

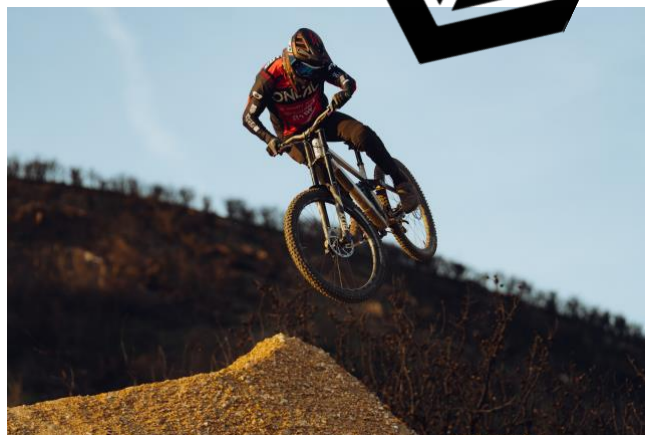


# **Racing Centre PORTUGAL GRAVITY SCHOOL**



## **Downhill MTB Race Coaching Camp**

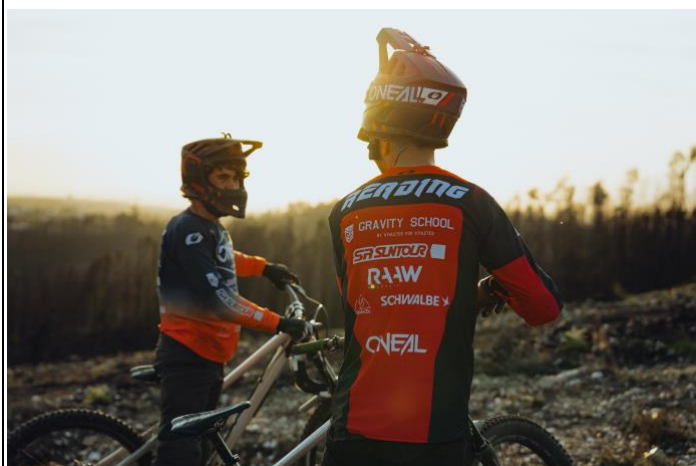
**Start the 2027 race season  
ahead of the rest!**



**Professional coaching  
by Jack Reading**

**Freelap Live  
Timing System**

**Specially prepared  
world level race tracks  
by Trail Tools builders**



### **INCLUDING:**

**Uplift at 3 venues**

**Video Analysis**

**Mechanic pit support**

**Stay at Gravity School Villa**

**Excellent Food**

**Airport Transfers**

**Physio Treatment**

**Physical Training Advice**

**Fitness Evaluation**



# **The Racing Centre Camp Half Term**

**Costs £2500 all-inclusive 8 days**

**(Excluding flights)**

**(Additional parent joining fee £750)**



**October 25<sup>th</sup> – November 1<sup>st</sup>**

**GRAVITY SCHOOL**

**BY ATHLETES FOR ATHLETES**

**The ultimate coaching experience  
to prepare for the 2027 race season**

## **Schedule\*:**

|                  |                                                      |
|------------------|------------------------------------------------------|
| <b>Sunday</b>    | <b>Travel Day, check in, bike build, track walk</b>  |
| <b>Monday</b>    | <b>Ride Day 1: Fenix Bike Park, timed session</b>    |
| <b>Tuesday</b>   | <b>Ride Day 2: Fenix Bike Park, race run session</b> |
| <b>Wednesday</b> | <b>Lousa Ride Day 3: Louzan Park + Go Karting*</b>   |
| <b>Thursday</b>  | <b>Rest/Reset day at the Racing Centre</b>           |
| <b>Friday</b>    | <b>Tarouca Ride Day 4: Tarouca DH, timed session</b> |
| <b>Saturday</b>  | <b>Ride Day 5: Santiago De Besteiros (IXS venue)</b> |
| <b>Sunday</b>    | <b>Travel Day</b>                                    |

**\*See page 3 for additional information**

# **The Racing Centre Camp**

## **Additional Information**

**Once collected at Porto Airport by our transfer service the only things not included in the price are personal purchases. Everything else is included in the prepaid fee.**

**The riders will stay at the new Gravity School Villa where we will have breakfast and lunch each day. Some evening meals will be here, others will be at restaurants. Rooms are either twin or triple rooms, with shared bathrooms. Gravity School staff are on site permanently. The Racing Centre is located on the shuttle road for Fenix bike park, and less than 10 minutes from the city of Agueda.**

**On arrival riders will build their own bikes, and be responsible for the general maintenance of their bikes throughout the week. Mechanical assistance will always be available from Jack, and other Gravity School staff, and a focus point of the week will be on helping riders to improve their own skills in terms of bike mechanics. Riders will be shown how to perform a fork service, bleed brakes, and efficiently change tyres, as well as other skills.**

**The schedule is subject to changes based on weather and any uncontrollable factors. Ride days 1 and 2 include the track walk of "Through the V". The focus during these days is on race craft and preparation and execution of fast timed runs. Riders learn the track, discuss lines and build speed with constant coaching from Jack. Ride day 2 will include a proper "race run session" in the afternoon. Riders will get the chance to do 2 race runs, with their best time counting for their result. Ride day 4 at Tarouca will also include a track walk and timed session. Coaching includes video analysis with trackside filming and GoPro follow cam footage for riders to evaluate.**

**Go Karting is dependent on the weather and will incur an extra charge of €50 cash per person, for anyone who wants to take part.**

**Physio treatment can be booked depending on availability and comes at an additional cost. Physical training options can be discussed with Jack at any point during the camp.**

**Bikes will be packed by the rider on Saturday evening, with assistance from Gravity School staff where necessary.**

**Riders should have travel insurance that covers downhill mountain biking in place before they pay their deposit to book a place on a camp.**

**ANY QUESTIONS PLEASE EMAIL: [jack@gravitieschoolmtb.com](mailto:jack@gravitieschoolmtb.com)  
OR CALL: 07868152371 TO TALK WITH JACK**