



TENERIFE TOP TRAINING

AthleticSphere

*go for the Top!*

TRAIN WITH THE BEST  
POWERED BY  
NATURE

WWW.TENERIFETOPTRAINING.COM

Avda. de Los Acantilados s/n · 38679 La Caleta de Adeje ·  
Tenerife · Spain

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- Sheraton La Caleta\*\*\*\*\*
- Vincci Selección La Plantación del Sur\*\*\*\*\*
- Hotel Villa María\*\*\*\*
- H10 Costa Adeje Palace\*\*\*\*



# INTRODUCTION

The sport center Tenerife Top Training (T3) is located in the south of the canary island Tenerife and was built in October 2008. The facilities were planned by several experts from different sports to make sure that all clients benefit from perfect training conditions. The complex of the T3 is situated above the scenic fishing village „La Caleta“ and this creates an incredible view onto the Atlantic Ocean during the training sessions. The guests also appreciate the closeness to the airport Reina Sofia Sur and the easy accessibility from our partner hotels.

The name Tenerife Top Training, in short T3, stands for 3 central characteristics:

**„Tenerife“** The canary island Tenerife offers enormous climatic advantages compared to the European mainland because of its unique position in the middle of the Atlantic Ocean. Especially in the south of Tenerife the temperatures during the day rarely sink under 20 degrees and in summer the temperatures shouldn't climb over 25-30 degrees, thanks to a pleasant breeze from the Atlantic. Due to these reasons Tenerife is also called „the island of never ending spring“ and is popular with tourists, athletes and teams for the healthy climate. Altogether Tenerife offers more than 350 days of sunshine and therefore provides optimal training conditions all year long. Besides the island is available within less hours from the European mainland, what makes it one of the most attractive destinations worldwide.

**„Top“** The facilities of T3 permit highest possible training quality due to the modern infrastructure and equipment, as well as the top-qualified, multilingual staff. Besides the T3 understands itself as a service oriented company that is willing to fulfill the desires of its clients as good as possible.

**„Training“** The versatile choice of training possibilities provide numerous athletes of different disciplines perfect training conditions. No matter, if professional or amateur, every athlete will be supported in the best way, to achieve the individual sportive goals.

## T3 facilities

- Indoor Gym
- Spinning bicycles
- Outdoor Gym
- Versatile fitness class program
- One olympic 50 meter pool with 10 lanes, 2m deep and 2 DINA starting blocks
- One 25 meter pool
- Hydrodynamic flume with video analyses
- One natural grass pitch (FIFA certified)
- One natural grass triangle
- One artificial grass pitch (FIFA approved)
- 3 beach volleyball courts
- 3 tennis-, 2 squash- and 7 paddle tennis courts
- Locker rooms, towels, shower gel, hair dryer
- Training equipment
- SPA with sauna, steam bath and jacuzzi
- Several massage rooms
- Media room with flat screen and video wall
- Physio therapist and Personal Training

## Climate

- Average temperature of 22° C
- Average water temperature of 20° C





# FOOTBALL

The best choice for your training camp

Tenerife Top Training T3 is one of the most modern sports centres in Europe, renowned for its extensive range of sports and fantastic weather conditions. Our sport facilities, with the highest technical and official standards, surrounded by the impressive countryside of Tenerife, make each training session an event in itself.

All football teams have a wide range of activities and services such as sauna, Turkish baths, ice baths, Scottish showers, physiotherapy, massage rooms, a conference room, an indoor gym and an outdoor gym next to the football pitch. You can also alternate your training sessions with other activities such as volleyball, tennis, squash, padel, 50m or 25m pool and flume channel...

Furthermore T3 is located less than 20 minutes away from the south airport and very close to our partner hotels so that only short distances are travelled to the Centre. We have 3\*, 4\* and 5\* collaborating hotels perfectly suitable for amateurs and professionals. All the training pitches are Standard Official Size certified by FIFA and approved 2\*. They are kept in excellent condition at all times thanks to our specialist in natural grass football pitches. All these facts added to our highly qualified team make T3 the ideal place to fine tune your athletes.

## T3 Football facilities

- One natural grass pitch certified by FIFA. Full size 100 x 70m. Playing surface: 90 x 64m.
- One natural grass pitch designed especially for goalkeepers' training.
- One artificial grass pitch full size (divisible in two seven a side pitches) approved by FIFA standards. Full size: 113 x 73. Playing surface: 96 x 66m.

