

# TEAMALLOUT

TRIATHLON TRAINING CAMP

## MALLORCA 2021

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PT. POLLENCA, MALLORCA  
10 APRIL - 17 APRIL 2021

PRICES:

EARLY BIRD: 5000DKK ENDING 1/12-2020

LATE BIRD: 5750DKK AFTER 1/12-2020





# TRAINING PROGRAM

## DAY #1

### ARRIVAL

Bike: 45k - Cap de Formentor

## DAY #2

### OPENING

Bike: 90k - Sóller and return

Run: 5-8k

## DAY #3

### KINGS STAGE

Bike: 140 / 160k - Pug Major and Sa Calobra

Swim: 2-3k

## DAY #4

### BRICK

Bike: 75km - Lluc from Selva + 3-6k offbike

Swim: 1-2k OpenWater

## DAY #5

### FLAT AND FAST

Bike: 75k - Arta done focused with intervals

Run: 12-15k

## DAY #6

### TT

Bike: 95k - Mountain TT at Sa Calobra

Run: 10-12k or Swim 2k

## DAY #7

### QUEEN STAGE

Bike - 130k - Last epic climb at Randa

Swim 2k OpenWater

## DAY #8

### CLOSING TRAINING BEFORE DEPARTURE

Run: 6k

Program might change due to weather, form and local conditions

GET YOUR SPOT - [INFO@TEAMALLOUT.DK](mailto:INFO@TEAMALLOUT.DK)