



# International Training Camps, Workshops & 10km Road Race. All ages & all abilities welcome.



24th March - 30th April 2015

# Gran Canaria



# Easter 2015 Training Camps



WARM WEATHER  
TRAINING CAMPS

BESPOKE PACKAGES

GRAN CANARIA

2015



What we can provide:

- Self catering accommodation in Maspalomas and Telde.
- Half/full board accommodation in Maspalomas and Vecindario.
- All Airport/Accommodation transfers including equipment.
- Transfers for International Training & Workshop Day (Saturday 4<sup>th</sup> April)
- Transfers to 'Streets of Telde 10km' (Sunday 12<sup>th</sup> April)
- Track and gym passes for your duration.
- Catering for all disciplines...throwing, jumping, running
- Personal assistance in arranging all aspects of your camp.
- Athletics master classes delivered by international coaches.

OPTIONAL EXTRAS:

- Individual video analysis of running, throwing or jumping form. Invaluable for long term development.
- Sports massages from PWWT team of therapists.
- Active Isolated Stretching workshops. Top routine for hard training blocks.
- Mobility & flexibility workshops. Integral routine for long term health benefits.
- Strength & Conditioning workshop with PWWT Gran Canaria. Unique exercises developed to bring foundation strength and speed to the mind and body.
- Athlete nutrition workshops. An underappreciated and vital aspect of athletes' health and wellbeing.
- Personal coaching for middle and distance athletes.
- Assisted coaching. For coaches who can't come, we provide track side observation and athlete assistance with detailed analysis and reports of each athlete under your tutelage.
- Single supplement for single room occupancy.
- We can arrange Aqualand trips or any other excursion you request.



- Professional training camps organized by ex professional athletes
- Self catering, half board, full board...choose your accommodation style
- Beach training, grass/cinder parks for off track, mountain trails, local dirt trails
  - International Friendly Training & Workshop Day
    - Excursions to different stadiums and beaches
      - Olympic free weights gyms
        - Airport transfers
        - PWWT Workshops
          - ...and more

[www.professionalwarmweathertraining.com](http://www.professionalwarmweathertraining.com)

[andrew@professionalwarmweathertraining.com](mailto:andrew@professionalwarmweathertraining.com)

+34 673 249 424

Skype: [andrew.walker.pwwtgc](https://www.skype.com/people/andrew.walker.pwwtgc)



[Professional Warm Weather Training](https://www.facebook.com/ProfessionalWarmWeatherTraining)

# International Coaches and athletes delivering athletics workshops



## Darren Braithwaite

- Silver Medallist 60m – World Indoors 1995
- Team Member of World Record 4x200m Relay Indoors – 1991
- Bronze Medal 4x100m World Athletics Championships – 1991,1997
- Coach, teacher, father, leader for sprint master classes this Easter



## Becky Lyne

- Silver Medallist 800m – European Championships 2006
- 3<sup>rd</sup> Fastest All Time UK 800m – 1:58:20
- Motivational speaker and experienced personal trainer & coach
- Leader for workshops in movement and nutrition this Easter

Also attending, coaching and delivering workshops.

- Caroline Price – UK Athletics Javelin coach(Bringing a squad of 6 throwers)
- Lawrence Lynch – 400m hurdles coach(With a squad of 8 athletes & coaches)
- IR Sports Club, Iceland – Squad of 35 athletes and coaches
- Athletes and coaches from various countries here to train and compete
- PWWT Team of therapists and workshop leaders

## Accommodation Options

PWWT Base Camp 1  
Self Catering in Telde  
1 - 5 Bedroom Apartments/Chalets  
100m - Front line from local beaches  
Catering for individuals to large groups



## Details and Prices

### PWWT Base Camp 1

Modern, self catering apartments and houses on the coast in Telde. Regarded as having the best beaches on the island, with 6 different beaches all within 4.5km of each other. Accommodation here ranges from between front line living to within 300m of the beach. Orientated for all athletes and disciplines as you will be based at the PWWT Base Track and gym. Nice undulating trails, that allow for spontaneous exploring as they veer off in many directions and for many miles. Based in local seaside towns that offer everything from buying fresh fish coming into the port every morning, to seaside cafes and restaurants with stores for all your shopping needs.

**Price:** Starting from only €295 per person/per week (2 - 8 people sharing in a variety of accommodation options)

**Duration:** You can reserve your package for as many as days as you like and we will adjust the price accordingly.

**Included in this package:** Accommodation. Airport transfers. Transfer to International Friendly Training & Workshop day at PWWT Base Camp in Telde. Daily transfer to track for sprinters, throwers and jumpers. All PWWT workshops with International guest coaches. Option to attend daily morning and evening workshops that we will be providing. Snorkelling equipment provided for exploring local sea reefs. We will meet you at the airport, bring you to your accommodation, provide you with maps of the area for training and exploring and you will be based in an area that is not tourist orientated allowing you experience a very unique setting for your training camp. Also, track and gym passes at PWWT Base track in Telde.



