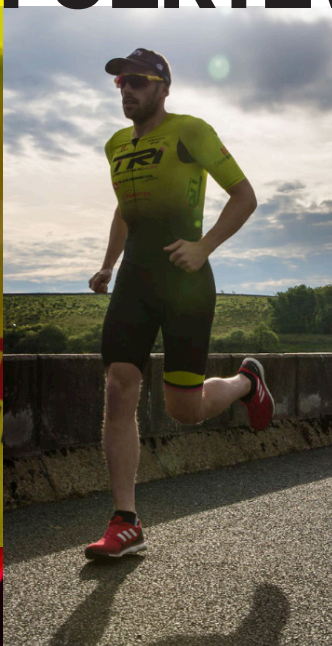


# 2021

## TRAINING CAMP PLAYA ITAS FUERTEVENTURA





# 13:03:2021

**Come and join us on our second warm weather training camp at Europe's best sports resort located in Fuerteventura:**

**CAMP DATE: SATURDAY 13th MARCH  
SATURDAY 20th MARCH 2021**

Playitas Resort is one of the most important triathlon training centres in Europe. Fuerteventura is particularly well-suited for triathletes with its well-developed roads, little traffic and varied routes and its warm climate. Add to this great run routes and a 50m pool and you are in training heaven!

**#WhereTheBestComeToTrain:**



**TRI**  
CENTRALUK



# FACILITIES

Playitas Resort has been voted one of Europe's top triathlon training centres by professional triathletes, coaches and specialised publications, and it's where the triathlon elite prepare for the season.

This is a 7 night camp uniquely placed for athletes who are thinking how to improve and take their performance to next level in a new season regardless of athlete experience in triathlon. The camp is suitable for all levels of athlete.

## FACILITIES

The Playitas resort has outstanding facilities including:

- 8 lane 50m Olympic swimming pool
- 1200m2 Indoor Sports Hall
- Athletics track only 5km away
- Full indoor gym with weights & cardio
- Running trails – Options range from 8km return run on cycle lane to the tracks and mountains around us
- Cycling - Access to quiet roads - Different routes: 2-6 hours, 50-160 km distance and 600-1,600m difference in altitude

Many other activities for your partner to take part in including:

- Daily classes
- Indoor cycling
- Tennis
- Golf



Help will be on hand for putting bikes together from our coaches on arrival should you need it. You can do as many sessions as you like or dip in and dip out as you wish.

This TricentralUK camp is packed with some excellent opportunities and here are some of the reasons you would choose us for your pre-season, warm weather training:

### COACHING ON CAMP

Rest assured this camp is for ALL ABILITIES, from the Novice first timer to the accomplished athlete, we will be catering for all levels. So don't be nervous, get yourself booked onto this fantastic training opportunity.

### EXPERIENCED HANDS ON COACHING

TCUK senior coaches bring extensive experience and expertise in hands-on coaching.



Head coach and founder of **TricentralUK** provides the structure, format, and training director of the camp.

Tony will oversee all aspects of education and training on the camp.

We will coach you in the technical elements of the sports of triathlon: swimming + drills & warm up techniques and open water skills ; cycling climbing, descending and time trial techniques; and running drills and pacing.

In my experience Triathlon Training camps are very rarely about the actual training, that will always take care of itself .Its so much more about the experience of training with friends and the education gained from being with quality coaches 24/7.

**Tony Cullen** Head Coach  
**Brian Fogarty** Senior Coach  
**John Thelwel** Coach



# DINING

At Playitas Resort they pay special attention to dining options. They have three types of restaurants to choose from.

## **BUFFET RESTAURANTS**

You will find a variety of meal options with ingredients that are carefully selected to suit sport lovers, made into a range of excellent quality and highly nutritious dishes. The Buffets provide the breakfast & dinner services.

## **À LA CARTE**

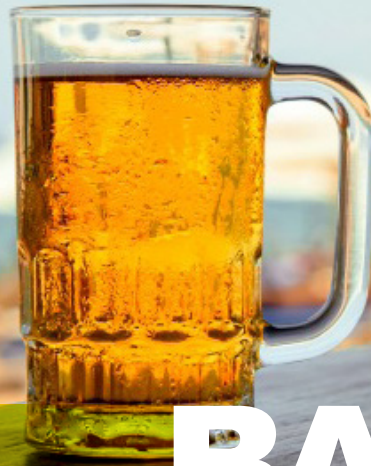
The resort offers you the chance to try one of their à la carte themed restaurants. La Bodega with Spanish cuisine and Da Luigi, for a selection of Italian dishes.

Enjoy a wonderful evening in the cosy setting inside or have your favourite pizza or pasta on the terrace while you delight in the views of the Atlantic.

The traditional décor and oak barrels create the perfect dinner atmosphere. You can also dine on the restaurant terrace and enjoy the gorgeous views.

If you have any kind of food allergy or intolerance, please tell the staff so they can keep it in mind for your meals. When you arrive at the resort, the staff will inform you about meal times, as they vary depending on the season.





# BARS

Both Playitas Hotel and Playitas Aparthotel have poolside bars where you can have a variety of snacks, cocktails and mixed grills. You can also watch your favourite sport in the Sports Bar or relax on the terrace of the Birdie Bar at the golf course clubhouse.

