

NKC.

Triathlon
Training
Camp

KYOTO · 京都
SEPTEMBER · 2026



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 and now, Kyoto, his dream holiday city.

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



IOK

Day 1

ATHLETE'S CHECK IN + TRADITIONAL WELCOME DINNER
アスリート受付+伝統的ウェルカムディナー

Day 2

RUN CITY LOOP ALONG THE RIVER + RELAXING YOGA
ラン - 川沿いシティループ+リラックスヨガ

Day 3

MOUNT YOKOTAKA BIKE LOOP + LOCAL LUNCH
横高山バイклープ+地元ランチ

Day 4

TRACK INTERVALS + TECHNICAL SWIM
トラックインターバル+テクニカルスイム

Day 5

MOUNT ATAGO BIKE REPS + RELAXING YOGA
愛宕山バイクレップ+リラックスヨガ

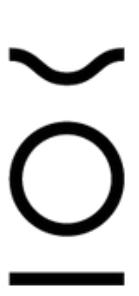
Day 6

OTSU OPEN WATER SWIM + MUKOMACHI VELODROME
大津オープンウォータースイム+向町競輪場

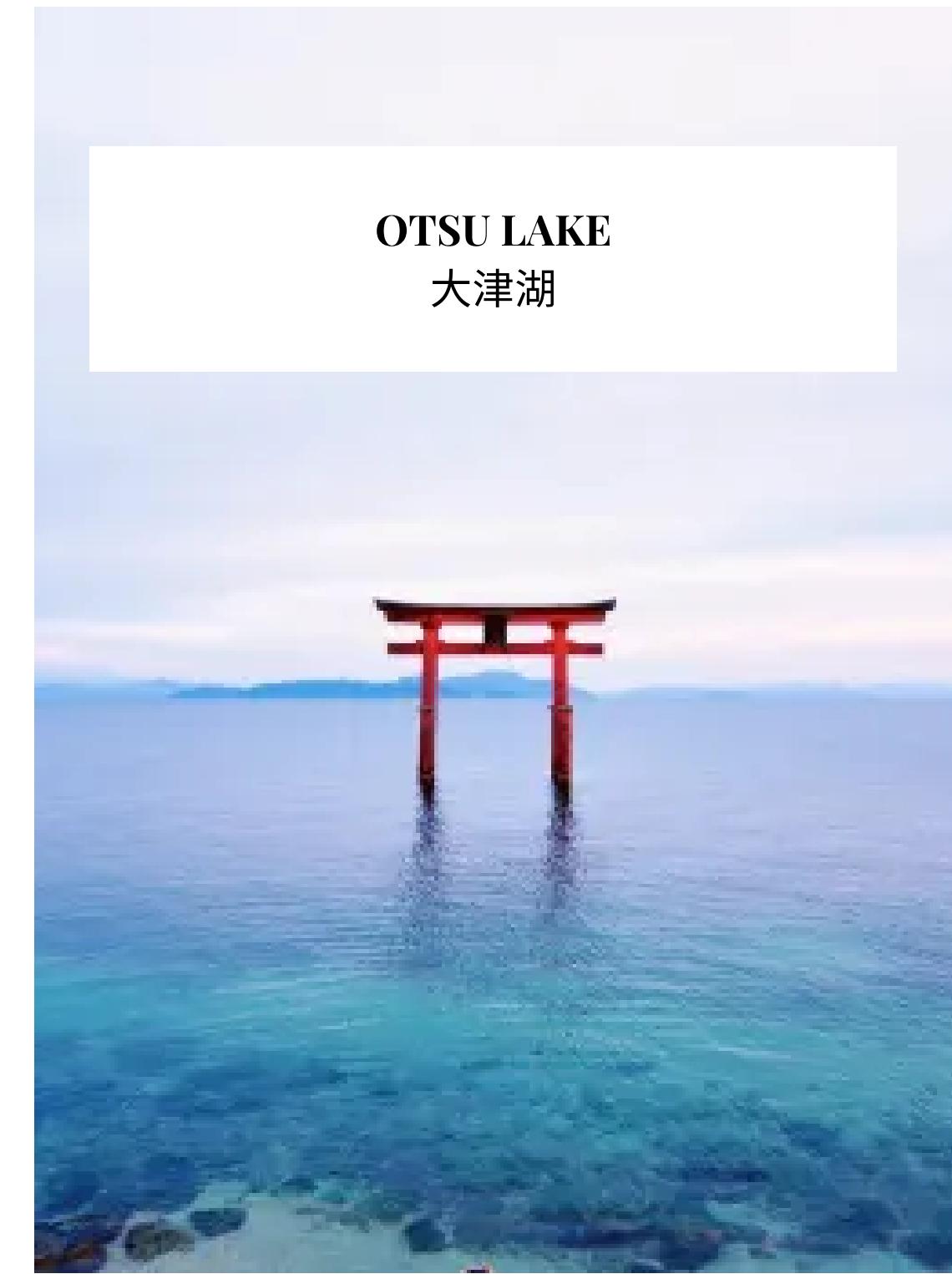
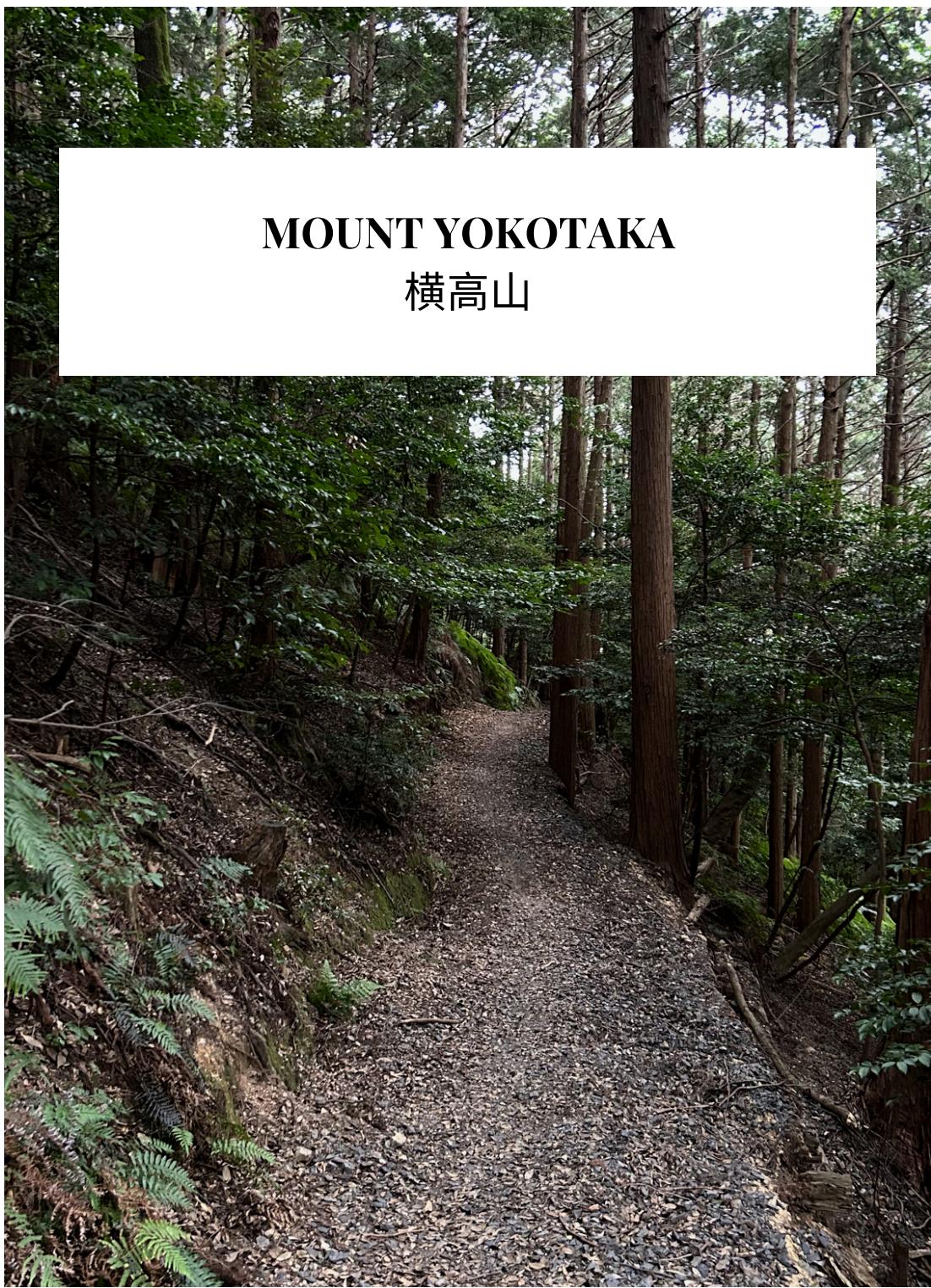
Day 7

