



INBALANCE

COACHING

The logo for INBALANCE COACHING features the word "INBALANCE" in a large, blue, sans-serif font. Below it is a graphic element consisting of a green triangle pointing upwards and to the right, with a blue line extending from its base. Underneath the graphic is the word "COACHING" in a smaller, blue, sans-serif font.

INFORMATION BROCHURE

Triathlon Training Camp



Lanzarote - February 2025

Sands Beach Resort

11th - 16th February 2025



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Nothing compares to the power of focus when it comes to enhancing your performance in sports or fitness activities.

After the festive 'off-season', filled with holiday treats, it's refreshing to kickstart training and escape unfavorable weather by traveling to sunnier locations for workouts. In the training camp, you'll take advantage of the warm weather, quiet roads, and ample sports facilities, creating an optimal environment for concentrated training without daily distractions.

The physical improvements and confidence gained from our training camp will prepare you for the upcoming season. While maintaining the same training intensity post-camp might not be feasible, staying committed to your training will help carry over the benefits into the competitive season. If only we could enjoy the perks of a training camp indefinitely!

Triathlon training camps can be demanding, yet they are also enjoyable and enlightening. Get ready for an action-packed 5-day training experience. Remember, you have the option to skip a session if needed!



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Within this community of like-minded individuals, athletes immerse themselves in an environment where every swim, bike ride, and run brings them closer to personal excellence. Mornings start with the rhythmic splash of early swims under the first light of dawn.

Experienced coaches offer guidance, turning weaknesses into strengths and doubt into confidence.

Afternoons are spent cycling through scenic landscapes, where challenging terrains build resilience and test endurance. The collective determination of the group and the sound of tires on the road create a symphony of effort and ambition. Evenings are filled with the rhythm of running shoes hitting the trails and sea front pushing athletes to surpass their limits as the sun sets.

Beyond physical training, these camps also focus on mental strength. Workshops cover nutrition, strategy, and mindfulness, providing athletes with essential tools for competition.

Shared meals and stories of triumph and adversity create bonds that extend beyond the camp.

As each day unfolds, athletes witness transformation not only in their performance but also in their spirit. The training camp serves as a crucible where dedication, passion, and perseverance merge into an unwavering determination to succeed.

WHAT TO EXPECT?

Swimming

- Coached outdoor training pool swimming with technique analysis.
- Open water swimming for all abilities.

Cycling

- Group guided and coached rides. You will experience cycling some of the most beautiful and safe roads in Europe through amazing scenery. Routes will include lava fields, up volcanic carved mountains and epic coastal routes.

Running

- Trail running through volcanic desert landscapes and beautiful coastal routes with options for all abilities. There is also an indoor private gym.

Strength and conditioning

- In depth strength and conditioning workshop, There will also be regular recovery routines throughout the camp including foam rolling, regular stretching and optional sports massages.*

Education

- Coaches will spend an evening answering any questions you might have on previous or future training.
- Presentations by the Coaches



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£679 PER ATHLETE

WHATS INCLUDED?

5 Nights accommodation - Half board - Bike hire -
Hotel Airport transfers
Fully Coached/Guided sessions for swimming, cycling and running
Strength & Conditioning sessions - Stretch and recovery sessions
Swim Analysis
Education Seminar(s) - Coach Q and A evening
Special event t-shirt
Fun in the sun with a great bunch of like minded people

WHATS NOT INCLUDED?

Flights
UK Airport transfers

Would you consider inviting your partner or family to join? They can opt for a relaxing vacation while you engage in the camp activities, allowing for a versatile experience tailored to everyone's preferences.

£320 PER GUEST



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Meet the Coaches



Coach Darren Gibbons

British Triathlon (BTF)
Level 2 Diploma Coach
80/20 Endurance Certified Coach
Level 2 Training Peaks Accredited Coach
NCFE Level 2 Nutrition & Health
BTF Strength & Conditioning CPD
Award Winning Coach!



Coach Ed Collins

British Triathlon (BTF)
Level 3 coach High Performance
Accredited Swim Smooth Coach
MSc in Sports Coaching
Level 2 Training Peaks Accredited Coach
BTF Strength & Conditioning CPD
National Pool Lifeguard Qualification (NPLQ)

We believe that success is not just about individual achievements, but also about improving personal situations, setting goals, and reaching them. Let's work to achieve your goals and make this a journey to remember.



