

# Training Hard

• Costa Brava & Costa Barcelona  
*Swimming & Triathlon*

In the **Costa Brava – Girona Pyrenees** we have state-of-the-art sports facilities and a natural environment that offers the ideal terrain for training. In **Costa Barcelona**, one-step away from the exciting Barcelona city, you can train at the outdoors all year round thanks to the mild weather and the prepared equipments. Swim in Olympic-size training pools (Lloret de Mar, Calella or Sabadell) or brave the open water, in the sea (Lloret de Mar) or the lake (Banyoles).

*Monday. 27*  
*September*

- Welcome to Catalunya!
- Dinner in **Parc Samà** (Costa Daurada)
- Accommodation in Cambrils **Hotel Estival El Dorado Resort\*\*\*\***

*Tuesday. 28*  
*September*

- Workshop & lunch
- *Let's start the famtrip!*
- Transfer and visit to **Banyoles'** lake for open water (Costa Brava)
- Dinner and accommodation in **Girona**

*Wednesday. 29*  
*September*

- Visit to the sports facilities (swimming) of **GEIEG**
- Visit to the sports facilities (swimming) of **Lloret de Mar** and lunch
- Dinner and accommodation in **Calella** (Costa Barcelona)

*Thursday. 30*  
*September*

- Visit to the **Crol Centre Calella**, olympic swimming pool
- Lunch and transfer to Sabadell
- Visit to **Club Natació Sabadell**
- Farewell dinner in Castelldefels beach
- Accommodation in Castelldefels **Hotel SB Bcn Events\*\*\*\***

*Friday. 1*  
*October*

- Transfer to Barcelona's airport and flight back home.

