

JUNIOR TRIATHLON ACADEMY



LA MANGA CLUB
sport & leisure

The Triathlon Academy aims for allround personal development through sporting activity.

Objectives:

- Multilateral preparation of the child by means of the predominance of the game.
- Motivate and introduce the world of sport to the child.
- To help bone and muscular growth.
- Integrate techniques such as transitions and managing progress on the bicycle.
- Suggest objectives, take on responsibilities and reach goals



JULY 16/07/18 - 20/07/18 AUGUST 06/08/18 - 10/08/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWIMMING + TECHNICAL RACE	BICYCLE	RACE + TECHNICAL SWIMMING	BICYCLE + TECHNIQUE, TRANSITIONS AND PHYSICAL CONTROL	COMPETITION

While this information is correct at the time of publication, it may be subject to change without prior notice.

For more information regarding the timetable and prices please consult the Wellness Centre's reception.
Tel. 968 33 81 01 · wellness@lamangaclub.com

lamangaclub.com