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PROVISIONAL PROGRAMME

Friday

Welcome meeting and registration

16:00 Run introduction

Saturday

08.00 Swim session. Technique work and analysis

11.00 Cycling (3 hrs) Run off-bike

16.00 Run session

19.00 Training 2025 coaches presentation

Sunday

08.00 Swim session. Technique work and analysis

10.00 Cycling (4 hrs) Run off-bike

16.00 Run session

19.00 Coaches presentation

Monday

08.00 Swim Pace session

10.00 Cycling (4 hrs)

16.00 Run session

18.00 Recovery stretching session

19.00 Coaches presentation

Tuesday

08.00 Long bike ride - part of the IM course

15.00 Strength and conditioning

17.00 Swim session. Technique work and analysis

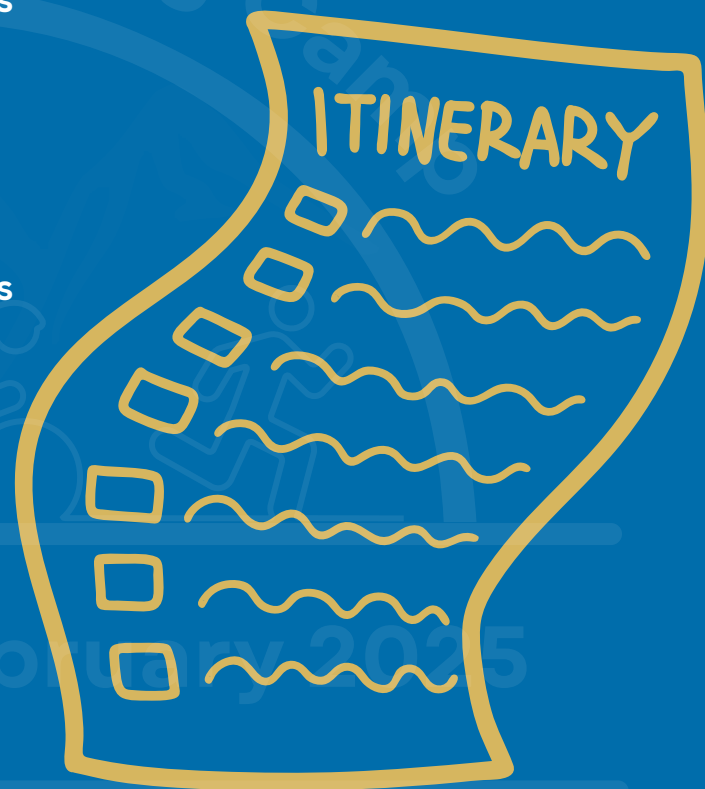
19.00 Coaches Q&A

Wednesday

08.00 Sea swim

10.30 Run Session

13.00 Depart *



Provisional programme
and may be subject to change



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Training camp bike

Carbon Bike Aero Mechanic Disc - Brand: Berria - Group set: Campagnolo/Shimano - Set up: Campagnolo Chorus/Shimano Ultegra, 12-32/50/34. Wheels: Fullcrum Racing 800 Alloy



You can upgrade to a Carbon Aero Electronic Disc for an additional fee of £50 for the camp.

Athletes will be required to make a refundable deposit of 500 euros for their bike on collection.
If this is not possible then please speak to one of the coaches.

Special event athlete tech t-shirt included





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Payments, Withdrawal and Refund Policy

Payments

The total cost of the camp excluding flights and UK transfers is £679pp. £320 Guests.

A deposit amount of £200 per athlete (£100 per Guest) must be paid within seven days of booking.

Following this, three further balancing payments will be required by:

1st payment on 31/10/24 - £150

2nd payment 30/11/2024 - £150

Final payment 31/12/2024 - £179 (Any extras selected will be added to this final instalment.)

Final Guest Payment 31/12/2024 £220

Deposits are non-refundable as some costs of the camp have been paid for up front.

Payments made payable to:

Bank account: HSBC

Sort: 40-28-13

Account: 31411403

Account Name: E S J Collins

Reference: Name

Withdrawal and Refund Policy

Should you need to withdraw your participation in the training camp, you must make your request in writing via email.

Refunds will be given for withdrawal petitions received in the following time frames:

- between 6 and 4 months prior to the start of the event: 50% refund of the entry fee
- between 4 and 2 months prior to the start of the event: 25% refund of the entry fee
- within 2 months of the start of the event: no refund will be given

In the event of cancellation for any reason - including but not limited to weather conditions, national emergencies or changes in governmental policies, We cannot be held responsible and advise you seek your own insurance to cover these circumstances.



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Additional Information

Accommodation

The cost is £679 per athlete when sharing a standard apartment with another person.

Accommodation for the camp is based on two people sharing a twin room half board.

Upgrades to rooms are available.

Please note - this may not be possible dependent on availability.

Single Person room £200 extra* Beach front room - £100 extra*

If you are traveling alone, you can either choose your roommate or we will match you with an athlete of the same gender.

Flights and Hotel Transfers

We will suggest the best flights available so you can make the most out of the camp and sunshine!

Airport Transfer Service Information:

Our hotel airport transfers are included in the price but are based on our suggested flight times. If your schedule differs from our recommendations, you will need to arrange your own transportation.

Other

We will provide you closer to the training camp start date a recommended kit list.

We advise you seek your own adequate insurance for medical and sporting activities



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"There's a cap on the headcount! "

**Book!
Now!**

Get me on that plane!

Book your place now



Coach Darren Gibbons
07580566554
www.smarttriathloncoaching.com

Coach Ed Coliins
07970015186
www.inbalancecoaching.co.uk