



Programme Information

Everything you need to
know is right here!



Faro Airport (FAO)



Flight Time - 3 Hours



Lagos, The Algarve



Cascade Wellness & Lifestyle Resort



High Intensity & Relaxation



WORKOUT AWAY

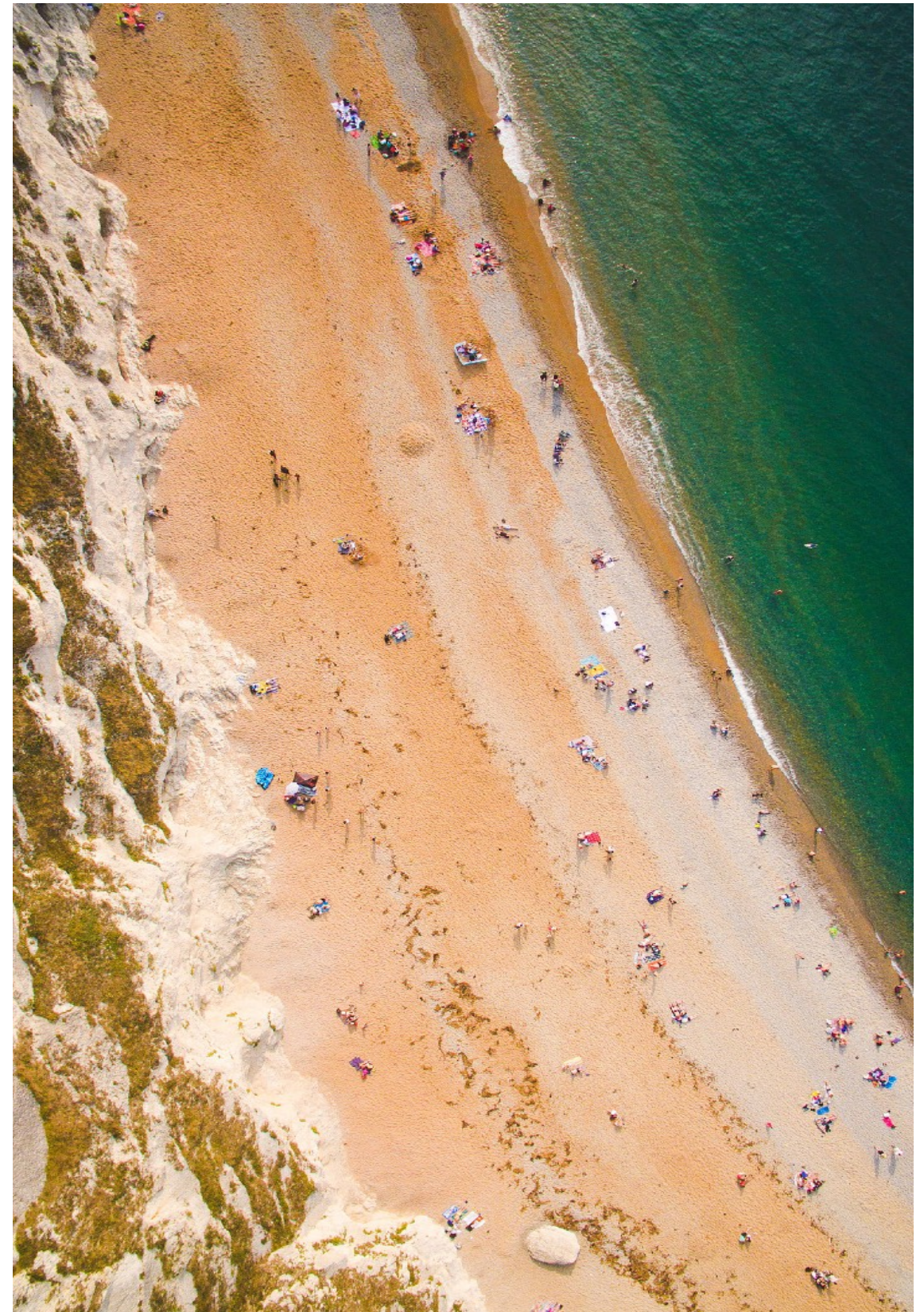
The Lowdown

Workout Away on the Algarve is the perfect short fitness break for everyone. You will stay with us for 3 or 4 nights and enjoy an action packed time!

We know that you love to get active and this trip is sure not to disappoint. Your training will be varied giving you the opportunity to get involved in a bit of everything. From yoga to HIIT training and bootcamps, this programme has it all. Whilst there will be plenty of sweat, there's still time for some chill out, relaxation and of course, plenty of fun! Your fantastic Workout Away group fitness leader will be on hand at anytime and of course you'll be sure to meet some new friends to sweat and share the experience with.

Lagos in Portugal is home to this programme. The Algarve coastline certainly has a fine pick of beaches to enjoy from secluded coves to long sandy stretches, you're sure to find your perfect spot. Although Lagos attracts tourists from all corners of the globe, somehow its managed to maintain its quiet, exclusive and relaxed vibe. Situated just 50 minutes from Faro airport it's easily accessible and the perfect hangout for your fitness break.

When you arrive at Faro Airport, there are many transport options available. Car hire in Faro is surprisingly affordable, and is a great option if your Portuguese adventure continues further afield after your programme. If you would rather take a private taxi, we have fixed rates with our transport partner, details are contained in your booking confirmation.



