



Culinary Swim- & Hike-Week in Sofia (Bulgaria) 29.09. – 06.10.2022

Conducted by:



In cooperation with:



powered by:



Natürliche Energie aus Honig

We are pleased to be able to offer you an extraordinary training week in Bulgaria after intensive preparation. The camp offers you a mixture of intensive training support for swimming and hiking in beautiful nature and the possibility to get to know the culinary diversity of Sofia. The training is carried out in small groups of up to 6 people and is based on your needs, which you'll tell us when you register. Whether freestyle beginners or top athletes, we have exactly the right thing for you.



Our offer:

- ❖ 7-8 pool sessions in the 50m indoor pool (incl. video analysis and determination of the individual training areas)
- ❖ 6 guided restaurant visits in the city (excluding drinks & food)
- ❖ 2 guided hikes in the mountains
- ❖ 1 supervised participation in the 5 km run in Sofia
- ❖ 1 outdoor functional fitness session



Price: 390 € / person

115 € / accompanying person (children free) with 2 hikes and 6 guided restaurant visits

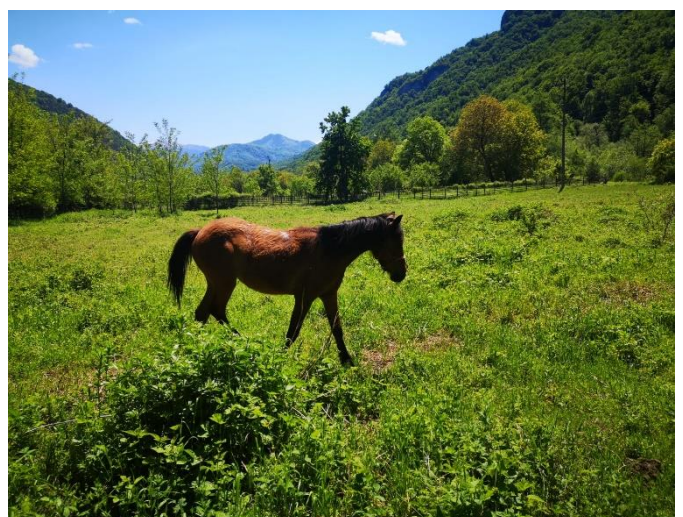
We can offer you some attractive additional services to pimp your week individually:

- ❖ Performance diagnostics on the treadmill or bike for 100€ (places are limited)
- ❖ Metabolic analysis 100€ (places are limited)
- ❖ Additional 1:1 personal training (swimming or running) 90€/1.5h
- ❖ Pistol, AK47 and Pump-Gun shoot (25€)



Getting there:

Sofia can be easily reached from many international airports. With the metro you can reach your accommodation in no time. A rental car or taxi is not necessary. Arrival day in the evening there is a short introduction and get-together during a cozy dinner.



Accommodation:

We can recommend the following accommodations located nearby the training facility:

Adella Boutique Hotel

Located within walking distance from the swimming pool, Adella Boutique Hotel has modern and clean rooms. Breakfast can be booked additionally. An attractive option for anyone who can't do without their own muesli. The hotel is available for €227 per person on booking.com, for example.



Diana 3 Hotel

Anyone who has always wanted to spend the night like athletes did in the GDR 30 years ago can find a warm welcome here. The hotel is right next to the pool and still today serves as accommodation for the athletes of the Bulgarian national team in boxing, wrestling and swimming. The double room costs about 120€ per person per week. However, you can only book it directly via Martin. Pictures can be found under the name of the hotel on the Internet.



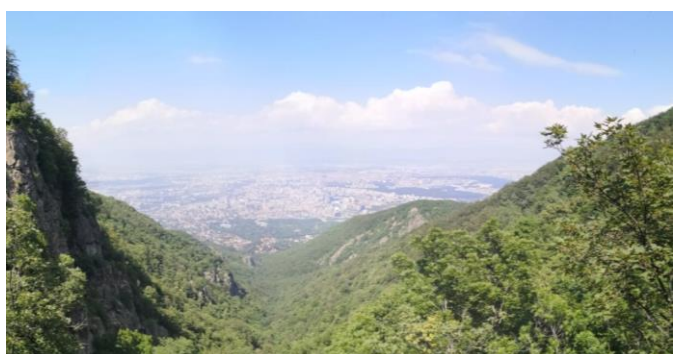
Hotel Vega Sofia

The hotel is also within walking distance of the swimming pool and is very modern. Overnight accommodation with breakfast costs €350 per person per week in a double room.



Apartments

Of course there are a lot of cheap apartments in the surroundings that can be found on the internet. The swimming sessions take place in the "Dianabad".



Registration for the culinary swimming and hiking week in Sofia (Bulgaria)
29.09. – 06.10.2022



Name: _____ Age-Group: _____

Country & Languages spoken:

E-Mail: _____ Phone: _____

I'm staying at Hotel _____ from _____ to _____ .

I am an accompanying person and only take part in the hikes and the evening meal

What are your camp-expectations? Please arrange the following items according to your wishes in an order from 1 (=this is the most important point for me) to 7 (=this point is not important for me) – every number can only be assorted once:

- Sports performance (I want to improve my time-splits, this means for example hard intervals) _____
- Sports performance (I want to improve my technique) _____
- Knowledge (I want to learn new things in lectures, workshops, explanations of training-sessions) _____
- Alternative Training (I want to include core-strength, stretching etc.) _____
- Active holiday (cappuccino, restaurants, enjoy walks in nature, spend time with friends) _____
- Seeing tourist places / sightseeing _____
- _____ (any other wishes?) _____

What is your 400m Personal Best during the last 6 months: _____

How many hours have you trained per week during the last three months? _____

How many hours do you want to spend on training during the camp? _____

Would you like to benefit from one of the following additional options during the week?

- 1x Lactate Threshold & Performance Test (Run or Bike 100 €)
- 1x Metabolic Performance Analysis (100€)
- 1x Personal Training Swim, Run or Strength/Mobility (90€ / 1,5h)
- Pistol, AK47 and pump-gun shooting (25€)

Do you have any previous illnesses, allergies, health restrictions or is there anything else we should know about?

Thanks for answering all questions – thus we can adapt the training schedule individually to your needs.

Date _____ Signature _____