



Ful-on Tri

Mallorca 2024

WELCOME TO MALLORCA!

We are really excited to be running our biggest annual training holiday in Mallorca again this year. This handbook is provided as a guide to the week. Please look out for updates on the Whatsapp group. And of course feel free to send a message to any of the coaches or organisers Katie and Jayne anytime. And if you have been before look out for those who haven't!

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PACKING LIST

(Non exhaustive!)

Swim

- Swimsuit
- Goggles (tinted for sunny open water swims)
- Swimcap (brightly coloured)
- Swim toys (if you have them)
- Optional towfloat
- Wetsuit
- Antichafe cream
- Something warm to put on after

Bike

- Shorts/bib-shorts
- Jerseys (incl your club kit)
- Base layer
- Bike gloves
- Bike shoes
- Socks
- Gilet
- Waterproof
- Arm warmers/leg warmers
- Sunglasses
- Repair kit (inner tube, etc) - hire bikes will have, but may want extra
- 2 Water bottles
- **Pedals!!! Even if you are hiring.**
- **Helmet!!!**
- Bike computer
- Bike computer bracket
- Chamois cream

Run

- Running shoes
- Running tops/bottoms
- Running socks
- Hydration pack for any long runners

Other

- Energy bars, gels & electrolyte/energy/recovery drink powder. Important to carry enough for rides incase of 'no stop' or otherwise.
- Travel documents/Passport/ID
- **Print out of Insurance document**
- Euro's/credit card
- Phone, charger, and EU socket adapter
- Normal clothes
- PJs
- Warm clothes for after training. Cooler in the evenings/mornings
- Sun cream, insect repellent & other toiletries
- Heart rate monitor/ Sports watch/Bike computer
- Chargers for HRM GPS and other electrical gadgets
- Mini-first aid kit
- Small rucksack for swim kit
- Download whatsapp and WhatThreeWords
- Coffee/tea making things

FLIGHTS & TRANSFERS

Outbound

- The transfer coach(es) will pick up from the airport. Collect your luggage and then look out for comms on Whatsapp for the coach location.

Return

- Look out for comms nearer the time for time of departure from the hotel.

