Extraordinary
Active
Holiday
2nd - 9th April 2013

Thanos Hotels launches The Extraordinary Active Holiday

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For fitness fanatics who don't want to rough It.

Thanos Hotels are tapping into the fitness holiday trend with a regime that will dramatically impact fitness levels, but with the comfort and pampering that comes with two of Europe's best hotels, Anassa and Almyra in Cyprus. If the Idea of a traditional boot camp Is a little scary, then The Extraordinary Active Holiday could be just the answer - a fusion between serious fitness and serious luxury.

This week-long, split-stay programme at Almyra and Anassa will help keen health and fitness fans achieve new goals. The programme combines a concentrated series of outdoor physical activities with the benefits of a traditional Mediterranean diet and spa treatments to soothe aching bodies.

However, anyone thinking this is "boot camp-lite" will be in for a surprise...The daily activities include scenic runs (up to 10km), outdoor swimming clinics (up to 2.S-3km) and guided cycle rides (up to 70km) - all set against the Invigorating Mediterranean as a backdrop and taking In coastal trails, local villages and the Akamas Peninsula. Leading nutritional expert, Stella Kakouri will provide a personalised body composition assessment, including tips on improving nutritional habits and health and wellbeing both during the trip and on return home. All this will be undertaken under the watchful eye of Exercise Physiologist Kypros Nicolaou, Cypriot based champion triathlete.

Unlike traditional "boot camps", The Extraordinary Active Holiday does not require a guilt-ridden compromise between family and fitness as the whole family is welcome. Crèches and kids clubs are at the ready and babysitters available for when a celebratory glass of wine and a leisurely dinner are in order after a hard day's exercising.

The price per person Is €2,500 for the week based on three nights in a Kyma Suite at Almyra and four nights In a Studio Suite at Anassa.
This includes: accommodation on full board basis (including the meals during exercise and the recovery snacks), a fully qualified trainer, rental of bikes, a spa treatment at both hotels, and transfers from Almyra to Anassa.

Sample Itinerary

Day One

An Introduction to the programme, with exercise physiologist Kypros Nicolaou followed by a personalised assessment with nutrition expert Stella Kakouri, who will conduct a full body composition measurement analysis.

Day Two

As this is the first day of the fitness programme the activities are all aimed to kick start the metabolism, wake up muscles and to improve cardiovascular fitness level. A scenic 65km cycle ride through Aphrodite's Sanctuary followed by an afternoon open water swimming clinic at Almyra where you will complete a series of basic swimming drills, both in pool and in the open water. The day ends with a signature massage at Almyraspa to soothe tired muscles.

Day Three

The day focuses on swimming / cycling & running activities to increase upper muscle strength starting with an open water swimming clinic off Almyra's beach that incorporates basic drills, fitness sets and open water exercises.This will be followed by a 70km high resistance cycle ride through local villages in Paphos and an afternoon 8 km coastal run through Paphos.

Day Four

Day four will continue to improve leg strength and endurance levels with a high resistance 45km cycle ride from Almyra to Anassa and an adrenaline fuelled continuous 3km coast to coast sea swimming fitness workout off Anassa's private beach.

Day Five

A day of rest and relaxation. There will be a nutrition and exercise presentation given by Stella Kakouri, a chance to benefit from an optional 40 minute personal consultation with the nutritionist plus enjoy a complimentary spa treatment. Late afternoon, there will be a 45 minute cooking class where the nutritionist will work with Almyra's chef to teach some nutritious yet tasty meals.

Day Six

A mixed terrain and high resistance 25km mountain bike ride through the scenic Akamas Peninsula and afternoon coastal run which will increase fat burning, improve aerobic levels and will work out leg and back muscles in particular.

Day Seven

The final day will push the body to its maximum level allowed starting with a total 24km mixed terrain, high endurance mountain bike ride to the western most tip of the island and peninsula. This will be segmented by a swim at the amazing Blue Lagoon, located in the Akamas Peninsula and then a cycle back along the coast towards Aphrodite's bath, and back to the hotel. In the afternoon you will have an easy 30 min run by the coast and end with a gym training session focusing on core stability training techniques.

Optional private consultations on "Weekly customized training planning" are available at an extra cost of €50 per person, and can be booked with Exercise Physiologist Kypros Nicolaou.

Price per person €2,500.

For more information or to make a reservation please contact reservations at:

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