

Work hard, play hard

Brivelo Training Camps are tailored towards improving you, the athlete, in the short to long term

Brivelo will give you specific training drills and sessions on the camps, along with challenging climbs to bolster your end of winter training in preparation for your season ahead.

Working closely with our qualified British Cycling Coaches you will gain insights into taking your fitness to the next levels, evening seminars and skill sessions to help you grow as an athlete when you get home. You could even treat your tired body to a sports massage.

The training week is periodised to create an overload stimulus while ensuring you are working all your energy systems such as VO2max, Anaerobic and Sub Threshold.

The week is hard, and yes it's a challenge, but you will get so much from the camp not only in physiology improvements but long term knowledge and aftercare with loyalty personal coaching rates, should you wish to take it further.



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www.brivelotrainingcamps.co.uk

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