## **LAPA BAR - HOTEL**

Palapa Bar is right next to the hotel pool. You'll find snacks, cocktails and mixed grills in a relaxed setting with spectacular views of the Atlantic, the pool and the whole resort.

Ask the staff about opening hours, as they vary depending on the season.

## **POOL BAR - APARTHOTEL**

The Pool Bar is next to the aparthotel pool. Snacks, pizzas, cocktails and your favourite drinks are available in a relaxed setting where you can choose to sit inside or enjoy the views of the pool and the Atlantic from the terrace.

Ask the staff about opening hours, as they vary depending on the season.

## **BIRDIE BAR**

Before or after heading to the course for a round of golf, you can relax and enjoy the terrace bar and the spectacular views of the mountains and the Atlantic. The bar's open during golf course hours.

Ask the staff about opening hours, as they vary





# THE CAMP

## INCLUDED IN THE CAMP

We take the stress out of all the organising which means that all rooms, transfers and any logistics throughout the week are completely managed for you.

We will have done a pre-camp reconnaissance of the resort and local area so you can feel assured everything is taken care of for you. The coaches will be on hand throughout the stay for any questions or queries.

- Hotel, Studio or apartment accommodation (costs vary)
- Self-catering with the option of paying extra as stated earlier for HB or FB.
- Please note: We usually make our own breakfast in the studio and then grab a bite to eat for lunch whilst out on the bike ...Yes, a coffee stop!!

Bike rental is available on camp if you would rather not travel with your bike (extra cost)

**To book your bike in advance,  
just fill in the form winter 2020  
and send it to [bike@playitas.net](mailto:bike@playitas.net)**





# THE RESORT

## PLAYITAS RESORT

The resort is located in the south-east of Fuerteventura in a picturesque bay and directly at a dark natural beach. The fisher village Las Playitas can be reached in a few minutes by walking.

The next bigger village is Gran Tarajal with different shops, restaurants and bus connections. It is about 5km away. Our facilities include:

- 700m2 gym
- 50m Olympic pool
- 18holes golf course with driving range and PGA golf academy
- Tennis courts
- 2 multifunctional courts
- Cycle centre
- Volleyball field

and lots more. Additionally, we also offer water sports, such as windsurfing, catamaran sailing, diving, etc.

## BRING YOUR PARTNER TO ENJOY THE CAMP TOO

There is plenty of activities to spend time with your partner in down time with the following:

- Spa with massages
- Jacuzzi, Turkish bath, sauna, cold water pool and Recreational space
- Supermarket
- Fashion shop
- Rent a car
- Live music
- Night market with handmade objects
- Themed parties (White party, Pool Party and Rock Party)
- Pools with Balinese beds







# COSTS

## THE COSTS:

### ATHLETE ACCOMMODATION OPTIONS:

#### APARTMENTS:

Training Camp cost **£399** room only 4/5 sharing apartment. Not including flights and transfers. (**£299 non athlete partner**).

ALL Rooms have the following facilities Air conditioning, telephone, free internet access, satellite TV, safe, fully equipped kitchen, microwave, bathroom with shower and bath, hairdryer and terrace or balcony.

50% deposit up front 50% 6 WEEKS prior to arrival on Saturday 13th March 2021.

Meal prices for apartments

Breakfast: 11,50 € per person/per night

Half board: 27,60€ per night/ per person

Full board: 42,70 € per night/ per person

### TO RESERVE YOUR PLACE EMAIL ASAP TO CONFIRM

**tony@tricentraluk.com**

You will have direct access to the coaching team who can answer any questions about the camp, hotel, transfers etc.

### POSSIBLE AVAILABLE FLIGHTS:

#### Flight Option 1:

RYANAIR: Saturday 13th March 2021

Leave Manchester 06:25am

Arrive Fuertaventura 10:40am

RYANAIR: Saturday 20th March 2021

Leave Fuertaventura 11:15am

Arrive Manchester 15:25pm

**£139**

#### Option 2:

RYANAIR: Saturday 13th March 2021

Leave Manchester 06:25

Arrive Fuertaventura 10:40am

JET2: Saturday 20th March 2021

Leave Fuertaventura 15:35pm

Arrive Manchester 20:05pm

**£217**

Transfer costs will be updated once we have exact numbers. Last year worked out at roughly £50 each way, including bike box.

### MORE INFORMATION & ANY QUESTIONS

If you have any questions regarding the camp then please just drop us an email. No question is too small, too daft or has not been thought of by someone else!

**If none of these work for you there are many other flight options available on these dates!**

## NEW COPY (NO HOTEL INFO)

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## OLD COPY

### THE COSTS:

#### ATHLETE ACCOMMODATION OPTIONS:

#### HOTEL:

HOTEL double room based on 2 athletes sharing £780 per person half board (£680 with non athlete partner). Not including flights + Transfers

HOTEL single room £ 1010 half board. Not including flights + Transfers

Full board supplement £15.10 per night per person (only water included, not drinks)

#### APARTMENTS:

APARTMENT based on 5 sharing £395 per person (room only) Not including flights + Transfers (£295 non athlete partner)

APARTMENT based on 2 sharing £825 per person (room only) Not including flights + Transfers

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per person (only water included rest drinks not

Transfers last year worked out at roughly £50 per

person-per transfer including luggage + Bike

(£100 Total)