



## LOCAL KNOWLEDGE

### NEAREST AIRPORT

Alicante (90km). Transfers to and from the airport are included in the £550 cost, though flights are extra.

### WHERE TO STAY

You'll stay at the 4-star Hotel Les Rotes, with breakfast and evening meals included in the package. [hotellesrotesdenia.com](http://hotellesrotesdenia.com)

### FOOD AND DRINK

If you want a change from the hotel grub, you won't be disappointed by what's served up at Quique Dacosta, a 3 Michelin star restaurant. At €185 a pop for the full course, it definitely shouldn't disappoint! [quikedacosta.es](http://quikedacosta.es)

### MORE INFORMATION

Contact Ben Wilson at [ben@personalbestcycling.co.uk](mailto:ben@personalbestcycling.co.uk) or visit [personalbestcycling.co.uk](http://personalbestcycling.co.uk)

The prospect of sunshine and blue skies may just get you through the winter



# PERSONAL BEST TRAINING CAMP

**16-21 March** Get a jump-start on next season with a warm weather camp in southeast Spain

## 1 EARLY BIRD

While it's been chilly for weeks, winter hasn't technically even started. Booking a winter camp now can at least help you to see cracks of light through the dark: it'll boost your discipline through to the spring, and ideally you'll arrive at the camp in a condition to make the most of it.

## 2 NEW VENUE

The camp, run by coach Ben Wilson, has gone to Majorca for the past six years. This year he's playing with the formula and is heading to Denia, sandwiched between Alicante and Valencia.

## 3 A-PRO-POS

Though less iconic than Majorca, Denia along with neighbouring Calpe, Benidorm and Alicante, is no less a favourite for pro teams in the winter, thanks to a warmer, drier climate than its island compatriot. The average high tops 20 degrees.

## 4 MILKIT

It consists of four full days of riding, following a hilly-flat-hilly-flat format, all between 70-100 miles. Groups are split according to ability, with the fastest led by 1993 Milk Race winner Chris Lillywhite.

## 5 STAR TURNS

Some familiar faces pitched up last spring. Sky News anchor Dermot Murnaghan is a regular, as is former Wham! guitarist Andrew Ridgeley.

## 6 FUN IN THE SUN

You'll find a work hard, play hard attitude. At times in the first group this year there were some ferocious tempos set, but nobody is left behind. Everybody eats - and drinks - together in the evenings and the emphasis is on fun; if you want to live like a monk, this isn't the camp for you.

## TRAINING TIP

"Make sure you're honest about your ability and the form you're bringing into the camp. Don't ride with the fast group if you're not sure you'll be able to keep up. Conversely, don't go with a slower group where you might end up waiting around and lose any training benefit. Above all, don't ride with a slower group and show off!"  
Ben Wilson