

## CYPRUS CAMP FAQ

### Where do we meet?

The camp will be held at [Aliathon Holiday Village](#), and this is where the training will take place.

Theas Afroditis Avenue  
Paphos, 8063  
CYPRUS

It is also essential that you bring a signed copy of the [Trisutto camp liability waiver](#) at the first session.

### What is the training plan for the week?

An average day at the camp will go as follows:

- Meet at the pool in the morning. Most days will start with a swim session
- Following the swim, we will run or ride, or do both

Sometimes there may be three workouts in one day. eg 7am swim, 11am run, 3.30pm bike. Other days it may be two sessions eg. 7am swim, followed by a long ride or run.

Each morning it is decided what sessions will be held. This takes into account factors such as fatigue, upcoming races, and the weather.

For more information about the sessions click [here](#).

All workouts are based around individual needs, the camp venue, and sometimes weather. All visiting athletes will receive advice on swim technique, run technique and bike position from the coaches, during workouts. There will be a discussion about running technique before/after the workout, and athletes will receive advice during the workout on their own technique.

The aim of the week is not to see how much training can be completed, but to provide athletes with useful and practical advice, to take away and use in their own training at home after camp. If you want more information on the structure of the Trisutto camps, visit the '[Frequently Asked Questions](#)' of the website.

*\*\* Athletes who attend camp are welcome to add additional work if they so wish. However, we usually find the week as scheduled to be sufficient for the majority.*



### What level do you need to be to attend the camp?

We cater for all levels, new, experienced and pro athletes. Our aim is to help athletes with their technique, and give them some tools to take away to continue improving at home. Current fitness and ability are less important than willingness to learn and enjoy working on the process of improving.

### What's included in the camp fee?

The camp fee is a coaching fee for the camp. This includes having personalised coaching at each session, three times a day, with unlimited access to the coach.

All athletes attending the camp must stay at Aliathon Holiday Village. Please see last page for full accommodation information

For information visit our camp partner [Mokapot Productions](#).

Athletes can make their own travel and accommodation arrangements. As different athletes have different expectations and price brackets, we allow athletes the flexibility to book their own accommodation while maintaining a camp fee we think is exceptional value.



### What bike should I bring?

Please bring the bike you are most comfortable on, and that you do the most training with and plan to race on. The majority of riding will be on the flat, although there are some hills only a few minutes away.

### What should I bring to camp?

Please bring all of your swim gear, including your paddles, buoy – but no fins and no snorkel. You will not need your wetsuit. All our swim workouts are in the pool.

### Training apparel

Our Trisutto range of sports training and racing apparel is available to purchase via the [Trisutto.com website](#).



## Accommodation

The camp will be conducted at the [Aliathon Holiday Village](#), a four star resort located on the beach. It will also be the base and meeting point for all training activities during the camp, we recommend that you book through Mokapot Productions, our camp partner, who have a variety of packages available for camp participants.

### Accommodation package options:

Below are the packages available for athletes attending the camp, and are for 7 nights stay

	Single	Single	Single	Shared	Shared	Shared			
	HB	BB	SC	SS	SS	SS	25%**	50%**	10%**
Total	849.00 €	750.00 €	686.00 €	689.00 €	979.00 €	928.00 €	23.00 €	25.00 €	2.00 €

\* Note:

- HB is Half Board
- BB is Bed and Breakfast
- SC is Self Catering.
- SS - the savings per night if you are sharing compared to a single booking.

This includes:

- Accommodation
- Half-board catering
- On road support
- On road nutrition
- Pool entry fees
- Running track entry fees

For information and to book visit our camp partner [Mokapot Productions](#).

## Once booked what are the terms about cancellation/change of date?

Our standard refund policy on camps is as follows: Full refund if more than 60 days before camp start date. 50% refund if 60 – 30 days before camp start date. If less than 30 days, then on a case by case basis, but due to short notice our standard policy is no refunds, as our camps did sell out last year.

\*\* Less credit card processing fees incurred. Transfer between camps is available if there are places available.