



ICAN gets ready for the season 2011/2012

# TRAINING CAMPS

Be made on the island of Mallorca, paradise of thousands of triathletes in the months of March, April and May 2012.

Our headquarters is in Paguera, located in the municipality of Calvia. The **ICAN center** has been made possible due to the joint efforts of the Hoteliers Association of Paguera, City Hall of Calvia, led by the Council of the Sports Department and ICAN's organization. The union of all of us has made possible the birth of the first **ICAN 2012 Training Camp** to be held from 17.03. to 07.04.2012

**PAGUERA**

**MALLORCA 2012**  
MARCH - APRIL - MAY



**TRAINING CAMP**  
PAGUERA

Dates:

From **17/03/2012** to **24/03/2012**

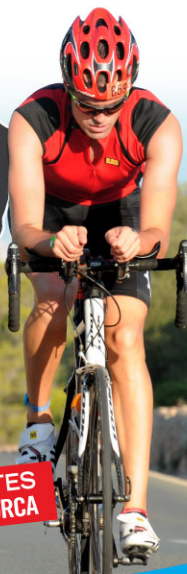
From **24/03/2012** to **31/03/2012**

From **31/03/2012** to **07/04/2012**

(EASTER TIME)



Mallorca enjoys a privileged climate and enviable cycling routes, especially with a solid strong ground, safe and with different training opportunities, mountains, plains, etc. In addition, note the friendliness of the residents toward cyclists, like their presence is common in the roads of Mallorca as it is one of the most important cycling destinations in Europe over the last ten years.



**TRAINING CAMP 2012 TRIATHLETES**  
**20% DISCOUNT IN ICAN MARBELLA / MALLORCA**

customer@icantriathlon.com · www.icantriathlon.com



**ICAN TRAINING CAMPS** are stays of 7 or 14 nights with our ICAN standards of quality, premium services and personalized attention. It is also included the accommodation in Half Board, (accommodation only, bed & breakfast and Full Board is possible), supervised training sessions, 24 hours sports medical service, physiotherapists in sports medicine and sports facilities such as 25m heated swimming pool, athletics track approved by the IAAF, etc. To our TRAINING CAMPS are coming triathletes from different nationalities with whom to share experiences, discussions... You will also have at your disposal our guides in Spanish, English or German.



#### FARES PER TRIATHLETE

**One week stay**  
Double room in H/B:  
from **599€** x pers.

**Two weeks stay**  
Double room in H/B:  
from **899€** x pers.

#### FARES FOR NON PARTICIPATING COMPANIONS

**One week stay**  
from **399€ HB.** x pers.

**Two weeks stay**  
from **599€ HB.** x pers.

#### SERVICES INCLUDED:

- Guide.
- Cycling Guided tours with support and provisioning vehicle.
- Pack energy drink.
- Aquathlon participation.
- Transition Training.
- Internal competitions.
- Athletics sessions in track, road and cross country.
- Pool and open sea sessions.
- Biomechanical study of swimming.
- Sports diet, vegetarian option.
- Accommodation in double room with H/B. (single room possible on request).
- Transfer Airport-Hotel-Airport.
- Stretching and relaxation session.
- Spanish Fiesta attendance.
- Trekking across the natural park.
- Family Entertainment.
- Professional triathletes conferences & colloquium.

#### COMPLEMENTARY SERVICES

- Physiotherapist service.
- Sports medical Service.
- Excursion in kayak, paddle surfing, scuba diving..
- Hiking along the Serra de Tramuntana, a World Heritage Site.
- Nordic walking.



15th APRIL 2012  
MARBELLA



29th SEPTEMBER 2012  
MALLORCA



Institut Calvianer d'Esports