

# LBS Triathlon Training Trek 2020 - FAQs

## **1. Who is this trek for?**

Anyone who likes the sound of a couple of days of training, in a nice hotel with a spa, on a beautiful and (hopefully) sunny island, with plenty of time to eat well and relax, alongside a bunch of cool people from LBS.

## **2. Do I need to have done a triathlon before?**

Not at all! This is a great opportunity to see what triathlon training is like, and ask any questions you might have about the sport. We will aim to tailor sessions to all abilities, so don't feel intimidated!

## **3. The schedule looks overwhelming! Do I have to do everything?**

Absolutely not. No sessions are compulsory, so you can join for as much or as little as you like! We are on hand to advise if this is your first experience training for triathlon.

## **4. I don't want to run / swim / cycle. Can I still come?**

Of course! We accept that not everyone is crazy enough to go for all three disciplines, so please feel welcome to join even if you are only interested in one or two of the sports.

## **5. What if I'm very slow / very fast?**

Please do still come! We will try our best to cater for all abilities, e.g. splitting up into different groups based on pace, and we're happy to discuss any particular concerns you might have.

## **6. I'm a hardcore cyclist. Can I go off and do some longer rides?**

Definitely! We will try to include a couple of long rides as part of the core schedule (Kathryn is set on doing Sa Calobra), but if you would like even more, please feel free to organise additional or extended rides. We ask that you try to coordinate with the core schedule as much as possible (e.g., trying to set off at the same time, being back in time to have dinner with the rest of the group, etc.) so we can all make the most of our social time together.

## **7. Can my Partner come?**

Partners are welcome to join both for training and the social aspects. If you have a Partner who isn't so keen on running / cycling / swimming, the hotel has a gym / spa and other wellness activities, and there's a gorgeous natural park located right next door which is perfect for walking. Plus, the hotel is near shops and amenities, and day trips to other parts of the island can be arranged.

## **8. Will this clash with classes / recruiting?**

Check with your programme administrator and/or the career service. For MBA 2021s, there are no compulsory courses during these dates, but there may be some tailored core / elective courses. Structured recruiting for consulting etc. may still be ongoing, but typically winds down from the end of Feb / March. Tech recruiting and direct hiring is usually later. Be aware that if you sign up and need to drop out later, we might not be able to refund you if you cannot find a replacement.

### **9. What kit will I need?**

We'll send out a more detailed kit list nearer the date, but the only major thing is a bike! You can either bring your own, or arrange to hire one through the hotel. They have loads of high-quality carbon road bikes, plus a cycle storage area and tools for maintenance / adjustments. Please book your bike hire with the hotel or bike transport with your airline as soon as possible, since availability is limited.

### **10. What are the rooms like?**

The price we've given you is based on two people sharing a twin / double room. We'll send around a form nearer the time where you can say who you'd like to share with. If you'd prefer an individual room, let us know - we can arrange that for an additional cost.

### **11. What flights should I book?**

We'll create a shared doc so you can see who else is getting which flights, so you can coordinate transfers / car sharing.

### **12. How do I get there from the airport?**

Hotel Viva Blue is just under an hour's drive from Palma airport. You can either arrange a minicab / taxi, or hire a car and drive yourself. We will create a shared doc where everyone can put their flight details, so you can get yourself into groups and coordinate airport transfers.

### **13. What will the weather be like?**

Mallorca is not super hot in February (around 15-17 degrees), so you'll need warm clothes for the evenings, but here's some evidence from when we were there at that time last year that it can still get nice and sunny!

