



DIRK LANGE

SWIM PERFORMANCE CAMP

AT GLORIA SPORTS ARENA

GLORIA CAMPS 2016 - QUARTER 1-3 IN 2016:

1st Quarter	25.04–30.04.2016 (5 days)
04.01–09.01.2016 (5 days)	02.05–07.05.2016 (5 days)
11.01-16.01.2016 (5 days)	3rd Quarter
2nd Quarter	27.06–02.07.2016 (5 days)
18.04–23.04.2016 (5 days)	



VICTORY STARTS FROM HERE!

SWIM-CAMP CONCEPT

DATE

1st Quarter

04.01–09.01.2016 (5 days)
11.01-16.01.2016 (5 days)

2nd Quarter

18.04–23.04.2016 (5 days)
25.04–30.04.2016 (5 days)
02.05–07.05.2016 (5 days)

3rd Quarter

27.06–02.07.2016 (5 days)

TOPIC: „Success is guaranteed“ - suitable for members of sports clubs, masters and triathletes.

1st Quarter: Season start and general conditional basis, Freestyle Technique.

2nd Quarter: Training in competition technique and race pace, Freestyle Technique; Strength training: Crossfit.

3rd Quarter: Freestyle technique and Tempo, competition preparation

Training Devices

e.g. swimming boards, poolbyes or paddles should be brought along, can be provided by the tour operator in the exceptional case. The same applies to stretchcoirts for speed tests and technical exercises.

Participants per Camp-Week

Maximum 30 persons.
Minimum 8 participants per Camp-Week.

Package Price Details:

Per Person/Per Day in Double Room: 180€
GSA Silver Package (6 nights, 7 days, Total: 1.080€)

Single Room Per Day: 230€
GSA Silver Package (6 nights, 7 days, Total: 1.380€)

GSA SILVER PACKAGE DETAILS:

GSA F&B Service:

Breakfast:	included
Lunch:	included
Dinner:	included

Soft drinks during breakfast, lunch and dinner: included

- Beverage Service at the GSA Bar (24h): included
- Daily 2x1,5l still water or sparkling water: included
- Daily fruit platter: included
- Minibar, non-alcoholic beverage (1x daily restocking): included
- A la carte restaurant reservation in other Gloria Hotels & Resorts: included once per stay

GSA Training Facilities (reservation required):

- daily - 2x120 minutes (swimming) training: included
- daily - use of the fitness studios: included
- Weightlifting studio: included
- Indoor Cycling Studio: included



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GSA Special Facilities (reservation required):

- Ice Lab: included - 1x per stay
- Contemplas (High Speed Video Analysis): included - 1x per stay
- Hydroworx 2000 Underwater Treadmill: included - 1x per stay

- BOD POD (Body Composition Analysis): included - 1x per stay
- Laundry/Services: Laundry & Cleaning Service
- Laundry Service: included - 1x per stay

GSA - Airport - GSA Transfer Services

Antalya Airport (AYT) - GSA - Antalya Airport (AYT) Transfers Extra*

* The transfer from and to the airport is organised for a fee. We need the detailed flight information in the reservation process.



Organiser
 Gloria Sports Arena,
 Technical Management
 Dirk Lange Personal Training
 Registration and information
 Dirk Lange Personal Training
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