

**IRONMAN**  
KÄRNTEN KLAGENFURT  
AUSTRIA

09.05. - 12.05.2024

**TRAININGCAMP**



Join the **IRONMAN**  
Kärnten - Klagenfurt, Austria  
Trainingcamp 2024!

[www.ironman.com/im-austria](http://www.ironman.com/im-austria)

# YOUR COACH

„Being well prepared is half the battle! It is always fun meeting new people and being able to show them the lightness of IRONMAN training in a very special way. We stacked the perfect training weekend for you!“



Mag. Helmut Wolf, sports scientist, qualified trainer and triathlete for 30 years



**Duration:**  
Thursday,  
09 May to  
Sunday,  
12 May

## ACCOMMODATION



The 4\* Seepark Wörthersee Resort as official Race Hotel is nearby the IRONMAN Austria start- and finish area as well as the swim exit.

- > Move and Relax Area
- > 25m heated outdoor pool
- > Room incl. breakfast & dinner (excl. drinks)
- > Lunch Snacks (Rice, Pasta, Salads...)
- > Free WLAN
- > Free parking in front of the Seepark Hotel (availability!)

> Late Check-Out (till 12:00 Uhr)

**INFO:** [www.dasseeparkhotel.at](http://www.dasseeparkhotel.at)

## SKILLS & TRAINING

### Swim-Skills:

- > Mediation of the swim technique (respiration, orientation, water position)
- > Training on the original IRONMAN Austria swim course

### Run-Skills:

- > Training on the original IRONMAN Austria run course

### Mental-Skills:

- > Visualization and empowering

### Bike-Skills:

- > Knowing the Key Spots: saving power or power to push!
- > AERO wheel testing

### Specials:

- > **Practical experience:**  
**Bike defects - self-help or official Bike-Service?**

Andreas Knapp, [positionsanalyse.at](http://positionsanalyse.at),  
IRONMAN Austria official BIKE-SERVICE

- > **Bike Fitting**  
finding the perfect position on the bike!

- > **Race Briefing and "good to know"**

Patrick Schörkmayer, IRONMAN Austria  
Race Director

- > **Racespecific Training**

Helmut Wolf



## PROGRAMM \*

### Thursday

- Until 10.30 individual arrival
- Welcoming & evaluation of the participants
- 12.30: easy bike training on the original IRONMAN Klagenfurt -Kärnten, Austria  
Bike course (90 km)
- 17.00 –
- 17.30: Stretching & active regeneration
- 18.30: Dinner & special skill training:  
Bike defects – self-help or official bike-service?

### Friday

- 09.30: Bike training on the IRONMAN Klagenfurt -Kärnten, Austria bike course  
with focus on technical cruxes & proper pace (90km)
- 14.00 –
- 16.00: Swim training including site visit of the IRONMAN Klagenfurt -Kärnten, Austria  
swim course, -start & -exit
- 16.00 –
- 16.30: Stretching und active regeneration
- 17.00: Site visit of the IRONMAN Austria-Kärnten transition zone &  
procedure (bike- & bag racks, transition tent, Bike-Check-In & Out)
- 18.30: Dinner & race briefing incl. „good to know!“ facts

### Saturday

- 10.00: IRONMAN Klagenfurt -Kärnten, Austria bike tour (90 km) with focus on technical  
cruxes & proper pace
- 14.30 –
- 16.00: Run training on the original IRONMAN Klagenfurt -Kärnten, Austria run course,  
section Krumpendorf (incl. aid station positions)
- 16.30 –
- 17.30: Body Art Balance Training & stretching
- 18.30: Dinner and presentation: visualization & empowering of mental skills

### Sunday

- 09.00: Bike training on the original IRONMAN Klagenfurt -Kärnten, Austria  
bike course, or run training (section city center)
- 12.00: Late Check-out and departure

## TRAININGCAMP 2024

[www.ironman.com/im-austria](http://www.ironman.com/im-austria)

\* Subject to modification.

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## PRICE & PACKAGE

**Book till 15 February 2024 to get your early bird discount!**

### Athlete's package:

- > Accomodation Seepark Hotel (exklusive drinks)
- > Access Move & Relax including 25m heated outdoor pool
- > Trainingscamp (incl. presentations, analysis and training)

<b>early bird!</b>	Price single room.....p.p. € 904,20
	Price double room: ..... € 713,85
	Price single room.....p.p. € 964,20
	Price double room: ..... € 763,35

### Take a companion with you!

#### Athlete with companion in a double room:

- > Accomodation Seepark Hotel (exklusive drinks)
- > Access Move & Relax including 25m heated outdoor pool
- > Trainingscamp (incl. presentations, analysis and training)

<b>early bird!</b>	Price Athlete's package & Companion (excl. Trainings)..... €1.167,30
	Price Athlete's package & Companion (excl. Trainings)..... € 1.236,30

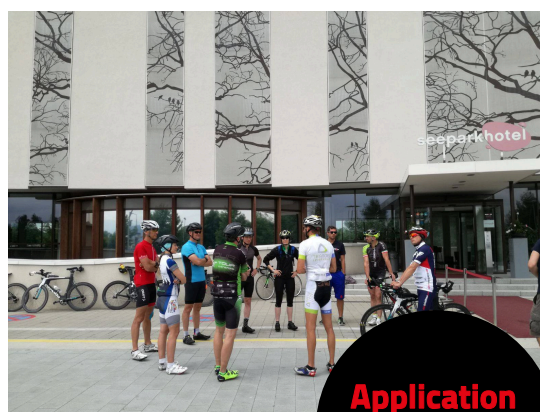
## ARRIVAL & BOOKING

### Arrival:

Klagenfurt > Autobahn Minimundus Wörthersee  
> **Das Seepark Wörthersee Resort**  
Universitätsstrasse 104  
9020 Klagenfurt am Wörthersee,  
E-Mail: [info@seeparkhotel.at](mailto:info@seeparkhotel.at)  
[www.dasseepark.at](http://www.dasseepark.at)

### Booking:

Contact **IRONMAN Austria GmbH**  
E-Mail: [trainingcamp.austria@ironman.com](mailto:trainingcamp.austria@ironman.com)  
Tel: +43 463 509 651 30  
[www.ironman.com/im-austria](http://www.ironman.com/im-austria)



**Application  
till  
31 March  
2024**

Please don't hesitate to contact our team to find a roommate and share a double room as well for questions regarding the Trainingcamp 2024 in general!