

Whether you are a complete beginner or have competed for a few seasons; we all have a common goal – **to get there faster and do it more efficiently**. We can help you attain that goal through our bespoke coaching weeks at Finca Santa Ana.

What we offer

- **Small groups**

We work in groups of 8-11. This ensures that you will have maximum personal coaching time, the group training sessions remain small, and that your stay is comfortable with a relaxed 'team' atmosphere.

- **Expert coaches**

Our coaches are Clare and Pete Thompson, a super-friendly husband and wife team, both with years of experience to share. Unique to our format, Clare and Pete will be resident throughout your week so you can literally eat and sleep triathlon. As well as group training there will be plenty of time for 1:1 coaching on whatever you want to work on, and time to generally pick their brains.

- **Fabulous area**

This little known inland area of the Costa Blanca offers triathletes, runners and cyclists a fabulous adventure playground. The villa is situated at about 500 metres above sea level, and the surrounding mountains offer ranges of altitude and a mixture of terrain to play with. The sun-drenched patio with stunning mountain views offers the perfect setting to relax with a post-training beer – or to perfect your puncture changing technique!

- **Own pool**

12m pool on site for 1:1 technique coaching (25m pool nearby for swim sessions and a sea session)

- **All inclusive FULL board**

We want you to be able to focus entirely on your sport while you are with us so we are taking all the work out of your holiday! Our price includes airport transfers and all food and drink¹. We include 3 meals a day and snacks as we know how hungry you will be getting! All our meals are tailored specifically to meet your nutritional needs whilst training. The one exception is the final night dinner at a local restaurant where you can take a fixed price menu or choose a la carte. We also offer a daily kit laundry service, so we don't all end up stinking!

- **Relaxed atmosphere and spacious accommodation**

We aim to create a relaxed informal atmosphere where our guests can feel at home and at ease. We believe that this is essential for achieving your maximum potential whilst with us. Only triathletes will be staying at the finca during your stay, so you can feel completely at ease breakfasting in lycra, leaving running shoes by the door and inner tubes on the patio!

¹ including cold continental breakfast buffet, lunch, 3 course evening meal on 5 evenings including wine/beer (none of us are perfect!), water, tea/coffee, house wine and beer. In addition there will be a 'help yourself' whenever you're hungry' fridge/kettle/toaster.

Some notes about our coaches –
Clare and Pete Thompson



Clare

- Level 2 Triathlon Coach.
- Competes for Great Britain Age Group Team for both Triathlon and Duathlon.
- National bronze medalist indoor rower (Concept 2 series) within age group.
- Former East of England Veterans Cross-Country Running Champion.
- Leader in The Women's Running Network.

Pete

- Level 1 Triathlon Coach.
- Competes for Great Britain Age Group Team for Duathlon.
- Many times County Champion Runner at distances from 5k - Half Marathon.
- Former East of England Veterans Cross-Country Running Champion.
- Former British Veteran Trail-Running Champion.
- Acted as guide-runner to partially-sighted paraolympic gold medalist.

Ladies only week

We are offering a ladies only week (subject to demand). This will give women the time to train at their own pace in a totally non-pressurised environment.

Typical week

As we have such small groups we will tailor your week to suit you and your specific needs, but a typical week might look something like this

Saturday

Arrive, have a beer on the patio then unpack and put bike together (help available if you need it). Dinner with the coaches. After dinner discussion about the week ahead.

Sunday

AM

Bike - 1 hour technique, then 1 hour ride

PM

Running - technique, skills and drills.

Evening

Discussion about running training and running kit; particularly regarding the importance of wearing the right type of running shoe.

Monday

AM and PM

Split the group into 2 groups of 4. One group to use pool for swim coaching, the other group run coaching. Groups to swop around for afternoon session.

Evening

Discussion around swim kit, open water swimming, safety.

Tuesday

AM

Bike ride

PM

Core training

Evening

Talk on race preparation; being organised, motivation, peaking, tactics and transition.

Wednesday

Day

Sea swim followed by bike.

Evening
Discussion and practical on bike puncture repairs.

Thursday

AM
Transition practice
PM
A fun mini-triathlon
Evening
Discussion on nutrition; during heavy training periods, and before, during and post-competition.

Friday

AM
Core training
PM
1 : 1's discussions with coaches and forward planning.
Farewell dinner at local restaurant

Saturday

Breakfast then depart.

Questions?????

What will you get?

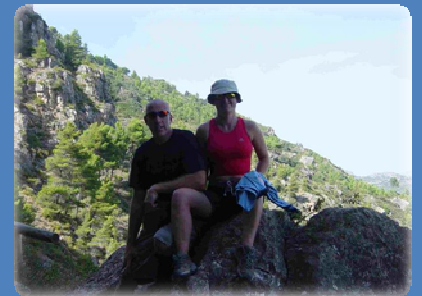
- Personalised intensive training week with expert coaches with a strong emphasis on what you want to work on.
- 1:1 time with coaches to work on specific issues
- A very comfortable stay in a stress free atmosphere with time to relax and unwind
- A personal pack to take away with training notes and a customised training programme. Plus the option of continuing your coaching relationship with Pete and Clare through their online support programme.

When are the weeks and how much?

Finca Santa Ana has a busy schedule and so far we have only released two weeks to the triathlon programme – this may be extended if there is sufficient interest and we find the space!

We are currently offering two weeks at an introductory rate of £550 per person per week. *This rate does not include flights or personal accident or loss insurance.* We include airport transfers for individual flights arriving in Alicante by 2pm on the Saturday; please let us know if this is not possible and we'll see what we can do. For

Some notes about our hosts Rachel and Cino Hickey



They bought Finca Santa Ana 4 years ago, spent 18 months on renovation and now split their time between the UK and Spain.

They both have a general love of sport and the great outdoors. Cino has played football at semi-professional level, before graduating to rugby and more recently triathlon. Rachel was a horse-riding instructor and played Division 1 rugby before hanging up her boots to have children. She now concentrates on her running.

Rachel grew up in a hotel, so knows how to make guests comfortable, and they have run a number of hugely successful group events at Finca Santa Ana.

They have a great local knowledge of the area and mountains so can suggest hiking routes or places to visit on the train if you need an hour or a day off.

groups of 8 or more booking together we can offer a **group discount** and airport transfer at whatever time your flight arrives.

The two weeks currently on offer are

Mixed week: 14th -21st March 2009

Ladies only week: 21st-28th March 2009

If these weeks are no good for you, please let Rachel know and we will see what we can do!

How do we book?

Drop Rachel an email at rach@moretospain.com and she will allocate your space. £150 deposit is then required to secure your place with the balance payable 6 weeks before departure. On receipt of your deposit you will be sent a questionnaire from Clare and Pete, this will help them prepare your programme. They will then discuss this with you before departure so you can come fully prepared!