## T3 Equipment

- Indoor gym with fitness room and stretching zone
- Outdoor gym with free weights
- Spinning bicycles
- Hidrodinamic flume channel ( also good for rehabilitation)
- Two outdoor swimming pools (50m and 25m)
- Aqua-gym and rehabilitation activities.
- Beach volley
- Tennis, squash and paddle.
- Sauna and Jacuzzi
- Conference room and multimedia room equipped with video wall projector.
- Changing rooms
- Fully equipped massages rooms

## T3 Services

- Friendly games against local teams available
- Towels, water and ice served at the football pitch.
- Sports equipment ( balls/ jumps/ cones/shirts/ goalpost/ ladders
- Transfer services
- Social program if desired
- Exklusiv T3 contact person at your disposition
- Physiotherapy/ Massage if desired
- Ice bath

## Our references

- Manchester City FC
- FC Everton
- Newcastle United FC
- FC Groningen
- Real Zaragoza
- FCB Escola
- Escuela Insular Porteros
- IF Elfsborg
- Hull FC
- Hull Kingston Rovers
- London Irish
- Warrinton Wolves
- Swansea City





# SWIMMING WATERPOLO

The best choice for your training

Tenerife Top Training T3 is a highly modern training complex which offers a broad range of different sport facilities. Both our Olympic 50 metre and our 25 metre swimming pool are outdoor and provide a constant temperature between 26 and 28 degrees. A specific feature is the so called Kieselgur filter system, which works completely without chlorine and therefore does not damage the respiratory system of the athletes. Another highlight of the trainings centre is the hydrodynamic flume which can reach a maximum speed of 2.5 m/sec. It is the only flume that is accessible for both professional and amateur athletes. The system includes six cameras and allows live technical analyses and individual training arrangements.

In addition to the outstanding training conditions, our clients especially appreciate our numerous additional services like sauna, ice bath, physiotherapy, massage- and conference rooms, indoor- and outdoor fitness centre, beach volleyball-, tennis-, squash-, and padel courts, natural and artificial football pitches, athletic court, etc.

Furthermore T3 is less than 20 minutes from the main airport Reina Sofia Tenerife Sur and in minimal time from each of our partner hotels. Among our partners are 3\*, 4\* and 5\* hotels, which means that they are suitable for all kind of requirements.

## T3 Swimming facilities

- One Olympic 50 metre pool with 10 lanes, 2m deep and 2 FINA start blocks
- One 25 metre pool with 6 lanes and 2 FINA start blocks
- Hydrodynamic flume with video screening and a maximum speed of 2.5m/sec.
- Training equipment
- Water polo and Aqua gym sessions possible

## T3 environment

- Indoor gym with separate stretching- and group fitness areas
- Outdoor gym next to the football pitches
- One natural grass pitch, one natural grass area ideal for outdoor training sessions and one artificial pitch (all FIFA approved)
- Three beach volleyball courts
- Tennis-, Squash- and Padel courts
- Spinning bicycles
- Sauna and jacuzzi
- Conference room with video wall
- Changing rooms, towel service, shower gel and hairdryer
- Several fully equipped massage rooms

## Our references

- Koninklijke Nederlandse Zwembond
- DSV - Deutscher Schwimmverband
- Swiss Swimming Federation
- Japan Swimming Federation
- Federazione Italiana di Nuoto
- Real Federación Española de Natación
- Russian Swimming Federation
- Federation Francaise de Natation
- Federacao Portuguesa de Natacao
- CN Marseille
- F.I.N.A.





# BEACH VOLLEY

The best choice for your training camp

Tenerife Top Training T3 is one of the most modern sports centres in Europe, renowned for its extensive range of sports and fantastic weather conditions. Our sport facilities, with the highest technical and official standards, surrounded by the impressive countryside of Tenerife, make each training session an event in itself.

All three beach volleyball courts have access to showers, sprinklers and flood lights, which enable training sessions even at night, depending on what clients prefer. Bath rooms and changing rooms are nearly next to the courts.

In addition to the outstanding training conditions, our clients especially appreciate our numerous additional services like sauna, Jacuzzi, ice bath, physiotherapy, massage- and conference rooms, indoor- and outdoor fitness centre, swimming pools, tennis-, squash-, and padel courts, natural and artificial football pitches, athletic court, etc.

