

# NKC.

**Triathlon  
Training  
Camp**

**May 18<sup>th</sup> to May 24<sup>th</sup> 2026**





## **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.







## 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.



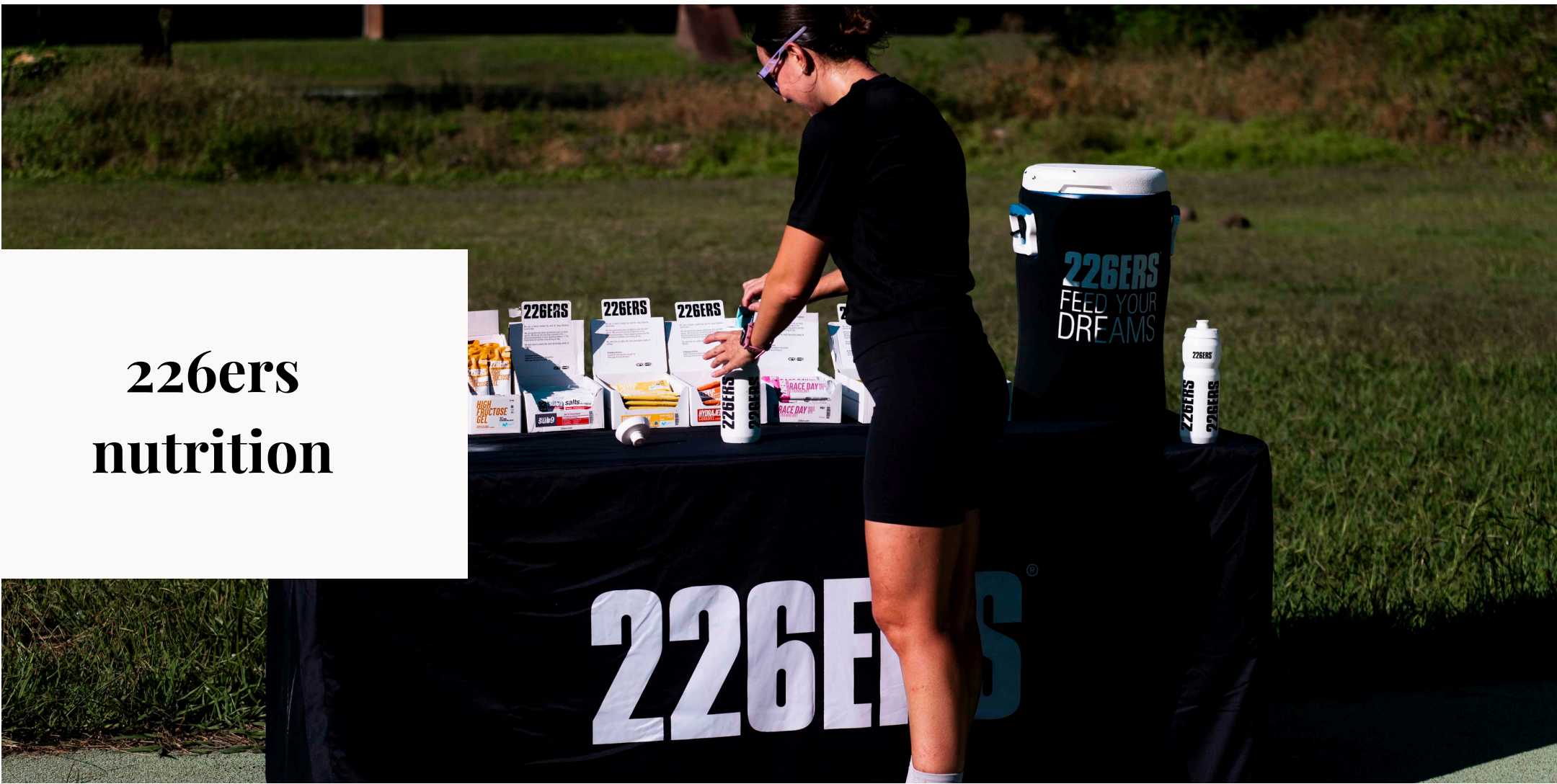




Swimming  
equipment



Running  
gear



226ers  
nutrition



# Iconic Rides

- Coastal loop (100km)
- Els Angels & Madremanya loop (56km)
- Mas Llunés loop (49km)
- Rocacorba climb (74km + 1.330m)
- Canet d'Adri loop (26km)







# Signature Runs

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







# Swimmers Paradise

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.





# Everything Included

*From 1990 euros per person (VAT included)*

- Welcome pack
- Accommodation for six nights
- Welcome dinner
- Breakfast at La Fabrica
- Brunch
- 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
- 60min massage session
- Personal photographer – Oriol Batista!
- All sessions coached by IRONMAN winner, Nick Kastelein





# NKC.

Triathlon  
Training  
Camp

## CONTACT US

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

**Phone:** +34 677 06 34 39

**Email:** [kasteleincoaching@gmail.com](mailto:kasteleincoaching@gmail.com)

**Instagram:** [@nickastelein](https://www.instagram.com/nickastelein)

 bewolfish

NKC.



ORIO BATISTA  
FOTOGRAF

CANYON

ZOGGS

POC

226ERS