



## IRENE COLETTA

### TITLE:

### Training Triathlon Camp at Playitas Resort\_Fuerteventura

### Description

Reserve your place for our upcoming Fuerteventura Training Camp, Canary Island at Playitas Resort. Join Trisutto Coach Irene Coletto for individual advice on your swim, bike and run while training in the warm winter sun.

During the camp you will receive advice during all workouts

### Agenda

Aspects that are covered during the week long training:

Training philosophy – learn Trisutto.com principles of periodisation, the training mix, psychology + physiology, athlete development and the use of races within these considerations.

Swim training – techniques for the individual athlete, use of swim tools, stroke correction.

Bike training – positioning, technique for the individual athlete, bicycle and component selection, skills, tools.

Run training – technique for the individual athlete, shoe choice, use of run tools (hills, track, treadmill, road).

Triathlon – integration of swim, bike and run into the one training approach.

Stretching – massage, warm up and warm downs.

Injuries – prevention, treatment, athlete mentality and training around or through them.

Race execution – strategy for the individual athlete and season goals.

### Whats included?

All swim, bike and run coaching.

We have **reserved swim lanes** in the 50m olympic pool, so there will be a **small fee, around 20 € / athlete** for all the camp and only for the **athlete that stay in the Playitas Resort**.

**The Camp Fee Covers coaching only.**

**For accommodation details please refer to the informations above.**

### How much does the Camp Cost?

Euro 370 for each Camp of 6 full days.

Accommodation and flights are not included.

The resort offers three accommodation types; hotel, aparthotel and a selection of private villas

- **To make the accomodation/room booking** please contact: [booking@playitas.net](mailto:booking@playitas.net) mentioning you're booking with Irene Coletto\_Triathlon Coaching\_Trisutto Camp so you have a special individual discount of 10%.
- **To make the Camp's accomodation: use this link.**
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I° TRAINING TRIATHLON CAMP\_23-28 December 2023 (link below)

[Fuerteventura Dec 2023 | Trisutto](#)

II° TRAINING TRIATHLON CAMP\_30 December- 04 January 2024 (link below)

[Fuerteventura Dec Jan | Trisutto](#)

III° TRAINING TRIATHLON CAMP\_03 February - 08 February 2024 (link below)

[Fuerteventura 3Feb 2024 | Trisutto](#)



IV° TRAINING TRIATHLON CAMP\_24 February - 29 February 2024 (link below)  
[Fuerteventura 24Feb 2024 | Trisutto](#)

**PS. Remember: we have some studios reserved for each Camp, the deadline for the rooms is:**

**I° Triathlon Camp \_23-28.12.2023**

Deadline for rooms: 23/08/2023

**II° Triathlon Camp \_30.12.2023 till 04.01.2024**

Deadline for rooms: 30/08/2023

**III° Triathlon Camp \_03-08.02.2024**

Deadline for rooms: 03/10/2023

**IV° Triathlon Camp \_24-29.02.2024**

Deadline for rooms: 24/10/2023

## **The Schedule of the Our Training Camp**

(it is a guideline, as we have to be flexible to weather/wind conditions)

- Day 1: Bike e Swim
- Day 2: Run and Bike
- Day 3: Swim and Bike
- Day 4: Run
- Day 5: Bike and Swim (optional run)
- Day 6: Brick (bike/run) and Swim

## **Have you other questions?**

Contact: me directly Coach Irene Coletto and use this e-mail: [irene@trisutto.com](mailto:irene@trisutto.com)