

A photograph of three cyclists riding on a paved road. The cyclist in the foreground is wearing a green long-sleeved jersey, black shorts, a black helmet, and sunglasses. He is riding a black road bike with white accents. Behind him, another cyclist in a dark green jersey and a white helmet is visible. Further back, a third cyclist in a white jersey and a white helmet is riding. The road is surrounded by trees and foliage, and the scene is captured in a cinematic style with soft lighting.

# NKC.

Triathlon  
Training  
Camp

September 27<sup>th</sup> to October 4<sup>th</sup> 2025

201



## Welcome to the NKC. Triathlon Training Camp!

Immerse yourself in a week of intensive triathlon training, guided by a pro in a city renowned for its unique triathlete atmosphere. Experience what it's like to live like a pro triathlete for a week!





# GIRONA

Girona is the ideal destination for those seeking to train amidst breathtaking landscapes, relax in charming cafes, and savor top-notch culinary experiences, with several Michelin-starred restaurants in the region.





A triathlete, Nick Kastelein, is shown in a dynamic pose, leaning forward on his handlebars while riding a white Canyon road bike. He is wearing a white and green Canyon jersey, black shorts with "CANYON" and "OVERPOWER" branding, a white helmet, and sunglasses. The background is a dense forest of tall, thin trees, suggesting a scenic riding route. The overall image has a professional, high-quality feel, typical of sports photography.

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## **Nick Kastelein, ex-pro triathlete**

With multiple IRONMAN victories, as well as a notable appearance at the IRONMAN World Championship in Kona, Nick's achievements are extensive. In 2024, he transitioned from elite triathlon to become a triathlon coach, now leading training camps in both Girona and Australia.





## CAMP DURATION

The training camp runs for one week. Participants will engage in two to three training sessions each day.



## SESSIONS

You'll do 12 sessions; five of the most popular bike routes, three running trails, one track session, two at the 50m pool, one open water swim, two yoga sessions and two recovery sessions.



## ACCOMMODATION

You can choose between an apartment for two or four people, both situated in the heart of the historic center.







**Swimming  
equipment**



**Running  
gear**



**226ers  
nutrition**





## Pedal pursuits

- Mare de Déu del Mont (117km)
- Els Angels & Madremanya loop (56km)
- Mas Llunés loop (49km)
- Rocacorba climb (74km + 1.330m)
- Canet d'Adri loop (26km)







## Run with precision

- Banyoles lake
- Sant Miquel
- Geieg track
- Camí de Ronda



# Hydro hustle

Girona features a 50-meter swimming pool where professional triathletes train daily.

Additionally, we'll enhance your open water skills with sea swims near Girona.







## Yoga & recovery

You'll be able to indulge in two yoga sessions at a lovely studio nestled in the heart of Girona's historic center.

An a recovery session combining active exercices using vibrating machines, a cryotherpay bath and pressotherapy boots.





