

# TRAINING CAMPS

## Optimal Training Solutions

**Benefit from the great setting and state-of-the-art facilities of d'Coque with the Sport Package options:**

- **The Sports Complex** is fitted out with state-of-the-art equipment for performance training and fitness: 12 sport areas hosting more than 25 indoor disciplines, a physiotherapy centre, several educational training rooms and a luxury hotel complex.
- **The Aquatic Centre** contains 7 pools including 2 olympic pools ( competition & training ) with FINA agreed chronometry, a 15 m dive pool and a 10 m diving platform.
- **The Wellness Centre** features modern styling and a friendly atmosphere, providing an ideal place for athletes to relax. Facilities include: three types of sauna, a snow cabin, a hammam, design concept showers, massages and a bar.

### TRAINING PACKAGE

- An overnight stay in a double room & full board\*
- 4 hours training
- 1½ hours use of weights room
- Massage table
- 2 hours use of a meeting room
- 1 entry to the Aquatic and Wellness Centre per day

\* Single room, no supplement for group of 10 participants / 30 € supplement for additional single room

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# THE SPORTS CENTRE

## Outstanding Indoor Training Complex

### Arena

- 4.300 m<sup>2</sup>
- 8.300 places including:
  - 3.000 fixed seats,
  - 2.200 mobile seats and
  - 3.100 standing places
- 200 m athletics track with inclinable bends
- 50 m athletic track
- adaptable floors
- VIP and press areas

### Gymnasium

- 1.240 m<sup>2</sup>
- 1.000 fixed seats
- adaptable floors
- VIP space
- Dividable into 3 sections

### Table tennis room

- 1.400 m<sup>2</sup>
- Dividable into 3 sections

### D'Coque Studio

- Weights room with high quality cardiovascular and weight training equipment

### Martial Arts room

- 714 m<sup>2</sup>
- Tatamis

### Climbing wall

- 70 m<sup>2</sup> boulder wall
- 690 m<sup>2</sup> climbing wall
- Height: 13,5 m
- 51 tracks
- over 150 routes



# HOTEL COMPLEX

## D'Coque Hotel\*\*\*Superior

- At a short distance from the city centre and the airport, in the heart of the European quarter, d'Coque Hotel has 36 luxury rooms (equipped with television, telephone, bathroom, safe, Wi-Fi, etc.) some of them equipped for disabled persons.

### D'Coque also has 2 restaurants:

- La Coquille, gourmet restaurant:  
Weekday lunchtimes: daily menus or à la carte.  
Evenings and weekends available for private parties, banquets, etc.
- La Perla, Mediterranean flavours:  
casual and friendly, offering Italian and Mediterranean specialities:  
breakfast, weekly specials.

### All rooms include:

- 2 beds (210 cm long)
- Welcome tray (tea and coffee)
- Shower room
- Telephone
- Plasma television
- Safe
- Wi-Fi connection
- WC

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