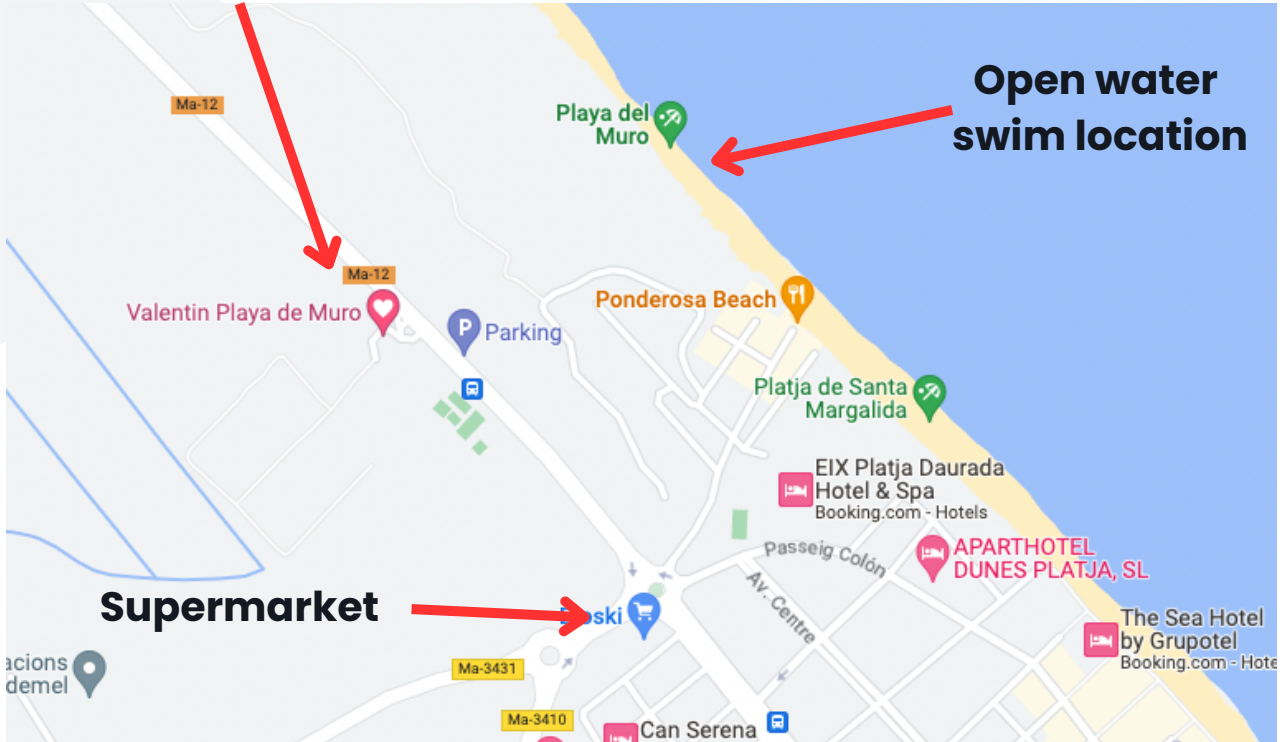
THINGS TO THINK ABOUT

- Spanish National Emergency Number is 112
- Print your insurance documents and be prepared to take them with you on rides. As well as you UK Global Health Insurance Card if you have it.
- Download WhatsApp, it will be used for comms
- If your phone has an emergency SOS function please add appropriate details e.g. allergies, next of kin etc.
- Add the hotel's number to your phone – +34 971 899 099

- Remove your pedals well in advance of the flight. How do I remove my pedals? <https://youtu.be/YmPkYMPVqQU>

VENUE & FACILITIES

Hotel - Valentin Playa de Muro
+34 971 899 099



VENUE & FACILITIES

- Buffet breakfast is served 0800-1000 (except for special early arrangement on our two longest ride days).
- Buffet dinner is served 1900-2100.
- Lunches either at on-site Snack Bar Piscina or whilst on rides.
- Rooms have refrigerators & basic kettle. Consider bringing your own coffee making things!
- The hotel offers laundry service, but hand washing also works.
- The supermarket is open 09:00 - 21:00 5 minutes walk away.
- The bike shop is part of the hotel complex and open 9 am-12:30 pm 4-6:30 pm (TBC)
- Bike hire collection is on Sunday at 09:00 - 11:00 (TBC)
- On the last night we normally go to a restaurant on the beach for dinner. Price and details will be communicated in Mallorca. You can still have dinner in the hotel if you wish.



MEET THE TEAM



Katie MaCreadie
(organiser)



Jayne Edwards
(organiser)



Martin Bruwer
(Head coach)



Sophie Kirk
(Ride coordinator)



Richard Huntrods
(Ride coordinator)



Theo Robinson



Rich Bridger



Bryony Allen



Helen Fagan



Lizzie Matthews



Colin Frew



Kostas Leontaridis

ITINERARY

Don't worry you don't have to do everything!

Timings and activities are all subject to change - the night before we will provide updated schedules if required. Please expect to sign up to rides the night before.

MEETING POINTS

Breakfast and Dinner at the restaurant.

Meetings and talks at the conference room in reception.

Bike collection at the bike shop.

Swim and stretching at the pool.

Open water outside reception entrance, parking lot side.

Rides outside the bike shop.

Runs outside reception entrance, parking lot side.

