

Siosport Trainingweek 70.3 Mallorca May 1st – May 8th 2022



Saturday May 7th is the race day of the awesome 70.3 Ironman Mallorca in Alçudia. Prepare for his race guided by ten times national triathlon champion and two-time Ironman Age-Group World Champion Sione Jongstra. In 2021 Sione also won her Age-Group in the 70.3 Ironman Mallorca.

A week of training for triathletes on the beautiful Spanish island of Mallorca with the possibility to finalize the week with racing the 70.3 Mallorca. Triathletes who want to use this week to prepare for other races are also welcome. These athletes can do additional training sessions and have the possibility to follow their own training schedule.



Training's week Program

1 May	Flight and arrival. After dinner welcome
2 May	Bike 70.3 bike course and open water swim
3 May	Bike Cap Formentor and afternoon session focusing on running technique followed by a run of choice
4 May	Core strength, stretching and swim session
5 May	Run and endurance bike ride
6 May	Open water swim and spin down. Bike check-in.
7 May	70.3 Mallorca or own training plan
8 May	Travel day

**The program is under reserve of changes due to weather and/or other unforeseen circumstances. Athletes can also shorten or lengthen sessions.*

Other

Sione will share her longtime experiences about many different aspects of triathlon. Besides that, she will give inside information about long distance racing and specific information about the 70.3 Mallorca race.

Stay

You will be staying in Hotel Cabot Pollenca Spa Park in Port de Pollença. The rooms will have one or two beds and a bathroom. Furthermore, there is a small fridge for your own use. There are also three person rooms and family rooms (up to five persons maximum). A child as third person in a room with three beds will get a discount when staying with 2 adults. In a family room the costs for adults are higher, but the rates for kids are lower.

Cost

The price of this week is 769 euro per person for a 2-bedroom room. For a single room it is 899 euro. Partners /roommates, who do not bike nor follow any training sessions will get a discount of 60 euro. A child in a three-person bedroom pays €50,00 (0-2 years old), €100,00 (3-6 years old) and €150,00 (7-14 years old). From the age of 14 the adult prices apply. Send an e-mail for an inquiry for family prices to info@siosport.nl.

Inclusive:

- Bedroom with bathroom
- Training sessions and/or group rides
- Free use of Fitness Center (at reservation)
- Free use of Wellness Center (at reservation)
- 7 nights with breakfast and dinner (buffet)
- Use of Leisure pool with relaxation chairs
- Transfer to and from the airport on Mallorca
- Ins & outs 70.3 Mallorca
- Transfer to the transition zone on race morning
- Siosport cycling gloves and swimming cap (last one also compulsory in the Wellness)

*(*these do not count for those who make use of the partner discount)*

Exclusive:

- Return flight to Mallorca (there is a possibility to book these as well)
- Registration 70.3 Mallorca
- Lunch and other snacks/refreshments
- Travel and trip cancellation insurances
- Registration bike event
- Rental bike. Carbonbike 140 euro or aluminum bike 105 euro (Monday -Saturday)

Covid-19

Siosport, together with her partners, have made a COVID-19 annulation condition. When Siosport must cancel the week due to new restrictions, Siosport will refund your paid sum minus 25 administration costs. This condition is valid up on a week before departure. The flight is not part of the general costs and cannot be claimed by Siosport if booked by yourself.

Sign up via the form on the Dutch page please:

<https://siosport.nl/event/trainingsweek-70-3-mallorca-1-tm-8-mei-2022/>