

Ever Thought About Combining Triathlon-Level Fitness Training with a Holiday?

Almyra Launches Triathlon and Biking Camps and Swimming Clinics



24 June 2014 – From November 2014 – February 2015, fitness enthusiasts who struggle to find a balance between training and spending time with family can combine a winter sun holiday with the newly launched **Triathlon Camps** and **Swimming Clinics** at Almyra, Cyprus. The bespoke weekly programme will feature a broad and varied range of structured sessions that participants can choose to partake in while enjoying a holiday at Almyra. This will help achieve long-desired fitness goals while training at the right intensity with experienced coaches and athletes by taking part in a range of activities specifically designed for individual needs and aims. Activities can be tailored on a daily basis to ensure participants are also able to spend time with family while enjoying the luxury five-star Almyra.

Under the guidance of two valued individuals – Sean McFarlane, Merrell ambassador, elite level long-distance triathlete and sports journalist; and trainer Kypros Nicolaou, an exercise physiologist, ex-champion triathlete and Level II, ITU triathlon coach – the daily activities for the **Triathlon Camps** include open water swims in the crystal clear turquoise waters of the Mediterranean, pool diagnostic sessions and extensive road cycle routes on varied gradients. Running sessions take place on coastal paths and coastal trails, as well as the beachfront. During McFarlane's November training camp, participants will also have unprecedented access to former professional triathlete and now National Performance Development Coach at Scotland's High Performance Training Centre, Chris Volley, who will also be on hand to instruct participants.

McFarlane and Nicolaou will contact guests well in advance of their stay to ensure the carefully designed activities and coaching meet each guest's requirements, making them entirely personalised. To complement the health aspect of this programme, the chef will advise on a balanced diet and the Mediterranean menu will offer quality carbohydrates, proteins and fats needed for optimal training. The camps would particularly suit those looking to undertake a significant multisport challenge in 2015 such as an Olympic Distance Tri and /or half ironman or more. It would also suit those looking for a quality week of road biking only. Speaking about the programme McFarlane said "The camps will be bespoke and based on the individual skills and performance levels of the participants, this personalised service is key to successful triathlon training."

The Swimming Clinics are supervised by Kypros Nicolaou. The objective is not to teach swimming from scratch, but to develop current skills and analyse, correct, and improve locomotion in the water to promote swimming efficiency. The swimming clinics are an intermediate-level evaluation programme that includes video analysis and open water swimming. Also launching every Wednesday from September are Aquathlons, consisting of a 300-400m swim and 2.5-3km run

Children from 10 years old are also encouraged to take part at reduced distances of a 150m swim and 1k run, depending on age and ability.

Clinics and Triathlon Camps take place on the following dates:

26-28 September 2014 Swimming Clinic with and Kypros Nicolaou

8-15 November 2014 Merrell-sponsored Triathlon Training Camp with Sean McFarlane and Chris Volley – *this camp will focus on reviewing the past season and begin early stage planning for 2015*

15-20 November 2014 Triathlon Training Camp (Intermediate) with Kypros Nicolaou
Option to compete in a local 5km or 21.1 km run road race

14-19 February 2015 Triathlon Training Camp (Intermediate) with Kypros Nicolaou

21-29 February 2015 Triathlon Training Camp with Sean McFarlane

21-26 March 2015

Triathlon Training Camp (Intermediate) with Kypros Nicolaou
Option to compete in a local 10km road race

18-23 April 2015

Triathlon Training Camp (Intermediate) with Kypros Nicolaou
Option to participate in local Triathlon

With its perfect winter climate, a warm sea never cooler than 17 degrees, unending smooth and virtually traffic free road bike options, Cyprus is the perfect winter training base – all combined with the benefits of a Mediterranean diet, relaxing spa treatments and five star luxury at Almyra. Thanos Hotels is renowned for its approach to fitness and a healthy lifestyle with comprehensive sporting facilities, activity programmes and Synergy Menus devised by Executive Chef Rob Shipman. The newly revamped seafront walkway in front of the hotel is the ideal location for jogging, while rock-climbing, mountain-biking, pony-trekking and hill-trekking are all available nearby.

Almyra guests do not have to worry about a guilt-ridden compromise between family and fitness. For any accompanying family members, crèches and kids clubs are at the ready and babysitters available for relaxing over a glass of wine and dinner after a day of intensive training.

Rates for the Triathlon Camp start at €1,050 (approx. £840) per person based on six days of training and includes accommodation on a half-board basis.

Rates for the Swimming Clinic start at €660 (approx. £530) per person based on three nights accommodation on a half-board basis and the swimming sessions.

For more information please visit www.almyra.com

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Notes to Editors:



Sean McFarlane

Sean McFarlane is one of Scotland's pre-eminent off road long distance triathletes and adventure racers. A ten-time ironman finisher, Sean has amassed numerous multisport titles and claimed runner up spots in both the inaugural Celtman and City to Summit extreme ironman triathlons. Having lived and competed in the US, New Zealand, Sicily

and Sweden, Cyprus for him is the perfect base to enjoy quality winter training. He first came to Cyprus in 2009 to train and has been a regular visitor ever since. Sean writes for a large number of outdoor sports and triathlon magazines and works closely with world famous adventure sports photographer Andy McCandlish. For more information on Sean see www.seanmcfarlane.co.uk



Kypros Nicolaou, M.A., B.Sc.

Nicolaou, holds an M.A. Degree in Exercise Physiology & a B.Sc. Degree in Sports & Fitness Management, from The University of Alabama, USA, and is a certified by the ITU, Level II Triathlon Coach. Kypros holds an American College of Sports Medicine, Health and Fitness Instructor Certification since 2000. He is a Cypriot Ex- Champion Triathlete, has raced in numerous Marathons and triathlons in the United States and Europe, including the Austria Ironman Triathlon. He currently works at the National Exercise Physiology Lab part time, and also provides Strength, conditioning & triathlon training services to various individuals.



Chris Volley

Chris is a National Performance Development Coach and manages performance programmes from Scotland's High Performance Training Centre in Stirling. This includes providing tailored coaching to elite development-level triathletes and working closely with British Triathlon and sportscotland institute of sport performance staff.

A former elite triathlete himself before moving into coaching, Chris joined triathlonscotland in 2008 from his role as the elite triathlon coach at the University of Bath. Chris has coached several Scots to medal winning positions at youth, junior, U23 and senior level. Chris will be coaching with Sean independently at his coaching at Triathlon Scotland.

Almyra

Almyra is a family five-star sea front property that opened in 2003 and offers the ultimate in 'resort chic'. Set within eight acres of landscaped gardens right on the beachfront, its 189 rooms and signature suites feature rooftop terraces and breathtaking views of the historical fort and fishing harbor. Meaning 'taste of the sea', Almyra's highlights include the Almyraspa - a sun-lit utopia of organic and marine-based therapies complemented by inspiring sea vistas - and the waterfront Kyma ('Wave') Suites, showcasing harbour views from candle-lit rooftop terraces. www.almyra.com

Thanos Hotels

Thanos Hotels is a family run hotel group in Cyprus, comprising three properties: Annabelle, the group's deluxe resort Anassa and her hip younger sister Almyra. Designed for pure pleasure, each hotel offers a different experience and a wide array of activities and cultural experiences that take guests into the unspoilt heart of Cyprus. All three hotels boast extensive recreational and leisure facilities, and specialise in family holidays with the Explorers programme for children aged from four months. www.thanoshotels.com

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