PWWT Base Camp 2  
Self Catering in Maspalomas  
Studio Bungalows  
2km from Maspalomas/Playa del Ingles 7km long beach  
2 per bungalow(6 remaining)



## Details and Prices

### PWWT Base Camp 2

Modern, self catering studio style bungalows in a very nice complex in Maspalomas. Orientated more for middle and longer distance athletes who will not be on the track much, or for sprinters, throwers and jumpers who will be hiring a car to travel to the stadiums in Vecindario or Telde for most of their training. In the tourist south of Maspalomas, 1km from the track and gym in Maspalomas. 1,25km cinder and grass training park beside accommodation with plenty of trails and roads for good training as soon as you leave the accommodation. Everything you need for a great training holiday.

**Price:** Only €265 per person/per week(2 people sharing a 1 bedroom studio bungalow)

**Duration:** You can reserve your package for as many as days as you like and we will adjust the price accordingly.

**Included in this package:** Accommodation, airport transfers and transfer to International Friendly Training & Workshop day at PWWT Base Camp in Telde. We will meet you at the airport, bring you to your accommodation, provide you with maps of the area for training and exploring, transfer you and/or your group to and from the friendly training day with International guest coaches and athletes from other countries and we will be available at any time to help you in any way during your time here. Also, track and gym passes for Maspalomas stadium.





PWWT Base Camp 3  
Self Catering in Maspalomas  
1 Bedroom Bungalows with pull out sofa bed in lounge  
2km from Maspalomas/Playa del Ingles 7km long beach  
2/3 per bungalow(5 remaining)



## Details and Prices

### PWWT Base Camp 3

Semi-detached 1 bedroom bungalows in a quiet complex in Maspalomas with own private garden and in house washing machine facilities. Option of a 3rd person on a pull out bed in the lounge to bring costs down even more. Orientated more for middle and longer distance athletes who will not be on the track much, or for sprinters, throwers and jumpers who will be hiring a car to travel to the stadiums in Vecindario or Telde for most of their training. In the tourist south of Maspalomas 1km from the track and gym in Maspalomas. 1,25km cinder and grass training park beside accommodation with plenty of trails and roads for good training as soon as you leave the accommodation. Everything you need for a great training holiday.

**Price:** Only €265 per person/per week(2 people sharing a 1 bedroom bungalow) or €210 per person if 3 people sleeping.

**Duration:** You can reserve your package for as many as days as you like and we will adjust the price accordingly.

**Included in this package:** Accommodation, airport transfers and transfer to International Friendly Training & Workshop day at PWWT Base Camp in Telde. We will meet you at the airport, bring you to your accommodation, provide you with maps of the area for training and exploring, transfer you and/or your group to and from the friendly training day with International guest coaches and athletes from other countries and we will be available at any time to help you in any way during your time here. Also, track and gym passes for Maspalomas stadium.



PWWT Base Camp 4  
Self Catering in Maspalomas  
1 bedroom duplex apartments  
2km from Maspalomas/Playa del Ingles 7km long beach  
2 per apartment(13 remaining)



## Details and Prices

### PWWT Base Camp 4

Perfect for those on a budget. Self catering apartments. Orientated more for middle and longer distance athletes and/or those hiring a car to travel to the stadiums in Vecindario or Telde for spinting, throwing and jumping. In the tourist south of Maspalomas and in a nice complex 1km from the track and gym in Maspalomas. 1,25km cinder and grass training park beside accommodation with plenty of trails and roads for good training as soon as you leave the accommodation. Everything you need for a great training holiday.

**Price:** Only €190 per person/per week(2 people sharing a 1 bedroom duplex apartment)

**Duration:** You can reserve your package for as many as days as you like and we will adjust the price accordingly.

**Included in this package:** Accommodation, airport transfers and transfer to International Friendly Training & Workshop day at PWWT Base Camp in Telde. We will meet you at the airport, bring you to your accommodation, provide you with maps of the area for training and exploring, transfer you and/or your group to and from the friendly training day with International guest coaches and athletes from other countries and we will be available at any time to help you in any way during your time here. Also, track and gym passes for Maspalomas stadium.



PWWT Base Camp 5  
Half/Full Board Hotel in Vecindario  
Single, double and triple rooms  
Daily beach transfers after training  
Please contact us regarding prices



To learn more about our training camps  
please don't hesitate to contact Andrew or Maria



[www.professionalwarmweathertraining.com](http://www.professionalwarmweathertraining.com)

[andrew@professionalwarmweathertraining.com](mailto:andrew@professionalwarmweathertraining.com)

+34 673 249 424 / +34 928 644 350

PWWT Gran Canaria – 5 years organising training camps and events in Gran Canaria