

# Legro's Training Camp 2012

Come train in the sun with Dave Le Grys and group leader Lee Povey.

## **Sprint/track endurance/specific efforts group**

Specific Sprint, Track Endurance and Time Trial efforts tailored to your needs by group leader Lee Povey, there will be a mix of road rides, gym and structured bike work outs. Call/email for more info.

Book and pay for your own flight, flying from your local airport to suit you, and still have the benefits of this exclusive training package.

Flights must be booked by yourself, and if possible to arrive between April 9<sup>th</sup> - April 30<sup>th</sup> 2012

Groups welcomed and catered for, including non-cyclists who want to travel with their partners  
Structured training available, suitable for all abilities.

Guidebook with coaching information, route maps and other information so you can plan ahead and enjoy your holiday.

Coaching advice and support throughout your stay

Group leaders for all abilities with every ride

Reigning World Masters, British Senior Champions and experienced riders willing to assist all riders.

Half board accommodation - 3 Star Hotel Apartments

We will be staying at the Habitat Apartments

Half board-Free use of gym and spa for Legro's training camp guests only

Free wifi available for Legro's Training camp guests only

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For further information please contact Lee Povey 07967 000269  
or email: [performancecyclecoaching@gmail.com](mailto:performancecyclecoaching@gmail.com)

Visit the website [www.legrotrainingcamp.com](http://www.legrotrainingcamp.com) for further details.

Prices are as follows: *subject to pound exchange rate which may alter nearer the time*

**Option 1**

Departure date 09/04/12 for 14 Nights Return on 23/04/12

Accommodation Hotel Duva on Half Board **£560**

*SOLE OCCUPANCY = £630*

**Option 2**

Departure date 09/04/12 for 7 Nights Return on 16/04/12

Accommodation Hotel Duva on Half Board **£315**

*SOLE OCCUPANCY = £350*

**Option 3**

Departure date 16/04/12 for 7 Nights Return on 23/04/12

Accommodation Hotel Duva on Half Board **£315**

*SOLE OCCUPANCY = £350*

**Option 4**

Departure date 23/04/12 for 7 Nights Return on 30/04/12

Accommodation Hotel Duva on Half Board **£315**

*SOLE OCCUPANCY = £350*

**Option 5**

10 days **£450** sharing. & **£500** single. *Dates anytime in between 9-30 April*

**Option 6**

Departure date 09/04/12 for 21 Nights Return on 30/04/12

Accommodation Hotel Duva on Half Board **£840**

*SOLE OCCUPANCY = £945*

**Flexible date packages available please call/email for more info**

Free place for groups of 10 or more

These prices include: Organised Training Camp rides, Group leader, Half Board Apartment, Free wifi, Free use of gym and spa

Prices Quoted for Double Occupancy (Sharing) have twin beds in bedroom

If you prefer Separate bedrooms for double Occupancy rooms (Sharing) include extra 35 Euros per week (Extra 5 Euros per day) Please indicate if you require this facility

**Booking Form:**

Name & Address:

Address: \_\_\_\_\_ Email: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Contact Tel No.: \_\_\_\_\_  
\_\_\_\_\_

Post Code: \_\_\_\_\_ Mob No.: \_\_\_\_\_

Deposit of £50 enclosed (cheque payable to: Lee Povey) £.....

Or full payment enclosed (cheque payable to: Lee Povey) £.....

Please specify Option: 1-2 or 3 .....

Room preferences (single /twin/share with) .....

**Full payment balance to be paid by March 1<sup>st</sup> latest please**

**If you apply after February 15<sup>th</sup> full amount needs to be paid please**

Please confirm your flight times and ETA at Hotel

Date of Travel: .....

Flight Number: .....

Flight Arrival Time: .....

ETA at hotel.....

*Palma Airport is about 50 minutes to Duva Apartments*

Date of return: .....

Departure Time: .....

Flight Number: .....

Please indicate which category of rider you are:

Group 1 Elite 1<sup>st</sup> and 2<sup>nd</sup> cat cyclist

Group 2 Club level cycling

Group 3 Fun/Novice

Do you require extra nights accommodation before or after dates above?

Dates: .....

You undertake to join this training camp and associated activities at your own risk and the leaders take no responsibility for any events however caused by accepting this agreement  
Please ensure you have travel and health insurances before you leave.

Reservations must list names and home addresses of all members including telephone or email addresses  
For group bookings, for every 10 persons, one goes free

I understand and accept the booking conditions.

Signature.....

Date .....

I will contact you, prior to booking if I cannot provide your first choice preference for room sharing

Reservations can be made by sending me a deposit for £50 per person  
Cheque payable to: Lee Povey and posted to:

Lee Povey  
110 Eldred Avenue  
Brighton  
East Sussex  
BN1 5EH

Tel: 07967 000269

Pamela Pinkerton our camp masseuse  
Qualified Sports Therapist  
Specific Injury Treatment- price according to degree of severity.

If you want to take the hassle out of your training camp, why not hire a bike, save all that packing and unpacking. Ask for Bruce and tell him Legro sent you  
<http://www.procyclehire.com>