



Training camp 2027



12th-19th Mar 2027



Calpe, Spain

CLICK TO BOOK

From £950 pp*

Escape the cold and give your training a boost with our annual warm weather camps in Calpe, a pro cyclist Mecca and now with a brand new 50m outdoor pool. Our camps offer a challenging, educational, and highly enjoyable week designed to take your fitness to the next level while enjoying some sunshine.

Train at a purpose-built resort featuring a 50m outdoor pool, easy access to scenic run trails, and world-class cycling routes. It's the perfect mix of hard work, great company, and a welcome break from the British weather!



Camp details and who it's for?

Our camps are designed for athletes of all abilities. We bring a carefully selected team of coaches to ensure every athlete gets the support and guidance they need across all three disciplines. You'll be grouped by ability to get the most out of each session — recognising that your level may differ between swim, bike, and run — while still enjoying the inclusive, social atmosphere that makes our training weeks such a fun and memorable sporting holiday.

What's included?

- Fully coached and guided bike sessions – with pre-planned routes for all abilities, including GPX files where applicable.
- Coached run sessions – tailored to all levels, focusing on technique, pacing, and progression.
- 3x coached swim sessions (1x 1-1 analysis each) - improving pool fitness and swim technique, plus full access to the 50m outdoor pool at all other times.
- Optional open water swim sessions – weather-dependent, with a focus on technical skills and confidence in open water.
- A full week living and training alongside our coaching team – get expert advice, feedback, and answers to all your questions.
- Free gym access throughout your stay.
- Accommodation and Full board – enjoy comfortable rooms with breakfast and dinner included.

Accommodation & Pricing

You'll be staying at the Albir Garden resort— a fantastic, purpose-built facility with everything you need for a great week of training and relaxation.

We offer two accommodation options:

- **Option 1: £950 per person*** – includes all training, accommodation, and Full board (breakfast, lunch, snack and dinner), based on two people sharing a twin room.

**Travelling solo? Let us know and we'll do our best to pair you with a suitable, same-sex athlete.*

- **Option 2: £1,295 per person** – includes all training, accommodation, and Full board, with single room occupancy.

A 25% deposit is required to book.

For more information or to request a room share, please email thetriguys@outlook.com



Suggested flights

We advise that you book flights to arrive on the 12th and depart on the 19th at any time that suits you.

**Please note the arrival and departure day is FRIDAY. The camp starts properly on Saturday morning with a welcome briefing and the first session of the day.*