

ENDURANCE CYCLING CAMPS IN WALES

1st Camp: 30th April – 4th May 2020

2nd Camp: 4th June – 8th June 2020



5* STAR

CYCLING TRAINING HOLIDAY



*GET STRONGER ON THE **BIKE***

Our UK cycling camps, based in the Brecon Beacons, are open to all ability cyclists. We provide 4 nights and 3 days in the stunning 'Black Mountains' where you will receive expert level tuition in cycling, fitness, nutrition and yoga.



Our Approach

We cater for you as an individual to get you fully prepared for your cycling events and tours. We provide different fitness ability rides and training talks each day. This is complimented with yoga, stretching, sports massage and sports nutrition advice.



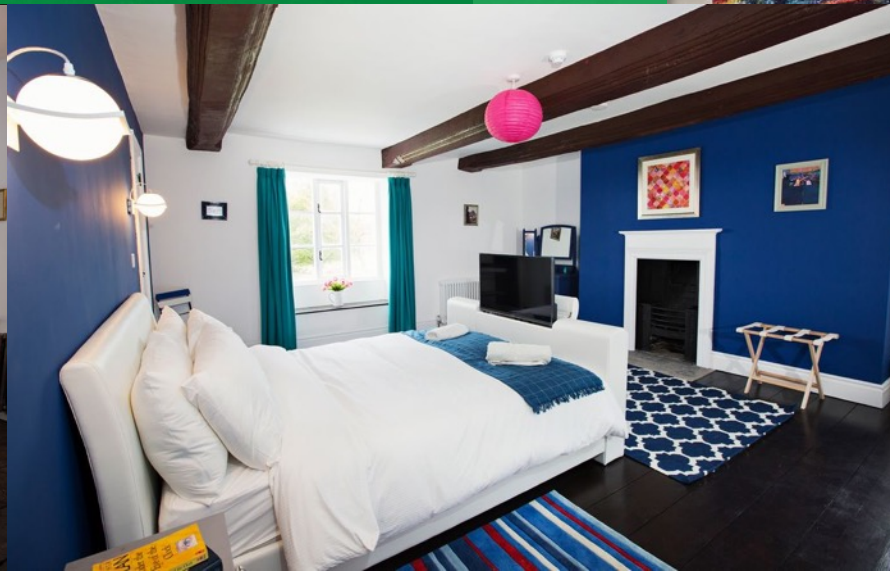
ABERGAVENNY WALES

Abergavenny is an ideal base for exploring the Brecon Beacons on two wheels, with challenging climbs rewarded by stunning scenery. There are a variety of long distance cycling routes and climbs to get you fit for your key sportive or tour in the alps. For shorter routes, there are many types of terrain in and around Abergavenny.





5* Luxury Farmhouse



Accommodation



Set in 30 acres of organic farmland, Wern-Y-Cwm is a Medieval Farm dating from 1570. Recently renovated to a high standard, it is the perfect base for cycling & fell running in the Black Mountains and Brecon Beacons

WERN-Y-CWM FARM

Pricing (per night/min 4 nights):

Master Bedrooms with En-suite £70 per person (2 sharing) £115 (single):

Peacock Loft/Goosy Gander/White Castle/Tangier Blue
Rooms

Standard Bedrooms with bathroom shared with one other £60 per person (2 sharing) £95 (single):

Flamingo/Push-me-pull-you/Cottage Rooms

The farmhouse has 7 bedrooms & 6 bathrooms & there is one en-suite in the cottage. So a total of 8 bedrooms offering accommodation for 16. Extra accommodation is available locally if required.

Food & Fitness



In addition to your chosen accommodation we will have a fully loaded coaching team improving your skills and fitness throughout the 3 days of training. We will also be providing half board catering to keep you fueled.

HEALTHY CATERING

Catering £30 per person per day:

Breakfast (continental with cooked option)

Tea (freshly baked cakes)

Dinner (two healthy & filling delicious home cooked courses)

BYO alcohol (name it and keep in the bar).

Honesty bar for a contribution to the house charity.

CYCLE & FITNESS COACHING

Coaching £50 per person per day:

This includes all your daily cycling coaching, yoga & fitness sessions with our team of experts.

Coaching Team



Pat

Ex – Pro Ironman Triathlete

Taekwondo Champion

25 years Fitness Expert

Ironman Triathlete

Boxing Champion

Ex-Military Fitness Expert



Will



Hannah

Sports Massage

Ironwoman Triathlete

Fell Running Champion

Yoga Instructor

Pilates Instructor

Fitness Expert



Alex

The Training Sessions

Example Training Day

- 7:30am Yoga & Stretch
- 8:15am Breakfast & Nutrition Talk
- 9:45am Cycling (long ride) or Hiking
- 1:30pm Lunch & Recovery
- 2:30pm Cycling / Hiking (continued)
- 4:30pm Mobility & Fitness
- 5:30pm Developmental Stretch
- 7:00pm Dinner & Chill Out



Swim



Bike



Run



Meditate



Fitness



Stretch



Hiking



Yoga



Total Pricing

COACHING & ACCOMMODATION

Coaching Fee (3 days)

£150

Standard Rooms (4 nights)

£240 (Sharing) / £380 (Single)

Master Rooms (4 nights)

£280 (Sharing)/ £460 (Single)

CATERING, SPORTS MASSAGE & PUB CASH

Catering – Half Board (4 days)

£120 (4 days)

Sports Massage (Optional Booking)

£25 (30 mins) / £50 (60 mins)

Additional Cash (Food during Rides, Pub Night)

£10 (Ride Food)- £30 (Pub Night)

How to Book



BOOKING INFORMATION

To book your place on our training camp you will initially pay the £150 coaching fee to secure your spot. We have a max capacity of 20 people so be quick to book if your interested. The remaining balance of your catering fee and chosen accommodation will be due 30 days before the camp start date. Travel to the camp, bringing your bike and training kit will be down to you. Please read our FAQs for further information.

BOOK NOW

To book, ask any further questions and pay your deposit please contact pat@speedlab.uk

Additional information and gps cycling routes: www.speedlab.uk/training-camps

FAQs

What's included in the price of the training camp?

Half board+ (healthy breakfast, tea & dinner), accommodation and all structured guided training for the week.

What fitness level do I need to be to attend the camp?

We cater for all ability fitness levels. We will have different level/distance ride groups or alternative fitness (hikes, etc) if your not a cyclist. There will also be alternative hikes, yoga and gym sessions for partners.

What's the best way to travel to Abergavenny from London?

It's either a 2.5 - 3hr drive down with your bike & kit or just over 2hr by train from Paddington to Abergavenny.

What transfers time and cost from the Abergavenny rail station to the farm?

The farm is literally about 5 minutes away, so just a cheap cab ride or we may be able to pick you up.

Do I need to hire a bike or can I bring my own?

Ideally we recommend you bring your own bike! Should you need to hire one then please arrange this in advance from your home town. London Bike Hire (<https://www.onyourbike.com>)

FAQs

Can I come alone?

Absolutely, the majority of our campers come alone. Partners and children are also very welcome.

What do I need to bring?

You'll need to bring all your usual cycling, triathlon & fitness clothing and devices. Plus some smart casual wear.

So...how do I book again? ;-)

Please contact us asap with any further questions and to pay a £150 deposit to secure your spot. The remaining balance is due 30 days before the camp starts.

CONTACT US

EMAIL PAT: PAT@SPEEDLAB.UK CALL PAT: [07944 801662](tel:07944801662) WEB: WWW.SPEEDLAB.UK

