



invictus
TRAVEL *You. Just stronger*

Official hotel
Your travel dates



HOVIMA Hotel Jardín Caleta – Half Board (Soft drinks included)
Guests will be provided with accommodation in double standard rooms.
5 Minutes walking distance from T3 and CF Affiliate Survivetoptraining

Sample week – will be adjusted to your needs:

ITINERARY

Your Trip 2019

Sunday

Group Arrival at Tenerife South Airport
On arrival, look for a sign with the Tenerife Top Training logo*
Bus Transfer to Hotel Hovima Jardín Caleta
From 19:30 Dinner at Hotel Restaurant

DAY 1

Monday

From 07:30 - Breakfast
09:15 - Meeting at Reception Hotel Jardín Caleta
09:30 – Walk from Jardín Caleta to Tenerife Top Training
09:45 – Site Inspection Tenerife Top Training / Welcome Meeting
11:00 - 12:00 - "Welcome" Session in the Box (WOD)
17:30 – Walk Jardín Caleta to Tenerife Top Training
18:00 – Endurance Wod on the running track
From 19:30 - Dinner at Hotel Jardín Caleta

DAY 2

Tuesday

From 07:30 - Breakfast
09:15 - Meeting at Reception Hotel Jardín Caleta
09:30 – Walk from Jardín Caleta to Tenerife Top Training
09:45 – Box Session T3

17:30 – Walk Jardín Caleta to Tenerife Top Training
18:00 – Box Session T3
From 19:30 - Dinner at Hotel Jardín Caleta

DAY 3

Wednesday

From 07:30 - Breakfast
09:15 - Meeting at Reception Hotel Jardín Caleta
09:30 – Walk from Jardín Caleta to Tenerife Top Training
10:00 – Pool WOD (25m Pool)
Mandatory use of T3 Staff on Pool Site
17:30 – Walk Jardín Caleta to Tenerife Top Training
18:00 – Box Session T3
From 19:30 - Dinner at Hotel Jardín Caleta

DAY 4

Thursday

From 07:30 - Breakfast
09:15 - Meeting at Reception Hotel Jardín Caleta
09:30 – Active Recuperation Day
Hike on Teide Mountain/ Siam Park/ Masca Valley or at leisure (your choice)

From 19:30 - Dinner at Hotel Jardín Caleta

DAY 5

Friday

From 07:30 - Breakfast
08:15 - Meeting at Reception Hotel Jardín Caleta
08:30 – Run from Jardín Caleta to Playa del Duque Beach (1.5 km)
09:00 – Beach WOD
10:30 – Walk from Playa del Duque Beach to Jardín Calet
17:30 – Walk Jardín Caleta to Tenerife Top Training
18:00 – Team Competition on Football Astro Turf Pitch
From 19:30 - Dinner at Hotel Jardín Caleta

DAY 6

Saturday

From 07:30 - Breakfast
09:15 - Meeting at Reception Hotel Jardín Caleta
09:30 – Walk from Jardín Caleta to Tenerife Top Training
09:45 – Box Session T3
12:30 – Walk from Tenerife Top Training to Jardín Caleta
17:30 – Walk Jardín Caleta to Tenerife Top Training
18:00 – Farewell Wod T3
From 19:30 – Farewell BBQ at T3 on request/ Dinner at Jardín Caleta

DAY 7