



# IMPULSE TRIATHLON CAMP

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

Information about upcoming dates and places available through our email or by phone.

info@traininggarden.es  
+34 655 57 63 68

REGISTRATION: [www.traininggarden.es](http://www.traininggarden.es)



## 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!**

