



**Racing Centre  
PORTUGAL  
GRAVITY SCHOOL**



**Downhill MTB  
Race Coaching Camps**

**Start the 2025 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**

**Video Analysis**

**Mechanic pit support**

**Stay at Gravity School Villa**

**Excellent Food**

**Airport Transfers**

**Physio Treatment**

**Physical Training Advice**

**Fitness Evaluation**



# The Race Camp

**Costs £3500 all-inclusive 10 days  
(Excluding flights)**

**Camp 5: April 21<sup>st</sup> – 30<sup>th</sup> Açores Rd 4**



**The ultimate racing experience for 2025**

**GRAVITY SCHOOL**

BY ATHLETES FOR ATHLETES

## **Schedule:**

<b>Monday</b>	<b>Travel Day, arrive at the Racing Centre, bike build</b>
<b>Tuesday</b>	<b>Racing Centre Ride Day, bike setup and skills coaching</b>
<b>Wednesday</b>	<b>Racing Centre Ride Day, with timed session</b>
<b>Thursday</b>	<b>Travel to The Açores Island race venue</b>
<b>Friday</b>	<b>Tourist Day seeing the Island sights and track walk</b>
<b>Saturday</b>	<b>Practice Day at the Portugal Cup with our pro team</b>
<b>Sunday</b>	<b>Race Day at the Portugal Cup with our pro team</b>
<b>Monday</b>	<b>Travel Day back to the Racing Centre</b>
<b>Tuesday</b>	<b>Ride Day at the Racing Centre</b>
<b>Monday</b>	<b>Travel Day back to the UK</b>

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

# **The Race Coaching Camp**

## **Additional Information**

**Once collected at Porto Airport by our transfer service the only thing not included in the price is alcohol. Everything 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 Villa is in a prime location only a few minutes from the bike park, and less than 10 minutes from the city of Agueda. At the race riders will stay at accommodation of a similar quality.**

**On arrival riders will build their own bikes, and be responsible for the general maintenance of their bikes throughout the week. Assistance will always be available from Jack and other Gravity School members, and a focus point of the week will be on helping riders to improve their own skills in terms of bike mechanics.**

**The schedule is subject to changes based on weather and other factors. Ride days 1, 2 and 3 have a similar structure to the coaching days we run in the UK. The focus is on race craft: riders learn the track, discuss lines and build speed with constant coaching from Jack. We work towards fast timed runs in the afternoon of days 2. On day 3 we work on additional factors involved in racing (eg warm up routine). Coaching includes video analysis with trackside filming and GoPro follow cam footage for riders to evaluate their progress.**

**The races are rounds of the UCI Portugal Cup, which are cat 1 or cat 2 UCI events (except camp 3 which is EDC rd 1). At the race athletes will experience something only we offer in MTB. They will spend the entire race weekend with our professional team, as if a part of the team. This includes track walk, pit life, help from our team mechanics including bike setup, track time to follow or be followed including line analysis. Riders will experience what it's like to race like a pro with Jack Reading and the team. This is designed to help them achieve a great result on the race weekend, but also as a learning experience moving forwards and onto future events. Any rider who achieves a podium at the race in their category will receive a £100 cash prize from our Gravity School (must pay full price for the camp to receive this cash prize).**

**Go Karting is dependent on the weather and other factors, so is not guaranteed, 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 Sunday evening, with assistance from Gravity School members where necessary.**

**Riders should have travel insurance that covers downhill mountain biking, including competition, 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**