

**Q&A and TRAINING CAMP WITH:  
ENEKO ELOSEGI (Pro-athlete-25 times top 10 Full IRONMAN)**

Come train with Eneko Elosegi a Pro-Athlete in beautiful Oman. Training will include all triathlon disciplines swimming, bike, and run at various amazing locations in beautiful Muscat, Oman with stunning views. You will come away with new skills, knowledge, and friends!

**\* THURSDAY 12/12/2019**



- Training camp brief:

- 1- Getting to know session.
- 2- presentation about triathlon sport in competitive events.
- 3- Training principles, Introduction to INSCYD metabolic testing (used by Jan Frodeno, Peter Sagan, Bora team, lotto jumbo..) how it Works, why it is useful for male & female athletes.
- 4- Dinner and Q&A.

**\* FRIDAY 13/12/2019**

**- 6:00 AM - Long bike ride:**

The biking in Muscat is exceptional! We ride up to Muttrah, Al Bustan & Amerat TT loop/ or Oman 7.30 bike course all of which provide excellent opportunities to fine tune your climbing, approaching of hills descending skills, speed, strength and endurance. No one is left behind, and we stop often to re-group and review bike handling skills and training techniques. We practice nutrition and off-the-bike T2 transition skills. Q&A during the ride and after the ride is included.

**- 3:30 PM – Run Session:**

The run is often the hardest part of the triathlon, basically because it's at the end of the race. We shall discuss nutrition and pacing on the bike to avoid hitting the wall on the run. We assess training skills to build up muscular strength and endurance along with injury prevention. Also, review of all participants technique. Dinner, Including Q&A about any relevant subject during training

**7:30 PM Dinner**, Including Q&A about any relevant subject during training.

**\* SATURDAY 14/12/2019**

**7:00 AM – Swimming Session At Kimpiniski Hotel.**

- Open water swim can be challenging for many athletes. Therefore, at this session we shall focus enhancing open water swim skills, technique and how to use different toys (pull, paddles etc..). Also, skills and ways to reduce fear during the race and drafting skills to increase speed and efficiency.

- **3:30 PM INSCYD test at Amerat TT Loop:**

Optional for whoever is interested in doing INSCYD metabolic test and know exactly each one's energy combustion during different paces and what he/she really needs to work.

