



GO4TRI TRIATHLON TRAINING CAMP

Lanzarote, Spain

May 2 – May 10, 2026

ABOUT THE CAMP

Camp Concept	This triathlon training camp is designed for committed athletes preparing for Sprint, Olympic, 70.3 and Ironman races.
Focus Areas	Lactate testing, race pace definition, transition skills (T1 & T2), open water confidence, endurance development, fueling strategy.
Coaching Team	Full training package with 2 professional coaches and elite-level racing experience.
Structure	Swim • Bike • Run • Testing • Video Analysis • Race Simulation • Education

WHAT YOU WILL GAIN

- Individual lactate testing (Run & Swim)
- Finding your best target race pace
- Practical transition training (T1 & T2)
- Open water swim skills and sighting confidence
- Structured brick sessions
- Personalized race strategy discussion
- Practical fueling strategies for racing and long-distance sessions
- Technical corrections based on video analysis
- Clear post-camp training direction

FULL TRAINING SCHEDULE

Date	Morning	Afternoon	Evening
May 2	Arrival & Check-in • Bike setup (if needed)	Light Swim Session • Video Recording (initial technique assessment)	Dinner • Camp Briefing • Swim Technique Review
May 3	Bike – 2h Aerobic Ride (Zone 2)	Swim – Technique + Accelerations • Swim Threshold Test • Filming of All Swimmers	Video Analysis & Lecture • Individual Focus Points • Targeted drills
May 4	Swim – Targeted Drills Practice • Endurance Swim	Free Time / Recovery	Run – Endurance Run (50–60 min) • Stretching
May 5	Brick Session (2–2.5h total) • T2 Practice • Run off the Bike	Swim – Aerobic / Technical Session	Nutrition & Fueling Lecture (up to 1 hour) • Race Fueling Strategies • Hydration Planning • Long-Distance Energy Management
May 6	Bike – Aerobic Ride (up to 3h) • Fueling Strategy Practice	Rest / Free Time	Optional Island Exploration
May 7	Bike Session (2–2.5h) • Aerobic Endurance • Controlled Accelerations / Hills	—	Open Water Swim • Sighting Practice • T1 Transition Focus Points learning
May 8	Run – Interval Session • Lactate Testing • Finding Your Best Target Race Pace	—	Swim – Technique • Gym Session (Core & Stability)
May 9	Bike – Hills / Strength Endurance 2–2:30h	Swim – Intervals • Lactate Testing • Finding Your Best Target Race Pace	Farewell Dinner • Wrap-Up Talks • Key Takeaways • How to Train After the Camp • Race Strategy Discussion
May 10	Swim – Endurance + Short Accelerations • Technical Consolidation	Check-out	Departure

PRICING

HALF BOARD (Breakfast & Dinner)

Room Type	Booked & Paid by 25th Feb	After 25th Feb
Single Room	2,190 €	2,330 €
Twin Room	1,795 €	1,895 €

FULL BOARD (Breakfast, Lunch & Dinner)

Room Type	Booked & Paid by 25th Feb	After 25th Feb
Single Room	2,405 €	2,565 €
Twin Room	2,005 €	2,125 €

PACKAGE RATE INCLUSIONS

- 8 nights in Sea View Room with half board OR full board
- Access to two swim lanes for a daily 1.5-hour session for seven days
- Accommodation with half board (Breakfast and Dinner) or All Inclusive
- Full training packages with 2 coaches
- 8 nights in a double room - Sea View Room with full board

BOOKING CONDITIONS FOR PARTICIPANTS

Payment Policy

- A 50% prepayment is required to confirm the booking
- 50% remaining, 45 days before arrival

Cancellation Policy

- A 10% deposit is non-refundable
- 4 months to 31 days before arrival: 50% of the total
- From 30 days to arrival: 100% of the total

COACHING TEAM

ROSTISLAV PEVTSOV

Three-time Olympian • World Aquathlon Champion • European Games Bronze Medalist

For more than two decades, Rostislav Pevtsov has competed at the highest international level, with over 150 international races, multiple World Cup victories, more than 30 podium finishes, and medals at European and World Championships.

His racing experience spans Olympic-distance to long-distance formats, giving him deep insight into race dynamics, pacing strategy, and performance under pressure.

Coaching experience: 5 years

KSENIIA LEVKOVSKA

Professional triathlete • Certified coach

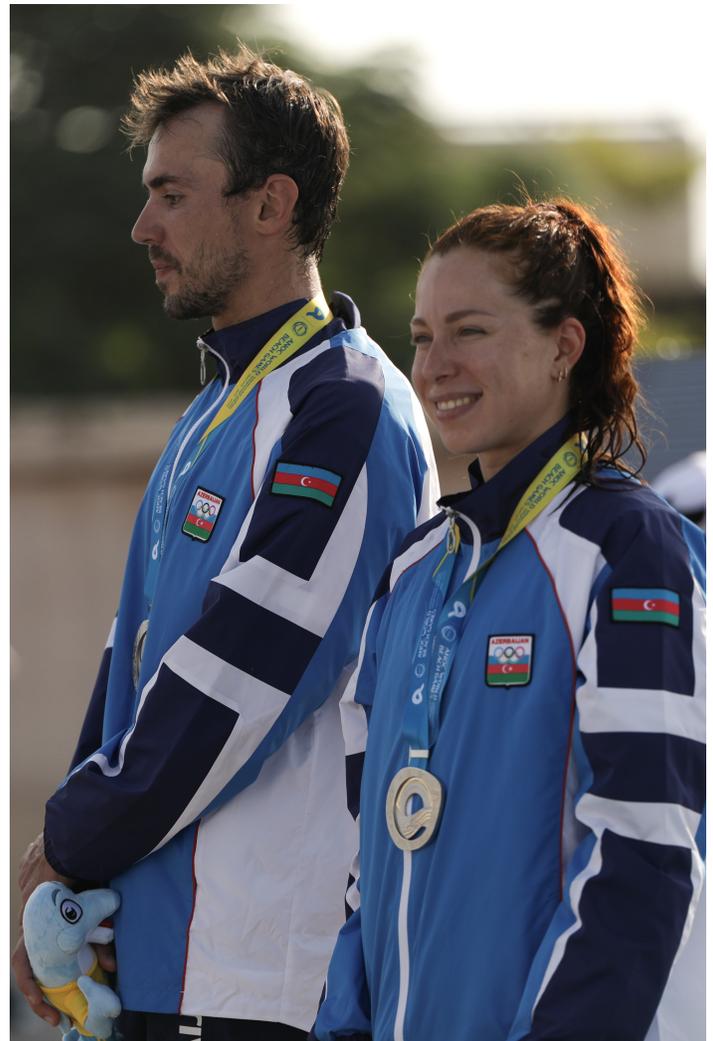
With nearly two decades in endurance sport and over 170 international races across 51 countries, Kseniia brings a truly global perspective to performance development.

Her racing career includes participation in World Cups, European Olympic Games, World Championships, and Ironman 70.3 events, competing consistently at international Pro elite level.

Her background combines high-level racing experience with structured coaching methodology, helping athletes refine technique, build endurance intelligently, and execute races with clarity and confidence.

Coaching experience: 6 years

Academic degree in Physical Education



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