

Train 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 **Hotel Playafels******
- Accommodation in **Hotel Playafels****** & **Hotel Bel Air******

Friday. 1
October

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

