

NKC.

Triathlon
Training
Camp

May 18th to May 24th 2026



101

Welcome to the NKC. Triathlon Training Camp!

After a successful career as a professional triathlete, Nick Kastelein now leads **triathlon training camps in Girona**, where he has lived for the past decade.

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 renowned as a heaven for triathletes for its exceptional training terrain and vibrant historic center. It 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

An internationally renowned Australian professional triathlete, Nick Kastelein has made Girona his home. With **multiple IRONMAN victories**, including wins at IRONMAN Switzerland and IRONMAN Vitoria, 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**, with ample free time to explore Girona's vibrant triathlete lifestyle. The camp also includes a breakfast, brunch, and dinner at three iconic Girona cafes and restaurants.



SESSIONS

Over the course of the week, you'll do 15 sessions; five of **the most popular bike routes** and explore three renowned running trails. Additionally, you'll have one track session, two at the 50m pool, and one open water swim. You'll also enjoy two yoga sessions and one optional recovery session.



ACCOMMODATION

You can choose between an apartment for, one, two or three people, all **situated in the heart of the historic centre**. Surrounded by top cafes, restaurants, and shops, these apartments are immersed in the vibrant triathlete atmosphere of the city!

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The Welcome Pack



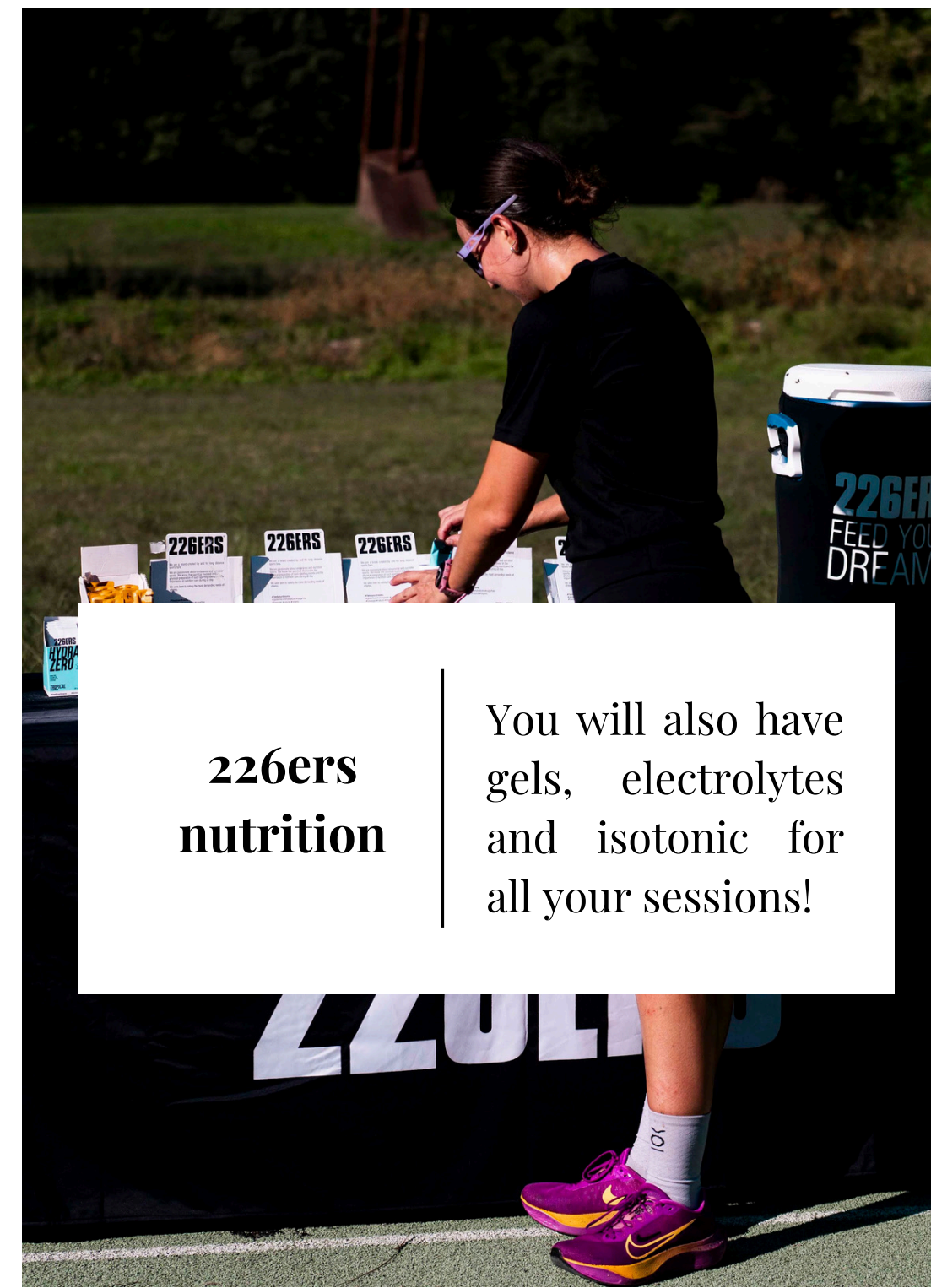
Zoggs swimming equipment

You will receive
a OWS cap and
Nick's favourite
goggles.



NKC running gear

Also a running
shirt and a cap
customized with
Nick's colours.



226ers nutrition

You will also have
gels, electrolytes
and isotonic for
all your sessions!

Iconic Rides

COASTAL LOOP. One of the most epic and iconic bike loops in the Girona region. Starting from Girona, you will ride for 100km, with amazing views. You will also enjoy:

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





Signature Runs

SANT MIQUEL. A “must do” climb leaving from the heart of the city rewarded with views of Girona.