Activities

	Day One	Day Two	Day Three	Day Four	Additional Day Four Night Programme
Morning	<ul style="list-style-type: none">• Arrival from 12pm	<ul style="list-style-type: none">• Sunrise yoga• Breakfast at Cascade	<ul style="list-style-type: none">• Sunrise coastal walk• Breakfast at Cascade	<ul style="list-style-type: none">• Revive - sunrise stretch and tone• Breakfast at Cascade	<ul style="list-style-type: none">• Revive - sunrise stretch and tone• Breakfast at Cascade
Early Afternoon	<ul style="list-style-type: none">• Lunch• HIIT Athletic workout	<ul style="list-style-type: none">• Outdoor bootcamp	<ul style="list-style-type: none">• Lunch	<ul style="list-style-type: none">• Departures from 10am	<ul style="list-style-type: none">• HIIT Athletic workout
Late Afternoon	<ul style="list-style-type: none">• Scenic bike ride	<ul style="list-style-type: none">• Lunch• Stand-up paddle boarding	<ul style="list-style-type: none">• Beach circuits		<ul style="list-style-type: none">• Free afternoon
Evening	<ul style="list-style-type: none">• Dinner at Cascade	<ul style="list-style-type: none">• HIIT Core strength workout• Dinner at local restaurant	<ul style="list-style-type: none">• HIIT Power workout		<ul style="list-style-type: none">• Sunset yoga• Dinner at Cascade

Please note that activities are subject to change. The additional day of programming falls after day three.

HIIT Athletic & Power

HIIT is a 30 minute high intensity interval training session designed to burn calories, reduce body fat, and tone. This science proven 35 minute work out improves cardiovascular fitness, speed, agility and challenges your fitness beyond your normal physical limits.

Sunrise & Sunset Yoga

The perfect start to your day. This session focuses on breathing and synchronised flowing movement. From sun salutation to the cobra pose, increase your flexibility and improve body strength. Experience total relaxation in this beautiful sunrise setting.

Sunrise Coastal Walk

A great way to kickstart the day with this less intense activity. This trail will take you to Ponta Lighthouse and Dona Ana Beach. The scenery is spectacular and we will have time to take it all in before breakfast back at the hotel.

Stand Up Paddle Boarding

The best way to discover the beautiful coastline of Lagos and cool down in the Atlantic waters. Be sure to bring your waterproof camera on this one to capture the best views of Ponta da Piedade.

Lagos, Portugal | 3 Nights | Summer 2018

So this is what you can expect from your trip. As you can see, there's plenty to keep you busy, active and feeling great! All activities are optional and included. You may want to get involved in everything but we understand that everyone needs a bit of me time too.

Meals described above are included in the cost of your programme. Delicious and nutritious food is guaranteed and we will get the chance to sample some local cuisine in our tried and tested food hotspots. Vegetarian, vegan or gluten-free? We can cater to your dietary needs.

Building fitter, better, stronger bodies is the goal that we all share. Our programme has been crafted to maximise your training benefits. Some workouts such as HIIT are short sharp but very sweet whereas beach yoga allows more time for you to unwind and relax. We want you to understand the why behind what we do and our coaches are on hand to offer expert advice and guidance.

As you can see, it's an action packed few days but there's some free time too. The local area is beautiful so go and explore!



Praia da Dona Ana

The Accommodation | Cascade Health & Wellbeing Resort

It's simple, we select only the best accommodation when building our programmes. The perfect nights sleep and luxurious space for you to unwind is essential. Cascade Health & Wellbeing Resort is a five star luxury hotel used by sports teams for training, and enjoyed by holiday makers all year round. When we came across Cascade, we didn't want to leave. The setting, vibe and beauty of the place made us fall in love instantly.

Cascade is situated in the most beautiful spot. Its cliff top location, contemporary decor and unrivalled facilities make this resort one of the most luxurious on the Algarve. The lush gardens seem to go on for ever and we will use them each day to exercise in. Cascade has three swimming pools and a wellness spa offering holistic treatments and signature therapies.

We offer either twin or double rooms depending on your preference. Many of our guests travel alone as Workout Away trips are a fantastic way to meet new, like minded people. We will pair you up with someone to share with or alternatively you're able to select your own room when booking.

Breakfast each morning is included and in addition dinner is provided on selected nights of the programme. There are many local places to dine so you can check out the local cuisine.

The spacious rooms at cascade are beautifully decorated and no detail has been spared. All rooms have a balcony and if you're a morning coffee person, you will have your very own Nespresso® maker.



The Accommodation | Cascade Health & Wellbeing Resort



* Asian themed room, decor varies

Why we love Cascade

Breathtaking views of the Atlantic Ocean

Stunning cliff top location

Close proximity to Dona Ana and Porto de Mos Beach

Beautiful coastal walks and trails on the doorstep

Indulgent spa featuring jacuzzi, sauna, Turkish bath and ice fountain*

Beautifully decorated guest accommodation

Amenities by L'Occitane®

Specially curated, nutritious menus for Workout Away guests

Fully equip 160sqm gym and functional training zone

Impressive outdoor bootcamp area

* Spa area including sauna and steam room complimentary to use. Treatments available at extra cost.



Resort grounds