



Chili Tri Camp & Coaching Price List 2020

Long weekend or full week including accommodation on-site, 2-3 fully coached training sessions per day (25M pool, sea or lake swimming; trail, beach front or track running; mountain, static bike or flat sea front cycling plus strength & conditioning sessions). Venue costs and travel to venues included. **125€ per person per day**

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| 1 to 1 Coaching (1 Hour) | 25€ |
| Group Coaching 2-4 Athletes | 40€ |
| Endless Pool use (1 Hour) | 25€ |
| Endless Pool & Video Analysis for one hour (editing, analysis and annotating in HUDL pro coach software) | 75€ |
| Swim Video Analysis in 25m pool and coaching for one hour (editing, analysis and annotating in HUDL pro coach software) | 75€ |
| Open Water coaching 1 to 1 (1 hour) | 30€ |
| Open Water Coaching 2 people (1 hour) | 45€ |
| Open Water Coaching above 3 people (per person) | 15€ |

Note: Athletes are required to wear a swimming wetsuit (not surfing type) and use a swimming tow float for outdoor swimming session.

As a BTF Level 3 Coach, IRONMAN Certified Coach and AIQ L3 Personal Trainer I offer fully customised training plans covering swim, bike, run and Strength & Conditioning. This includes full athlete profiling, periodized plan, full weekly training plan with detailed session plans to follow, S&C plans, nutrition analysis and plan, sweat testing & analysis and more. Email and skype support and weekly changes in line with work/life demands and race needs. **25€** for top level bespoke plan (24 week) then **30€ per week** for full custom training plan with day by day training sessions.

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| Full Body Sport Massage | 45 € |
| Localised Sports Massage | 30 € |
| Kinesiology Taping | 20 € |





Chili Gym classes (Metafit HIIT, Static Cycling, Kettlebells, TRX, Aquacise, L1FT (resistance training) **6€ per class**

metafit

L1FT



Bed and Breakfast in an on-site room with en-suite shower, tea & coffee facilities, TV, Wifi – large double or twin room. We can provide maps for running and cycling in the local area. **55€ per night**

Price List for Services from other Suppliers in the area

Bike Hire (Road): 30€ per day – full carbon and Ultegra group-set (subject to availability from third party, price may change).

Bike Hire (Mountain Bike): 20€ per day (subject to availability from third party, price may change).

E-Bike (MTB): 35€ per day (subject to availability from third party, price may change).

Yoga: 50€ per 1-hour session for 8 people

Pilates: 7€ per 1-hour session per person

Stand up paddle board (SUP) hire: 20€ per day

Kayak hire: 24€ per day

Zip Line: 25€ per go

Cross fit and obstacle course day: Full day instruction on the assault course, lunch and access to classes €65 per person (excluding transport to venue).

Mountain Bike Guide 50€ half day and 100€ full day

Horse Riding – 1 hour, half day and full day options 30€ - 135€

Airport pick up POA dependant on group size. From 70€

These prices are provided by third parties and are subject to change. Payment needs to be paid directly to them and not ChiliTri.



CIMSPA
PRACTITIONER