BANYOLES. A flat, scenic run around Banyoles lake. You will fall in love with the views!

TRACK SESSION. Utilizing the iconic Geieg synthetic running track, it’s guaranteed to get the heart pumping.

CAMÍ DE RONDA. Experience breathtaking coastal views and invigorating trails by running this famous trail.

Swimmers Paradise

POOL & OPEN WATER SWIMMING

Girona features a 50-meter swimming pool where professional triathletes train daily. We'll focus on refining your swimming technique and boosting speed with interval sessions.

Additionally, we'll enhance your open water skills with sea swims near Girona, offering scenic views of the Costa Brava. A private transfer will take us to the sea for these sessions.





Yoga and recovery

You'll be able to indulge in **two yoga sessions at a lovely studio** nestled in the heart of Girona's historic centre. This iconic location not only offers a serene atmosphere but also the exciting possibility of spotting some pro triathletes in action.

After one of the hardest sessions of the week, you will be able to enjoy a **60min in-home massage session at the apartments.**

Cosy apartments

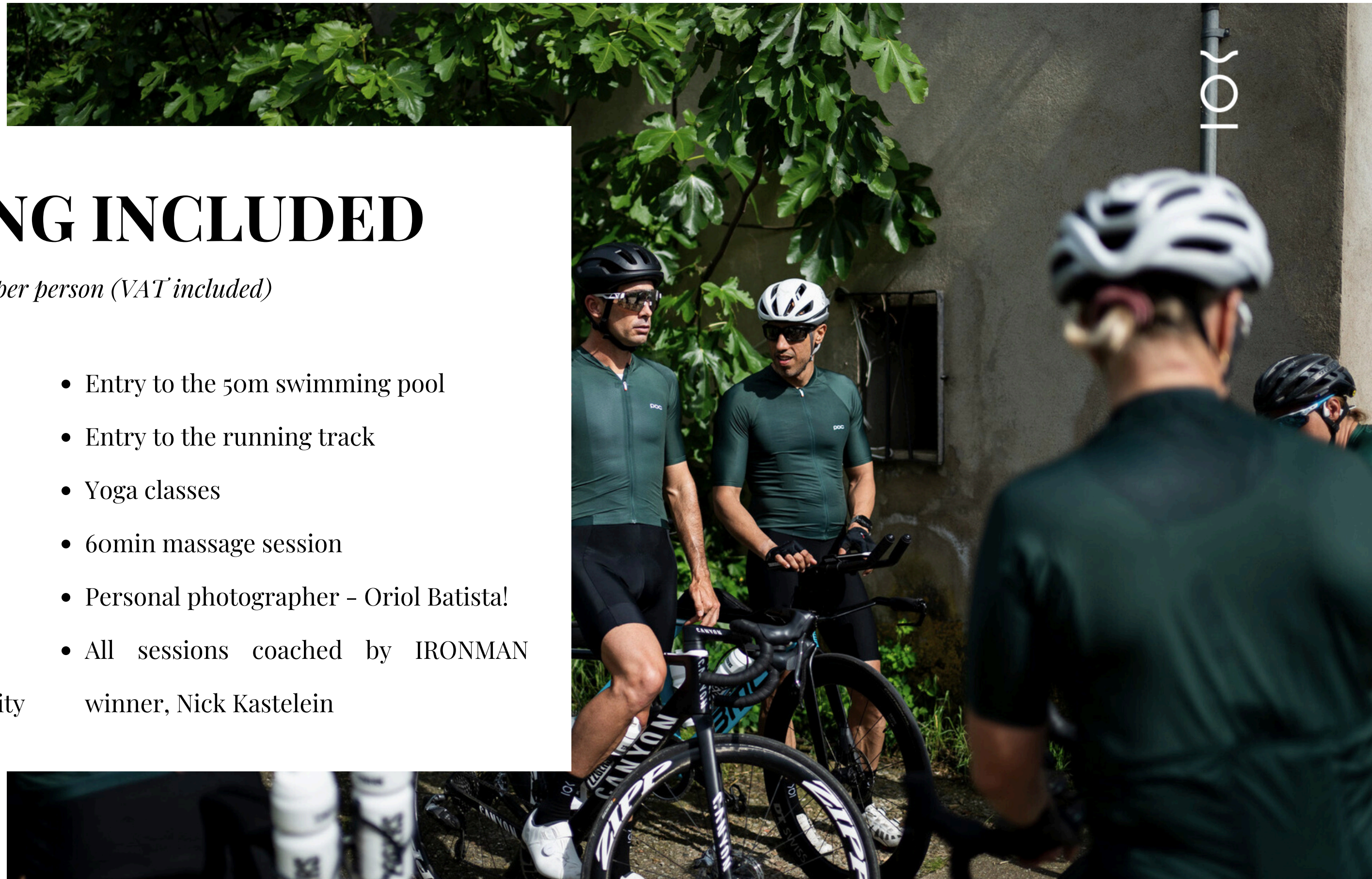
You can choose between a two people or a three people apartment. Both types are located in the historic center of Girona, in Plaça del Vi. A cosy and bright 55m2 apartment that is equipped with a comfortable living-dining room and kitchen in one open space. The apartments have Wi-Fi Internet connection, air conditioning, heating, TV and safe.



EVERYTHING INCLUDED

From 1890 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



JOY

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CONTACT US

and feel like a pro triathlete for a week!

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 bewolfish

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226ERS

CANYON

ZOGGS

POC


ORIO BATISTA
FOTOGRAF