

GLORIA

SPORTS ARENA
ANTALYA • TURKEY

VICTORY STARTS FROM HERE!



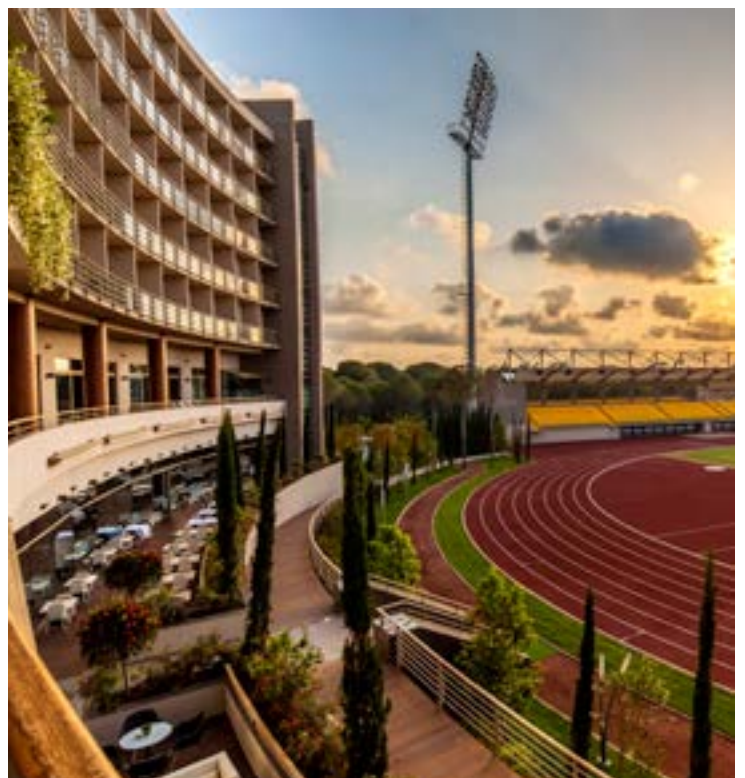
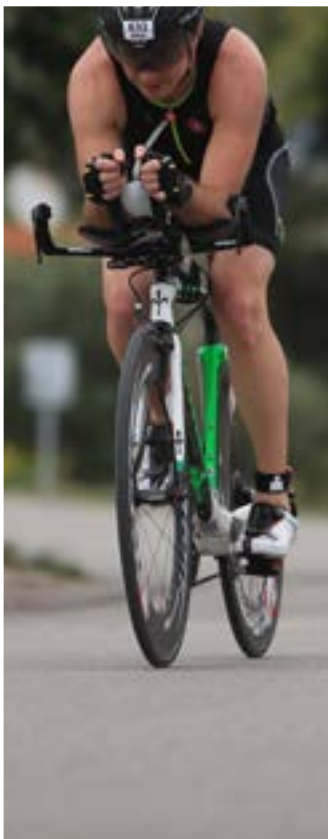
GLORIA TRIATHLON CAMP

Prepare your 2016 race season with world famous triathletes at Gloria Sports Arena, Europe's first private All-In-Sports complex.



25-31
January 2016

Seven days winter training camp for Triathlon athletes (beginners and average level) in the best sport center in the world with international Olympic Coach Andrea Gabba, ironman Italian star Alberto Casadei and Turkish ironwoman Ipek Onaran. During 7 days you can improve your performance level and increase your training knowledges.



For reservations info@gloria.com.tr | +90 242 710 06 00 | gloriasportsarena.com.tr | gloria.com.tr

GLORIA TRIATHLON CAMP THE TEAM

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ANDREA GABBA

Turkish Olympic National team head coach. He did as coach 2 Olympic games (Athens 5th place and Beijing) and one European Olympic Games (Baku 6th place). Andrea was the coach of the team (Italy woman) that won the gold medal in the 2006 Relay World Championship and bronze in the 2007 Relay World Championship. His elite athletes won several medal in ITU world cups races. Andrea is an athlete too Hawaii ironman finisher, Xterra finisher, ITU world champion long distance finisher, Antalya Half ironman 2nd overall. He trains a lot of age group that every year improve their performance crossing the finish line of the best races in the world like Ironman Hawaii, Xterra Maui, ITU European and World Championship and of course Gloria 70.3 Ironman Turkey.



ALBERTO CASADEI

Alberto started to do triathlon as ITU athlete. He competed in ITU World Cup and World Championship and he won several times Italian Championship in Olympic and Long distance too. During the last years Alberto moved from Olympic distance races to ironman races and he start to win important medal in the best Ironman and Challenge in the World. In 2014 and 2015 Alberto was in the top 5 of Ironman Malaysia, Ironman Barcelona, Ironman Maastricht, Ironman 70.3 Budapest, Ironman 70.3 Austria, Ironman 70.3 Italy, Laguna Phuket Challenge.



IPEK ONARAN

Ironman Triathlete İpek Onaran, started her athletic career by swimming at age 6. At age 11, she has transferred to triathlon where she competed for Turkish Triathlon Team and owned the Turkish Young Women Champion title between 2001-04. By 2013 she was Turkish Women Triathlon Champion. She started to participate to Ironman 70.3 by 2014 and got start at 2015 Ironman 70.3 World Championship Zell Am See, Austria. İpek Onaran is also a Math teacher at Moda Fen College.