SATURDAY

Time	Activity	Distance	Info
17:00 - 19:00	Arrive		If you arrive before the bike shop closes you may be able to collect today.
19:00 - 20:30	Dinner		
20:30 - 21:30	Intro and Safety Talk		

SUNDAY

Time	Activity	Distance	Info
07:00 - 07:45 08:00 - 08:45	Swim - Group A Swim - Group B		
07:00 - 07:45	Open water session		
08:00-09:00	Short run	4km-10km	
08:00 - 10:00	Breakfast		
09:00 - 11:00	Bike Collection		TBC
12:00 - 15:00	Bike	<u>44/63km - route</u>	Optional Run off the bike
16:00 - 17:00	Stretch		
17:00 - 18:00	Swim		Uncoached
19:00 - 21:00	Dinner		
TBC	Talk		"How to train"

MONDAY

Time	Activity	Distance	Info
07:00 - 07:45 08:00-08:45	Swim - Group B Swim - Group A		
07:00 - 07:45	Open water session		
08:00-09:00	Short run	4km-10km	
08:00 - 10:00	Breakfast		
10:30 - 15:00	Bike	55/70/80km - <u>Routes</u>	Club kit day TBC
16:00 - 17:00	Stretch		
17:00 - 18:00	Swim		Uncoached
19:00 - 21:00	Dinner		

TUESDAY

06:30 - 07:30	Breakfast		
07:30 - 15:00	Bike	<u>100/140km - routes</u>	Optional run off the bike
17:00 - 18:00	Stretch or Swim		Uncoached swim
19:00 - 21:00	Dinner		
TBC	Social		Pub Quiz

First of our two longest ride days. We will have three distance options the longest of which is our vehicle supported 3 hills ride of Orient, Col de Soller and Puig Major for 150km and 2400m of climbing

Our famous and ever popular support vehicle will have a variety of refreshments and a special needs option if you want to drop your own items in the car (within reason). Warmer clothes for the long descents home come to mind.



WEDNESDAY

Time	Activity	Distance	Info
07:00 - 07:45 08:00-08:45	Swim - Group A Swim - Group B		
07:00 - 07:45	Open water session		
08:00 - 10:00	Breakfast		
11:30-14:30	Short run	6km-21km	
16:00 - 17:00	Transition Technique		
17:00 - 18:00	Stretch		
17:00 - 18:00	Swim		Technique
19:00 - 21:00	Dinner		

THURSDAY

06:30 - 07:30	Breakfast		
07:30 - 15:00	Bike	<u>65/80/120km - routes</u>	Optional run off the bike
17:00 - 18:00	Stretch		
19:00 - 21:00	Dinner		

Sa Calobra day, this is a fantastic ride and if you only do one 'long ride' for the week this should be it. Cycling along majestic cliffs with sea views before a little up and over then descending down to the water and back up for ice cream and orange juice before the joyous ride home.



FRIDAY

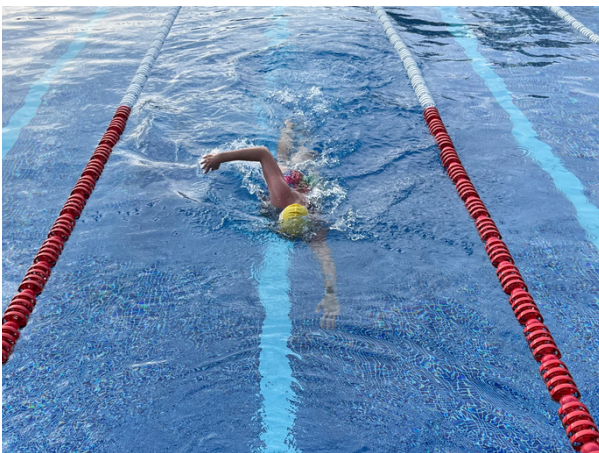
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07:00 - 07:45	Open water session		
08:00-09:00	Short run	4km-10km	
08:00 - 10:00	Breakfast		
10:30 - 15:00	Bike	55/100km	<u>Routes</u>
16:00 - 16:45	Stretch		
17:00 - 18:00	Swim		Technique
19:00 - 21:00	Dinner		Final night fun!

