



Triathlon Camp

baba's grappa + Toby Garbett



Triathlon Camp CROATIA

Toby Garbett and Baba's Grappa have teamed up to bring you a unique training experience in a small and exclusive group in Croatia.

Renowned health and fitness instructor Toby Garbett, an Olympian, double world champion and triathlon coach is here to create a bespoke training program for your particular needs while at the same time encouraging team spirit amongst everyone attending. The camp will include individual coaching and feedback on swimming, cycling and running as well as diet, flexibility and race preparation.

Apart from offering reliable weather, quiet roads and calm, crystal water, Croatia is already among the hippest Mediterranean destinations. Baba's Grappa is your Croatia travel specialist and has hand picked the most luxurious five-star hotel as your base so you can relax in its state-of-art Spa or have your little one entertained in the Kid's Club while you train. We can tailor your experience to suit everything from your dietary requirements to your cultural interests while any non-triathlete partner can choose from an array of activities, making this an ideal holiday for families and lone travellers alike.

Soak up the sun, enjoy the buzz and come back on peak form.



Quick Facts

Fitness Level

• Individual training programs for everyone attending. All levels welcome.

Where & When

• Croatia, Split: 1st - 8th May 2016

Accommodation

• 5* hotel Le Meridien Lav

Flights

• Heathrow Airport: British Airways
• Gatwick Airport: Norwegian + EasyJet



The Camp

Day 1 Upon your touch down in Split, you will be whisked away to the luxury five star hotel. We suggest relaxing by the pool on the first evening and enjoying the sunset with a cocktail. We also recommend selected events in Split if you wish to explore.

Days 2 - 6 On the first morning Toby will get to know you, assess your ability and design your training program for the week. You will be encouraged to express your expectations while Toby guides you through your goal setting. You will be training under his watchful eye at all times so your regime may be fine-tuned as the week progresses.

Each day will consist of morning and afternoon training sessions while the ratio and the type of exercises will depend on your starting point and the sport that is your weakest link. As a Pilates and fitness instructor, Toby will also ensure your warm ups and stretches are done correctly.

Come **day 4** you will be whisked away on a private speedboat to the stunning island of Brač for a day of cycling. This will give you an opportunity to climb up the highest of the Adriatic islands with a stunning descent overlooking Hvar Island to follow. You will then have a chance to swim off the infamous Golden Cape before you head back.

Day 7 Having an afternoon flight back home means you will bid the camp a farewell only after completing your morning training session and having your progress analyzed. Having a week of guided training supervised by an Olympian behind you, you will head back home on top form for the summer and with a clear vision of your optimum training regime.



Included in the price

- 7 nights in 5* Le Meridien Lav Hotel
- All breakfasts
- Private airport transfers
- Private speedboat transfer to the island of Brač for a day of cycling
- Goal setting
- Swim + cycle + run coaching
- Pilates + stretching lessons
- Access to the Spa facilities
- Use of swimming pools
- Le Meridien Kids Club for 4 - 12 yrs

Available on Request

- Road bike hire from £20 per day
- Opportunity to hire Pinarello Razha
- Single use room supplement £40 per night
- Half Board supplement £20 per day
- Full Board supplement £40 per day
- Activities for a non-triathlete partner

Price

- £925 / £825 early bird (by 31st Dec)



www.tobygarbett.com

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