

# TONI NADAL ADULT TENNIS CAMP

17<sup>th</sup> to 24<sup>th</sup> of March, 2024



***TRAIN WITH  
TONI NADAL AT THE  
RAFA NADAL ACADEMY!***

If you love tennis and have a passion for this sport... Don't miss this unique opportunity! Join the Toni Nadal Camp and learn from a coach who has shaped one of the greatest players in history. Through a specific program designed with years of successful methodology and experience, Toni Nadal will help all participants enhance their skills and minimize their weaknesses in the incomparable setting of the Rafa Nadal Academy by Movistar.

Don't miss the chance to enjoy an exclusive training stage at the Toni Nadal Camp!

## INCLUDES:

- 7 nights of accommodation at the Rafa Nadal Residence.
- Meet & Greet with Toni Nadal.
- 12 hours of tennis training with technical support from Toni Nadal (4 sessions). Court-player ratio 1:4.
- 8 hours of tennis competition "Matchplay" under the supervision of Rafa Nadal Academy coaches (4 sessions). Tactical training in real game situations.
- 5 hours of group physical preparation (5 sessions).
- Group recovery session.
- Nutrition speech with Gemma Bes (Nutritionist of the RN Academy).
- Tasting of local products event.
- Group leisure activity and special dinner in an exclusive restaurant in Mallorca.
- One entry to the Rafa Nadal Museum.
- Free use of the Fitness center and indoor pool. *Excluding CrossFit and Yoga & Pilates Studio.*
- Free use of the S.P.A, Sauna, and Turkish Baths.
- Welcome Pack

## SCHEDULE:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00h		Breakfast						
8:30h a 11h		Tennis Training						Check-out
11h a 12h		Physical Preparation					Free Time	
12h a 13h								
13h a 15h		Lunch						
15h a 15:30h	Check-in						Activity Leisure Group and Special Dinner	
15:30h a 16:30h		Tennis Competition				Tournament Prizes		
16:30h a 17:30h						M&G Toni Nadal		
18h a 19h		Recovery Session	Free Time	Nutrition Speech	Free Time	Tasting of Local Products		
20h	Cena							

\*The schedule may be subject to changes depending on the number of participants in the program.



ONLINE REGISTRATION:

[www.rafanadalacademy.com/toni-nadal-adult-tennis-camp](http://www.rafanadalacademy.com/toni-nadal-adult-tennis-camp)