GLORIA TRIATHLON CAMP TRAINING SCHEDULE



GOALS OF TRAINING CAMP

- Provide the technical basis of the winter training
- Increase endurance and strength
- Teach how to develop by our self a training plan for the upcoming season
- Improve the technique in the three disciplines (swim, bike, run)
- Give a chance to perform scientific tests
- Doing alternative exercise in the gym that involve the whole family, not just the triathletes
- Motivate athletes for the new season
- Training with international triathlon stars
- Have fun and happy days and meet new friends from all Europe!!

TRAINING SCHEDULE

DAY	TODAY IS:	TIME	SPORT	TRAINING
DAY 1	Welcome to Gloria	afternoon		Registration & info
		evening	run	easy run (optional)
		evening		team meeting - Presentation of the camp
DAY 2	Easy first day	morning		BODPOD Body Composition Analysis
		morning	swim	easy and drills
		afternoon	bike	2h easy bike
		afternoon	run	easy run (optional)
	afternoon	gym	Stretching and flexibility (open to everybody)	
DAY 3	Test day	morning	gym	easy morning start up (open to everybody)
		morning	test	swim test 1500m
		afternoon	test	Lactate test bike Maximal Test (VO2 max – Lactate Tests)
		evening		Test analysis
DAY 4	Endurance day	morning	gym	easy morning start up (open to everybody)
		morning	brick	bike + run: discovering "gloria 70.3 bike and run course"
		afternoon	gym	Stretching and flexibility
		afternoon		Ice lab to recovery the hard training day (please reserve)
DAY 5	Technique and power day	morning	gym	power drills in the gym
		morning	swim	power in the water
		afternoon	run	circuit training
		afternoon	gym	Stretching and flexibility
DAY 6	Another long day	morning	gym	easy morning start up (open to everybody)
		morning	bike	long bike day with Time Trial race with Awards
		afternoon	run or rest	long run x expert athletes - rest for beginners
		evening		last night party.
DAY 7	Goodbye Gloria Race	morning	race	team aquathlon race

*Program is subject to small changes based on the number of participants.

GLORIA TRIATHLON CAMP ACCOMMODATION

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Accommodation "GSA 2016 Tri Camps" Prices, Basic Package (accommodation and training only)

6 nights - 7 days DBL Standard Room per person 780.-€
6 nights - 7 days SNG Standard Room 1.020.-€

Accommodation "GSA 2016 Tri Camps" Prices, Silver Package (Training +)

6 nights - 7 days DBL Standard Room per person 1.180.-€
6 nights - 7 days SNG Standard Room 1.420.-€

- Please contact Gloria Sales Office for the non-triathlete accompaniments.
- Children up to 12 years old staying with triathletes will be free of charge.

Included into the package as Training +

Icelab -110°C Whole Body Cryotherapy (Included once per stay): It is conducted by staying for total 3 minutes in three rooms of -10, -60 and -110 centigrade degrees. Only with one session practice, all kinds of pain are relieved, fatigue is decreased and fast recovery is reached. It assures that person feels very well psychologically, increasing serotonin levels in brain. Long term permanent regeneration may be provided with 3-5 day regular use and helps to correct certain skin problems seen on women such as varicose vein, cellulite, etc.

Hydroworx sessions (Included once per stay): A pool with full running belt bottom whose depth, treadmill speed and resistance can be adjusted. The pool allows with reduced gravitational effects on the joints of the lower extremity to realize various running loads. Permanently installed underwater cameras provide regular Bio-Feedback information/control to the athlete about his joint stress during the workout. Laterally installed counterflow jets allow different workout intensities during aqua-jogging as well as auto-massages at the pool edges. By virtue of these features, it can be used for many purposes from recovery training with joy to rehabilitation of serious movement restrictions, an efficient cardio-training, losing weight and fat burning sessions. Average session duration is 30 minutes.

BODPOD Body Composition Analysis (Included once per stay): Bod Pod is considered the practical Gold Standard for body composition assessment. It is the world's only Air Displacement Plethysmography system using whole body densitometric principles to determine body composition (fat and fat-free mass) in only 5 minutes.

Maximal Test (VO2 max – Lactate Tests): With special protocols on treadmill or cycle ergometers, gas exchange is measured with mask, blood samples are taken and heart is monitored with electrodes simultaneously. The maximum oxygen uptake (VO2max), "gross criterion" of the motoric endurance can be used for evaluating the stamina of a triathlete. Analysis of the test provides scientific information for appropriate training programs by shedding light to the metabolic events occurred during exercise. Using that information you can adjust your training intensity to reach maximum performance levels.

Wingate test: The Wingate test (also known as the Wingate Anaerobic Test (WAnT)) is an anaerobic test, performed on a cycle ergometer that is used to measure peak anaerobic power, as well as anaerobic capacity.

Swim Endurance Test (7*200m Step Test)

Please contact the Sports Desk for the following optional tests and analyses.

Sport Specific Injury Risk Analysis (SPARTANOVA), Posture Analysis, Resting Metabolic Rate Measurement, Gait analysis and FootScan, Balance Test, Heart Rate Variability Analysis, Hilterapia.

Gloria Sports Arena offers 100 modern-designed rooms suitable for the athletes and their needs.

GSA is connected to the Gloria Hotels & Resorts via a free hotel shuttle service (distance: 5km)

Restaurants & Bars: GSA features a restaurant with terrace, a lobby and lounge area with sports bar all with direct and beautiful view of the stadium. On the menu, guests will find a wide choice of international and region specific meals which meet the nutritional needs of the athletes.

Rooms: 100 rooms with impressive stadium view, 82 Standard rooms: 30m², 10 Suite rooms: 63m², 8 Disabled rooms: 30m²
Different games and features available at the Game Corner.



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