SATURDAY

08:00 - 10:00	Breakfast		
TBC	Departure		

SWIMMING & STRETCHING

- 4 coached pool swims – 25m pool at the hotel.
- The group will be split into A & B so please come to the right swim time, 7am or 8am.
- 3 un-coached pool sessions booked for your own use. TBC
- daily uncoached open water swim sessions. We swim just across from the hotel, lookout for meeting location and times in the hotel reception.
- Daily stretching on the grass by the pool



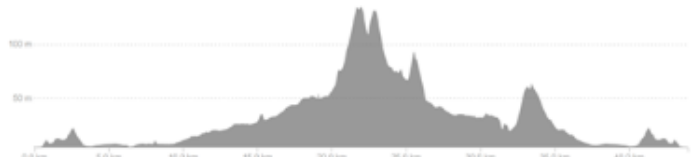
BIKE ROUTES

Sunday

Option A - Coves 44km,
296m

Shake out ride to make sure legs
and bikes are all in working order.
Lovely stop at Coves cafe with great
views of the valley

[Strava](#)



Option B - Coves Long 63k,
522m

Shake out ride to make sure legs
and bikes are all in working order.
Lovely stop at Coves cafe with great
views of the valley

[Strava](#)

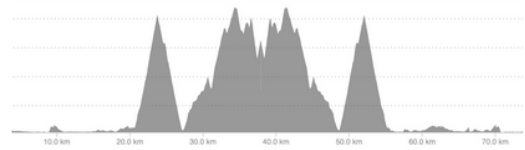
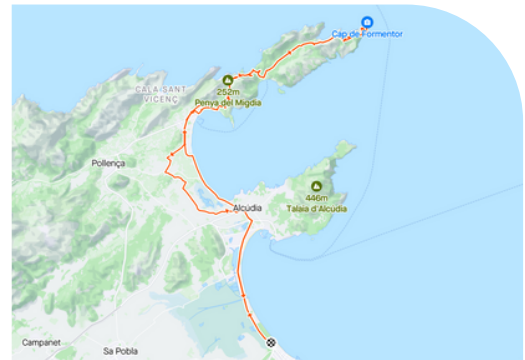


BIKE ROUTES

Monday

Option A – Cap Formentor
'Lighthouse Ride' 80km, 920m
Cafe stop at Lighthouse (38km)

[Strava](#)



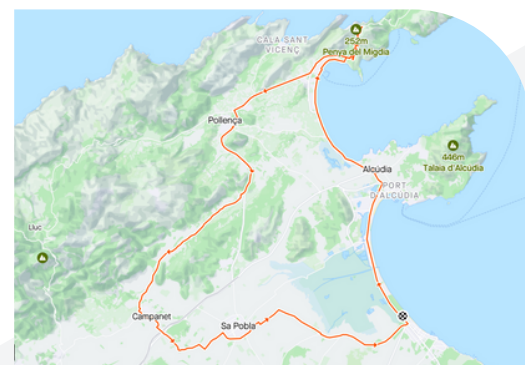
Option B – Campanet Loop 54km,
318m
Cafe stops at Campanet town square (20km)
or the Coves (23km)

[Strava](#)



Option C – Col de Creueta &
Campanet 71km, 540m
Cafe stop at Campanet (51km)

[Strava](#)

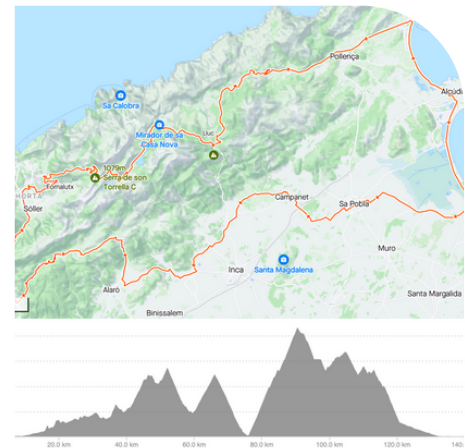


BIKE ROUTES

Tuesday

Option A - 3 hills ride - Orient, Col de Soller, Puig Major 150km, 2400m
Cafe stop - Ca'n Topa or Dalt Des Col at the top of the Col (67km) before the descent to Soller & support car at top of Puig Major (92km)

[Strava](#)



