- Dryland areas
- Visualization Room
- Support van



impulse

TRI-CAMP



BEST COACHES

SWIM: Roberto Galván

BIKE: Javier Sola

RUN: Sergio Ballesteros

Ambassador athletes

TD: Germán Monterrubio

SPECIFIC PROGRAM

- Monday / Thursday to Sunday
- Biomechanics and analysis
- Conditional and technique training
- Dryland and transition training
- Respiratory Muscle Training
- Strength training and quality movement
- Specific talks: nutrition, time management, motivation skills...
- Long Training Day
- Adventure park



GET THE BEST TRAINING!

Parque de Las Graveras

Ctra. A -8001 KM 4, 41300. San José de La Rinconada- Sevilla

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NEXT IMPULSE

- 21-27 May 2018
- 18-24 June 2018
- 23-29 July 2018
- 17-23 October 2018
- 5-11 November 2018

REGISTRATION: www.traininggarden.es
All registrations till 31st May take 15% discount



PRICES

* Insurance, welcome pack and lunch included

** Access discount for Training Garden members

REGISTRATION	LONG PROGRAM (7 days)	SHORT PROGRAM (4 days)	OPEN ACTIVITIES
EXTERNAL ATHLETES	799€	499€	Talks & sessions 15€ Long Training Day 49€

COMPLETE YOUR STAY

Accommodation, travel, shuttle service, bike and neoprene renting, tourism programs, tapas guiding, family plans...

GET THE BEST TRAINING!

