

Skate Bootcamp with Alexander Bastidas in preparation for the Berlin Marathon 2017

01.09.2017 – 03.09.2017

Location: Robert-Tillmanns-Haus, An der Rehwiese 30, 14129 Berlin

Dear fitness skaters in Berlin, Germany and Europe:

Three weeks before the season's last highlight we offer you another boot camp. The focus is on technique, interval and endurance training and direct preparation for the marathon.

The goal is a varied weekend of training in order to optimize your technique and improve your speed by simulating competitions, providing you with tips and tricks all around skating and also increasing your body's mobility – also enabling you to cope with extensive training.

We will start at Friday afternoon with a little introductory training. On Saturday, we will go to the "Fläming Skate Arena" at Jüterbog where we can fully concentrate on your technique and simulating competitions.

The evening will see a special technique unit: we will show you important exercises, which should be part of every skating training and explain how exactly to perform them and why they are so particularly relevant.

The Sunday will be fully dedicated to the marathon: In addition to interval training in the morning and a relaxed last training session – where we will also answer any remaining open questions – we will also show you a video of the racecourse, together with useful insider information. And Alexander will, of course, provide you with valuable tips and tricks "straight from the horse's mouth" from his many years of competition experience.

The fee (including catering and all other costs associated with the program) is 159 Euros per person. It is also possible to stay at the RTH for the night (not included). You will find all the relevant information in the program as included here. You can book by contacting Mrs. Freund under: info@rth-berlin.de

Book it and be part of it!!!

Alexander Bastidas
Roller A3 Germany

Bootcamp for Fitness-Skater

Seminar-Nr.: FSK 2
Datum: 01.09.2017 – 03.09.2017
Coach: Alexander Bastidas

Friday
01.09.2017 **Check in untill 2 pm**

14.00 – 15.00 Uhr Warm up: presentation the program and meeting with the trainer, timetable-check

15.30 – 17.00 Uhr Training: skating on the track with advice on technique skills (outdoor track Kronprinzessinnenweg) with Alexander

Saturday
02.09.2017

09.30 Uhr Start to Jüterbog with the shuttle bus

11.00 – 14.00 Uhr Training: technique and interval training at the Fläming-Skate Arena with Alexander, lunch packs for the break will be provided by the RTH

14.00 Uhr start of journey back to RTH

17.00 Uhr Dinner at the Robert-Tillmanns-Haus

18.00 – 19.30 Uhr technique training (without skates): theory and practice with Alexander

20.00 – 20.30 Uhr Fasciae training at Robert-Tillmanns-Haus with Alexander, Beatrice und Marcel

Sunday
03.09.2017

09.30 – 12.00 Uhr final training with Alexander (outdoor track Kronprinzessinnenweg)

13.00 – 14.00 Uhr Lunch at im Robert-Tillmanns-Haus

14.00 – 15.00 Uhr check the track: video of the race course with Alexander & Beatrice

15.00 – 15.30 Uhr Get-together

Fee EUR 159,- per person

The fee (including meals and all other costs) is 159 euros per person. If you wish, you can also spend the night at our comfortable house for a small extra charge. The price is EUR 35,- per person and night in a double room and EUR 50 per night in a single room (including breakfast)

In order to take part, please contact Beatrice Freund at: info@rth-berlin.de