Alt route back [Strava](#), GPX

Option B - Santa Maria - Orient - Campanet loop 120km, 1100m
Cafe stops in Santa Maria (40km) - plenty of lunch options, Bunyola (49km) - some lunch options, Sa Ruta Verda, Caimari (83km) - cafe

[Strava](#)



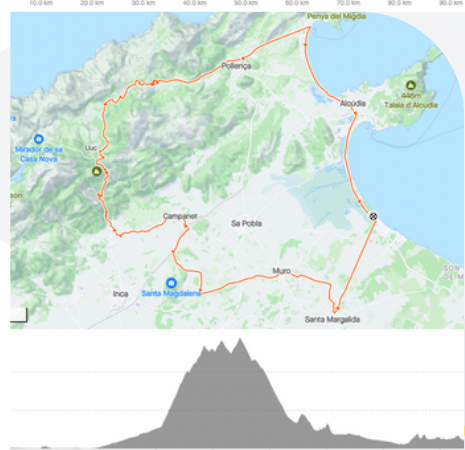
Option C - Santa Maria - Caimari - Campanet 100km, 650m
Cafe stops in Santa Maria (40km) - plenty of lunch options, Sa Ruta Verda, Caimari (63km) - small bike cafe, Detour into Campanet (70km)

[Strava](#)



Option D - IM 70.3 route 90km, 1000m
Cafe stop café next to garage at top of climb (45km)

[Strava](#)



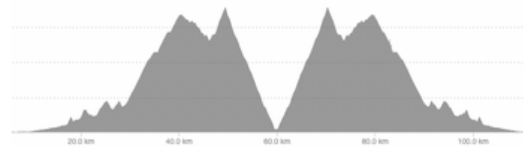
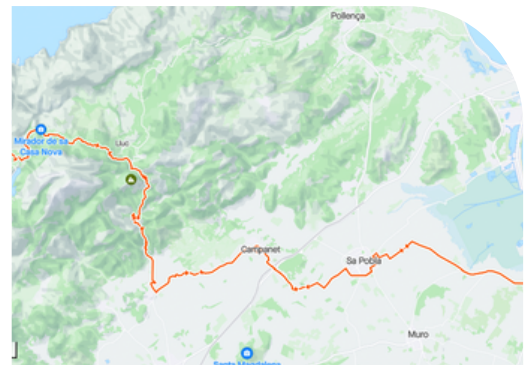
BIKE ROUTES

Thursday

Option A – Sa Calobra 120km out and back, 2250m

Cafe stops in Caimari – Sa Ruta Verda (29km & 90km), top of Lluc cafe next to garage (37km & 81km)

[Strava](#)



Extended 130km – Port de Pollenca return

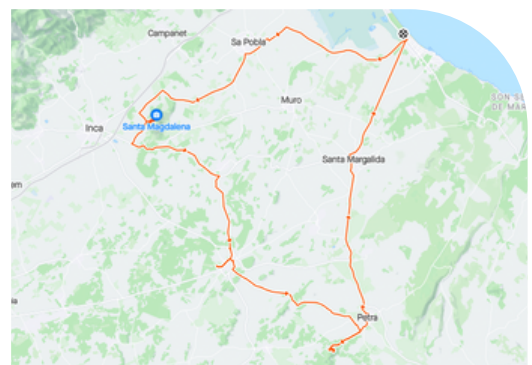
Cafe stop extra at Cafe Capuccino (112km)

[Strava](#)

Option B – Petra – Sineu – Santa Magdalena incl 2 monasteries (and via Velodrome) 81km, 800m

Cafe stops in Sineu – eg Sa Mola 13 (43km) or at Velodrome, Petra town square (61km) – plenty of lunch options