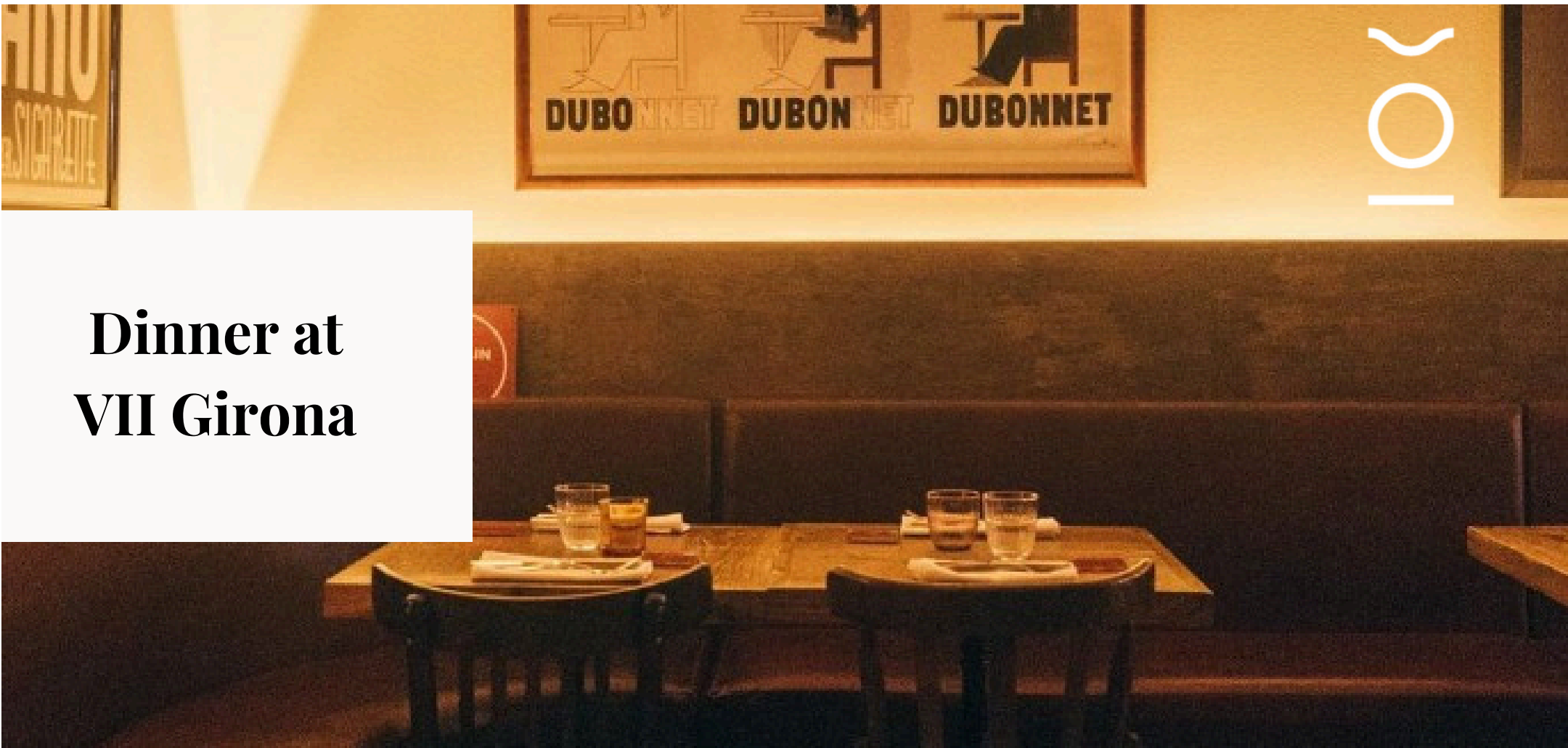
## Cosy apartments

You can choose between a two or three people apartment located in the historic center of Girona.

A cosy and bright 55m2 apartment that is equipped with a comfortable living-dining room and kitchen in one open space.



