

TENNIS, STRENGTH AND CONDITIONING CAMP

InMo
MEDVETEN TRÄNING



Experience a unique sport holiday of the highest calibre and quality.



May 3rd-6th 2019, Marbella

CST Tennis Travel and InMo would like to take the opportunity to invite you on this exclusive tennis and physical strength conditioning trip to Marbella. InMo and physical conditioning expert **Emil Ullerholm** and **Peter Tielman** (as a participant) will explain and teach you how to “survive” many hours on court without injury. You will receive some expert personal a group instruction on how your body is working and performing on and off court. You will come back feeling fitter, more knowledgeable and a more experienced tennis player.

The tennis program with be executed by KLTk private coach **Joe Beaton** with help from resident high-level tennis pros. The best restaurants will be booked for the evenings (optional) for you to re-charge and wind-down from intense and fun days.

• **Hotel Puente Romano Marbella *******

This hotel is of the highest standard and located on the beach front. Tennis courts and all other facilities are on site. You will be staying in a junior suite (55m² suites with double or twin beds).

www.puenteromano.com

• **Sport program**

Enjoy 12 hours tennis, 7 hours of physical conditioning, 1 hour massage and 2 hours workshop and personal analysis. [See next page for details](#)

• **Direct flight ARN-AGP with SAS**

FRI 3rd MAY 11.05 - 15.30
MON 6th MAY 15.50 - 20.00
(preliminary times)

• **Price 17.500kr**

Including above flight, 3 nights shared junior suite with breakfast, luxury airport transfer, all fees related to the tennis, strength and conditioning program. +5.900kr single occupancy supplement (upon request and subject to availability).



Learn how to play and practice smart

Warm-ups, cool-downs, stretching... you have all heard of the benefits, but still not everyone does them. On this trip we plan on proving the benefits and therefore, longterm making you a better tennis player.

Individual analysis

We are all different, for this reason **Emil and Peter** will be giving you all some personal and individual help during these days, on and off court. Peter and his colleagues at INMO, have been helping their clients to recover from injuries and perform to the best of their ability for years. You can look forward to the same expert advise and tips uninterrupted in Marbella.

Top-quality destination

CST has selected the perfect destination for this tennis trip, Puente Romano's spacious Junior Suites are located minutes walk away from the stunning Puente Romano tennis club. You will have access to several pools, fully equipped gym, private beach and several healthy lunch options. *"Regularly and professionally maintained clay courts will be our place of business. See you on court!" Joe Beaton.*

MORE PHOTOS: [LINK](#)

- **Tennis level**

In order to provide the best possible tennis experience, we will be organising the groups according to fitness and tennis level.

- **Sport program**

Tennis day 1:

18.00-20.00: 3 players + 1 coach per court.

Tennis day 2 and 3:

9.00-11.00 or 11.00-13.00: 3 players + 1 coach per court + 15.00-17.00: 4 players + 1 coach per court

Tennis day 4:

9.00-11.00: Everyone on 3 or 4 courts for fun matches.

Conditioning program:

30-40 minutes before and after all tennis sessions, learning a tennis specific warm-up and cool-down.

Relaxed workshops:

Before and during each dinner you can enjoy a drink and converse with Emil, Peter and Joe about different topics, for example the most common tennis injuries and how to prevent them.

Massage:

2 x 30min massage.

- **To apply for a spot please email or call**

Only 12 spots are available on this trip to maximise quality. Please email to confirm your spot to

info@customsporttours.com

Joe B. 0767 143 768

Peter T. 0768 987 189