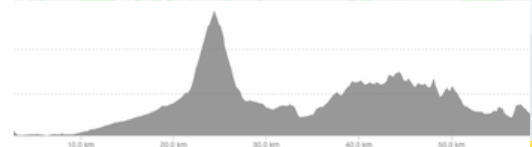
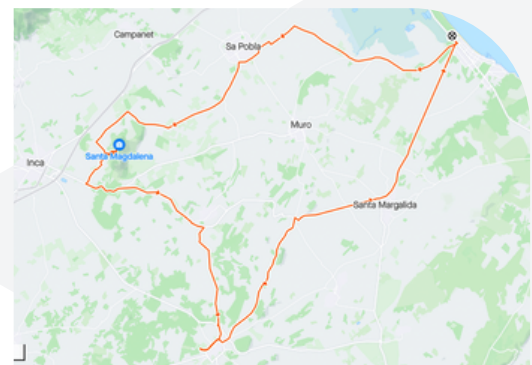
[Strava](#)



Option C – Sineu – Santa Magdalena inc 1 monastery (and via Velodrome) 63km, 570m

Cafe stops in Sineu (43km) or at Velodrome

[Strava](#)



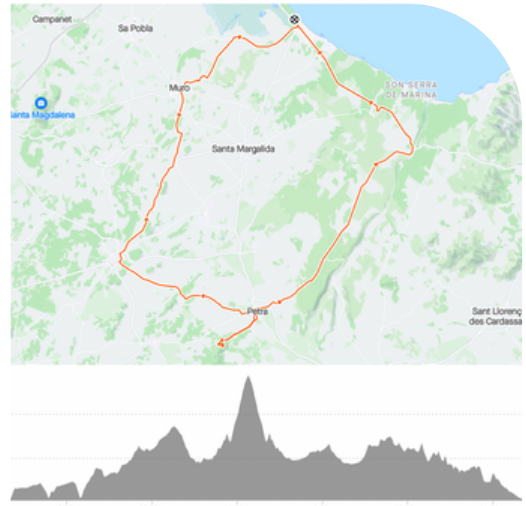
BIKE ROUTES

Friday

Cafe stop in Petra's lovely large square where we can enjoy a group lunch (lot's of little cafe's service the square)

Option A - Petra with climb 70km, 815m

[Strava](#)



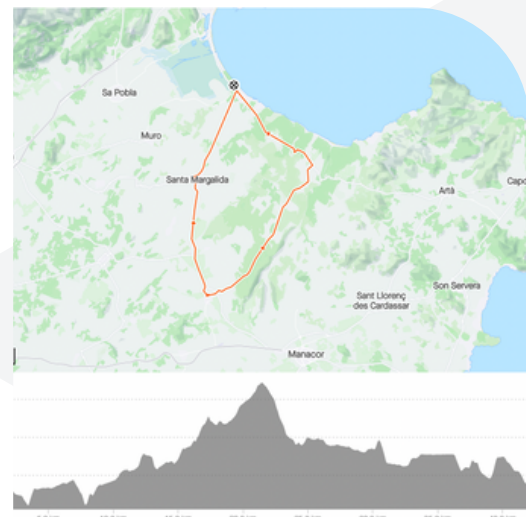
Option B - Petra, no climb 60km, 585m

[Strava](#)



Option C - Petra direct, no climb 45km, 350m (with optional 10km TT)

[Strava](#)



BIKE ROUTES

BONUS RIDES – ask us for more ideas if you want

Can Picafort – Port De Pollenca – Coastal- quiet lanes back
40km, 60m

[Strava](#)



RIDE ETIQUETTE

- Please treat others (coaches, hotel guests, staff) as you would like to be treated.
- For rides, arrive 10 minutes before the scheduled departure time, to pump tyres, get organised and to make sure you hear the briefing.
- The next day's ride sign up will be the night before the next days ride.
- Coaches are there to lead rides but cannot coach while riding.
- Look after each other.
- Coaches will take various ride groups - don't expect to choose your ride leader or get the same one each day.
- Don't leave bikes unattended, even outside your own room. Unattended bikes have been stolen on previous camps.
- No alcohol is to be consumed during rides, stops or lunch stops if you still have to cycle back to the hotel.

