

# International Multisport-Camp

Fuerteventura  
07.02. - 20.02.2022

A training-holiday filled with swimming, biking, running and kayaking - away from the rainy and snowy weather!? We checked out one of the best training spots in Europe!

A lot of fun, sweat and input of two elite Quadrathletes is waiting for you. Let's meet with like-minded people and spread the passion <3

We, Lisa & Stefan, want to share our passion for multisport with YOU! Discover your limits, enjoy the landscapes and improve your technique - feel free to join us for one or two amazing week(s) =)

No matter how old or how fit you are - everybody is welcome! Training will be adapted individually. All sorts of multisport-athletes are welcome.

...Move & Enjoy!!

That's what it's all about =)

*See you  
Lisa & Stefan*





## **Detailed information:**

**Location:** Fuerteventura, Canary Islands, Gran Tarajal. Swimming in the sea (19°C) and 50m-pool. Bike riding is flat or hilly, picturesque landscapes and good Asphalt roads. Off-road-trail-running or flat along the sea and speedy brick-sessions =) Temperature is around 20-24 degrees outside, you can always train in shorts and shirt.

**Training:** We'll have technique, base endurance and intervals in all disciplines and add athletics, coordination and strength-sessions. We always adapt the program individually to your needs (in 2 or 3 speed-groups of a maximum of 6 athletes). On top there will be workshops and lectures on topics like sport-psychology or nutrition.

**Material:** We recommend to rent a bike on site (<https://fuerteventurabikeshop.com>)

Of course, you can also take your own road-bike, we do not recommend a Time-Trial bike! If you have questions, feel free to ask us. Kayaks are on-site and included. Bring helmet, bike-shoes and clothes for every weather, a wetsuit is not compulsory, we do always swim without, but if you get cold quickly, take one with you. We'll send you a detailed packing-list a few months before the camp so that you'll forget nothing!

### **Accommodation:**

- 1) We recommend to book an apartment in Gran Tarajal.
- 2) You can also just book an Airbnb-room. There are good and low-cost restaurants around.
- 3) The next hotel is Las Playitas, where also the pool-swims and paddling takes place. All other activities will be in Gran Tarajal. There's a lovely bike-road-connection between the two towns (5k).

Please book your accommodation in advance and on your own. Take into consideration that it's a popular place and rooms are sold out quickly.

### **Dates & Prices:**

From 07.02.2022 – 20.02.2022

You can arrive and leave whenever you want, but we recommend to do the two weeks to benefit the most from the training.

1 week = 350€ // 2 weeks = 600€

Included are 2-3 training sessions per day (except on restdays of course 😊), individually adapted to your level and desires, mainly in small groups. Kayaks, Pool-Entry, a workshop and a lecture.

**Flights:** Airport: Puerto de Rosario. Please book your flights as soon as possible on your own. There are direct flights from nearly all big airports. Transfer to Gran Tarajal is via local bus (5€) or taxi.



*Gran Tarajal*



*Great landscape*



*Running along the sea*



*50m Olympic Pool*



*Paddling*



**Registration:** Please write us a mail and fill in the questionnaire.

Transfer the money according to your desired camp-duration no later than 1<sup>st</sup> of September. Only paid entries are reserved! Late entries are 50€ extra per week.

Feel free to write or phone us if you have any questions (mail@lisa-und-stefan.de – 004917631633449)

We are looking forward to an amazing multisports-camp and Quadrathlon!

**Lisa & Stefan**  
**www.lisa-und-stefan.de**



*Trail running at its bests*



*SUP*



*Option for Off-Road*



*Great landscape and mainly smooth asphalt roads*



*Core-Training*

General terms:  
[www.lisa-und-stefan.de](http://www.lisa-und-stefan.de)

## Registration for the Camp on Fuerteventura 2022



Name: \_\_\_\_\_

Age-Group: \_\_\_\_\_

Country & Languages spoken: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

I'm staying the: ☐ 1<sup>st</sup> week ☐ 2<sup>nd</sup> week ☐ both weeks

What are your camp-expectations? Please arrange the following items according to your wishes in an order from 1 (=this is the most important point for me) to 7 (=this point is not important for me) – every number can only be assorted once:

- ☐ Sports performance (I want to improve my time-splits, this means for example hard intervals) \_\_\_\_\_
- ☐ Sports performance (I want to improve my technique) \_\_\_\_\_
- ☐ Knowledge (I want to learn new things in lectures, workshops, explanations of trainings-sessions) \_\_\_\_\_
- ☐ Alternative Training (I want to include core-strength and stretching) \_\_\_\_\_
- ☐ Active holiday (cappuccino tours) \_\_\_\_\_
- ☐ Seeing tourist places / sightseeing \_\_\_\_\_
- ☐ \_\_\_\_\_ (any other wishes?) \_\_\_\_\_

Which is your level in the following disciplines? Please cross out a discipline, if you don't want to do it during the camp and highlight the discipline you want to focus on.

Note your Personal Best within the last 6 months:

- ☐ Swim 1500m \_\_\_\_\_
- ☐ Bike 40km \_\_\_\_\_
- ☐ Run 10km \_\_\_\_\_

Do you have experience in Surfski-Ocean-Paddling? ☐ Yes ☐ No

How many hours have you trained per week during the last three months? \_\_\_\_\_

How many hours do you want to spend on training during the camp? \_\_\_\_\_

Do you have any previous illnesses, allergies, health restrictions or is there anything else we should know out?

\_\_\_\_\_  
\_\_\_\_\_

Thanks for answering all questions – thus we can adapt the training schedule individually to your needs.

Date \_\_\_\_\_ Signature \_\_\_\_\_