FURISHIMI INARI TRAIL RUN + SAYONARA BREAKFAST
伏見稻荷トレイルラン+さようならブレックファスト





The
Iconic
Spots





SWIM

Swimming in the Kyoto pool is an **unforgettable experience**, set against the city's iconic beauty and serene atmosphere. The open water at Otsu provides a thrilling challenge, with breathtaking lake views, refreshing air, and the unique feeling of gliding through one of **Japan's most famous lakes**.



RIDE

Riding up to Mount Yokotaka is an iconic experience, with sweeping views and the **sense of conquering a legendary climb**. Hill reps at Mount Atago provide the perfect challenge to build strength and endurance, surrounded by serene nature. And the Mukomachi Velodrome is the perfect spot for **speed, and precision**,



RUN

Running along the river in Kyoto is an inspiring experience, with peaceful waters and the city's iconic **scenery as your backdrop**. Climbing up to Fushimi Inari offers a legendary trail challenge, surrounded by the **famous torii gates** and serene nature. And the Kyoto track is the perfect spot to sharpen speed, technique, and endurance.

INCLUSIVE

Between 1.800 and 2.400 AUD per person

- Welcome pack
- Accommodation for six nights
- Welcome dinner
- Traditional breakfast
- Local lunch
- Support van for the rides
- Transfers when training out of the city
- Entry to the 25m swimming pool
- Entry to the running track
- Entry to the Velodrome
- Yoga classes
- Personal photographer
- All sessions coached by IRONMAN winner, Nick Kastelein



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CONTACT US
and feel like a pro triathlete for a week!

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