

WIMMER WERK
— MOTORSPORT —

KICK OFF CAMP

Information for drivers



 **NEVERSECOND™**

ARCOTEL 
HOTELS


ULTRAHUMAN

GENERAL INFORMATION

HOTEL

Location: Barcelona / Girona

Accommodation: L'Azure Hotel 4* Sup (90km from Airport)

Adress: Carrer dels Esports, S/N, 17310 Lloret de Mar,

DATES

Arrival: Sunday, March 2nd – Check-in at 14:00 at the hotel

Departure: Wednesday, March 5th – Check-out at 14:00

Flights: Arrive at Barcelona Airport or Girona Airport

Note: You will only need to cover the cost of your flight and transfer.



Team building

Padel tournament,
team running, and
biking

Training sessions:

Biking, running, and
strength exercises
Fitness Test: 1K & 5K
run, Push up etc.

Season preparation:

Review of
championships,
tracks, and
workshops

***CAMP
FOCUS
POINTS***



DRIVING PROGRAM

PROGRAM DAY 1 & 2



SUNDAY 2ND MARCH

- 14:00 Arrival & Check in
- 15:00: Workshop: Get to know each other
- 17:00: Short run 5K
- 17:45: Tabata workout
- 19:00 Dinner
- 20:30: Workshop: Simulator training

MONDAY 3TH MARCH

- 07:30: Breakfast
- 09:00: Fitness test – 5K & 1K
- 10:30: Workshop: Season prep & raceweekend
- 12:00: Hyrox Workout
- 13:30: Lunch
- 15:00: Padel Tournament 2H
- 17:00: Media: Presentation video with Kasper
- 19:00: Dinner
- 20:30: Workshop: Nutrition

PROGRAM DAY 3 & 4



TUESDAY 4TH MARCH

- 08:00: Breakfast
- 09:00: Bike Fit (Road Bikes)
- 09:30: Bike ride – 75k
- 13:30: Lunch
- 15:00: Workshop: Weakness, Strength, Mental
- 17:00: Fitness test – Strength
- 19:00 Dinner
- 20:30: Quiz Night

WEDNESDAY 5TH MARCH

- 08:00: Morning run 7k
- 09:00: Breakfast
- 10:00: Workshop: Sponsor, Marketing, Media
- 11:00: Workout
- 12:30: Lunch
- 14:00: Check out

PACKING LIST



Clothes

- Indoor sports clothes
- Indoor sports shoes
- Running shoes
- Outdoor running clothes
- Bike clothes (If you have)
- Bike shoes (If you have)

Other things

- Laptop for notes
- Passport
- Questions
- High motivation