BE PREDICTABLE – FOLLOW RULES OF THE ROAD – WE RIDE ON THE RIGHT IN MALLORCA!! (a reminder of our club ride etiquette)

- Ride as an organised group, consistently and predictably.
- Ride a steady speed. Avoid sudden breaking/sideways movements. There is no need to swerve or 'bunny hop' over obstacles whilst in the group.
- Remember your back wheel is someone else's guide.
- Be aware - Look ahead at what's coming up.
- Look back if slowing or moving left/right.
- Ride in pairs where the road conditions allow.
- Ride shoulder to shoulder – No ½-wheeling/offsets.
- Avoid freewheeling on flat sections or gradual downhills.
- Don't accelerate out of roundabouts, people at the back are still slowing down. Don't accelerate if you are on the front.
- Keep together and work as a group. If the group breaks up on hills, regroup at the top.
- Ride as a group but take responsibility for yourself e.g. at junctions don't follow the group if you feel it puts you in danger.
- Obey the rules of the road: And be respectful of other road users.

[How to master Group Riding](#)



RIDE ETIQUETTE

COMMUNICATE

- If forced to act unpredictably (e.g. encountering a hazard), signal or shout to warn the group.
- Basic signals/shouts – slowing, stopping, obstacle up/back, car up/back (only necessary where it presents a hazard e.g. overtaking closely), speed bump (line across back), holes and turns. Pass any shouts through the group from front to back AND back to front.
- Know your hand signals.
- Shout “standing” and keep pedalling as you rise to stand on climbs.
- Know who's behind you and check frequently they're still there. Shout if they drop off “ease-up”.
- Your ride leader will communicate any further information to you.

Lane Speed Guidance: 1 - 20-23kph (12-14mph), 2 - 22-26kph (14-16mph), 3 - 24-28kph (15-17mph), 4 - 26-30kph (16-19mph), 5 - 28-33kph (18-20mph)

Please note the rules in Spain are a lot stricter on the bike:

- Helmets are mandatory, outside of urban areas. Riding without one can incur a fine of 200 euro.
- Wearing headphones while riding is also illegal, again punishable with a 200 euro fine.
- Using a telephone while cycling: 200 euros
- Running a red light or a STOP sign: 100-200 euros
- Disrespecting other road users, performing reckless manoeuvres, not signalling turn directions, riding on the pavement, and excessive speeding in pedestrianised areas may also lead to fines.

RUN ROUTES

The majority of runs are short brick sessions off the bike. Below are a couple of options for running straight out of the hotel. Please be careful crossing the main road.


Left out of the hotel is the 4km out and back forest trail which is sandy in parts. Right out of the hotel is the town of Can Picafort which has a 3km long beachfront paved footpath.



Left route | 4.0 km Running Route on Strava


Left route is a 4.0 km Running Route. Discover this route and more at Strava. Visit today!


 [Strava](#)



Right route | 6.5 km Running Route on Strava

Right route is a 6.5 km Running Route. Discover this route and more at Strava. Visit today!

 [Strava](#)



FAQS

What is the level of fitness I need to be at?

There is no pre-determined level of fitness at all providing you can ride a bike! We will adapt to you.

Are the rides guided or can I do my own thing?

We will have ride leaders for various paces just as we do at home. But equally feel free to plan your own additional rides if you love the bike that much 😊

How many people will be in the group?

There will be 8 people in each bike group. In the normal pace group formats we have at home. Ride sign ups will be the night before each ride. This helps us determine groups and leaders for the next day.

Do I have to train everyday?

No not at all, it's your holiday so do as little or as much as you like! Let someone know if you aren't coming so we know not to wait for you 😊. In fact we don't expect you to do everything, that would be a lot.

There are activities before breakfast what should I eat?

We suggest having a cereal bar or similar before early morning swims. Then we will descend on the breakfast buffet.

When do I have lunch?

Generally we will be out on the bike so we will stop for food. Or stock up on snacks for your room or visit a local cafe on return from training. Make sure to bring food and electrolyte for the bike rides! And remember no alcohol if you still have to cycle back to the hotel.





Colin's



**"Having this much fun
is serious business"**

-Rich Harper