

# Triathlon Training Camp

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The Langebaan Lagoon and its surrounds can almost be described as "Triathlon Paradise". The area is a triathlete's playground, offering a scenic and tranquil setting in which to train and enjoy nature. The protected waters of the lagoon offer perfect open water swimming conditions, the quiet and scenic roads of the West Coast National Park, surrounding the lagoon, give cyclists the opportunity to cycle for many hours without the threat of busy traffic, so prevalent on most roads around SA. Running routes abound, offering both on and off-road options through some very scenic settings. With Cape Town hosting the fantastic new iron distance triathlon, Challenge Cape Town, as well as the upcoming Jailbreak and half and full Ironman events in the months after, it is the ideal time to get some solid endurance training under the belt. Supported by Lagoon Life event operators, Rob, Ironman finisher and Challenge CT entrant and Craig, qualified open water and tri-swimming coach you will be given the opportunity to get some solid training in, while being supervised by locals with knowledge and experience of triathlon, event operations and the area. Accommodation is offered in a self-catering house in Langebaan and all training events are fully supported. Below are details of a special package being offered, also available are customised packages tailored to suit your groups exact needs. Please contact us if you'd like to book, make enquiries or you require a quote on a customised package.

## Lagoon Life Triathlon Training Weekend Package - 16-18 September 2011

- Saturday: +/- 100km cycle in WCNP
- Sunday: 20-25km run & +/- 3km open water swim (includes open water swim workshop)
- 2 Nights Accommodation in self-catering house ([click here to see details of house](#))

Package Costs R750/person (min of 4 people required)

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