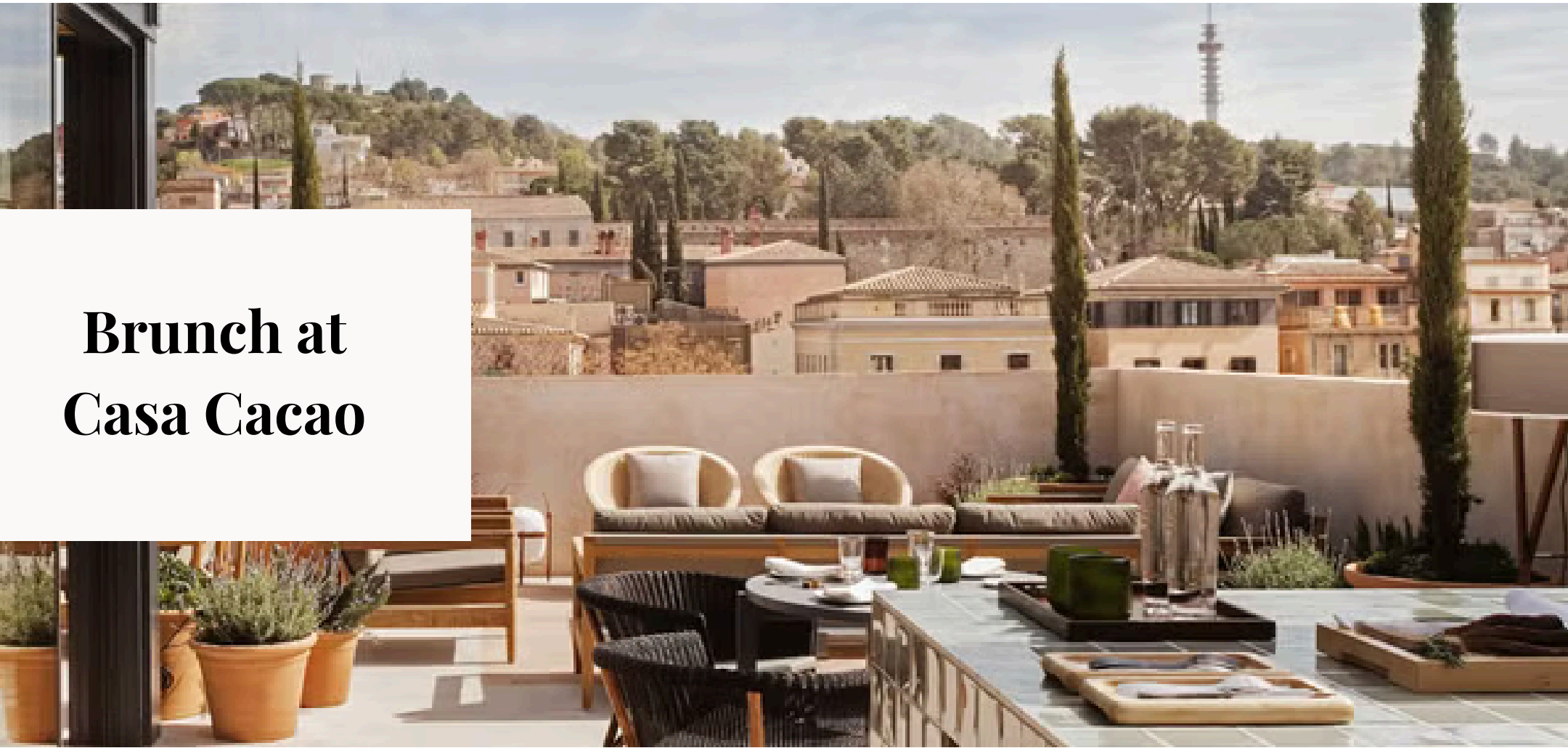




**Dinner at  
VII Girona**



**Breakfast at  
La Fabrica**



**Brunch at  
Casa Cacao**



# INCLUSIVE

*From 1990 euros per person (VAT included)*

- Welcome pack
- Accommodation for seven nights
- Welcome dinner at VII
- Breakfast at La Fabrica (VAT included)
- Brunch at Casa Cacao
- Support van for the rides
- Transfers when training out of the city
- Entry to the 50m swimming pool
- Entry to the running track
- Yoga classes
- Recovery session
- Personal photographer – Oriol Batista!
- All sessions coached by IRONMAN winner, Nick Kastelein







# PRICES

*Choose the best option for you! The budget includes: accommodation, training sessions, welcome pack, entry fees, van support + more...*

TYPE OF APARTMENT / PAYMENT MONTH	Early Bird	Standard	Final Call	Last Minute
Price per person in a shared apartment for 3.	1990€	2070€	2150€	2230€
Price per person in a shared apartment for 2.	2090€	2170€	2250€	2330€
Price per person for an entire apartment.	2990€	3070€	3150€	3230€





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## CONTACT US

*and feel like a pro triathlete for a week!*

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