Furthermore T3 is less than 20 minutes from the main airport Reina Sofia Tenerife Sur and in minimal time from each of our partner hotels. Among our partners are 3\*, 4\* and 5\* hotels, which means that they are suitable for all kind of requirements.

## T3 Beachvolleyball facilities

- Three fully equipped beach volleyball courts
- Showers and sprinklers next to the courts
- Flood lights
- Training equipment
- Beach soccer possible

## T3 environment

- Indoor gym with fitness room and stretching zone
- Outdoor gym with machines and free weights
- Spinning bicycles
- One natural grass pitch, one natural grass area ideal for Outdoor training sessions and one artificial pitch (all FIFA approved)
- Hydrodynamic flume channel (also good for rehabilitation)
- Aqua gym and rehabilitation activities
- Two outdoor swimming pools (50m and 25m)
- Sauna und jacuzzi
- Tennis-, squash- and paddle courts
- Conference room with video wall
- Changing rooms, towel service, shower gel and hairdryer
- Several fully equipped massage rooms

## Our references

- German Volleyball Federation
- Swiss Volleyball Federation
- Russian Volleyball Federation
- Spanish Volleyball Federation
- Royal Dutch Volleyball Federation
- Swedish Volleyball Federation
- Norwegian Volleyball Federation
- French Volleyball Federation





# RACKET SPORTS

The best choice for your training camp

Tenerife Top Training T3 is one of the most modern sports centres in Europe and is renowned for its extensive range of sports and fantastic weather conditions. Our sport facilities, with the highest technical and official standards, surrounded by the impressive countryside of Tenerife, make each training session an event in itself.

At Tenerife Top Training we offer two clay tennis courts, one green set-court, seven glass padel - and two ASB-squash courts, which of course all conform to the official regulations. Multilingual coaches provide single as well as small group lessons for both adults and children from beginner to advanced levels. All necessary training equipment, such as racquets and balls, can be rented at the reception. Furthermore we offer services like video and photo technical analysis, individual training sessions, racquet restringing and tennis ball serving machines.

In addition to the outstanding training conditions, our clients especially appreciate our numerous services like sauna, Jacuzzi, ice bath, physiotherapy, massage- and conference rooms, indoor- and outdoor fitness centre, 50m and 25m pools, volleyball courts, natural and artificial football pitches, athletic court, etc.

Furthermore T3 is less than 20 minutes from the main airport Reina Sofia Tenerife Sur and in minimal time from each of our partner hotels. Among our partners are 3\*, 4\* and 5\* hotels, which means that they are suitable for all kind of requirements.

## Racket sports facilities

- 2 clay tennis courts and one green-set court
- 7 glass padel courts
- Multilingual trainers
- Single and group lessons for children and adults (all levels)
- Equipment rent
- Changing rooms and towel service
- Racket restringing
- Tennis ball serving machine

## T3 environment

- Indoor gym with fitness room and stretching zone
- Outdoor gym with machines and free weights
- Spinning bicycles
- One natural grass pitch, one natural grass area ideal for outdoor training sessions and one artificial pitch (all FIFA approved)
- Hydrodynamic flume channel (also good for rehabilitation)
- Aqua gym and rehabilitation activities
- Two outdoor swimming pools (50m and 25m)
- Sauna and Jacuzzi
- Volleyball-, squash- and paddle courts
- Conference room with video wall

## Our references

- Mariano Delfino
- Tomáš Berdych
- Lucie Šafářová
- Ernests Gulbis
- Laura Gulbis
- Sergio Roitman
- Karlis Lejnieks
- Ana Ivanović





## GYM I

Tenerife Top Training (T3) offers two fully equipped gyms:

The Indoor gym is located in the main building and provides a big training area with modern Keiser and Techno Gym machines, plus two rooms for group lessons. Most of the machines work with air pressure, which allows perfect control of the individual training intensity.

Also it is possible to reserve all rooms exclusively for teams (on request). Of course additional material like gymnastic balls, elastic straps, steps, mats, medicine balls, power plates, dumbbells and many more are allocated in the gym. Furthermore two qualified fitness trainers gladly help and answer any questions. Naturally our clients also have the possibility to participate in our diverse classes. Information referring to this can be found at our reception or directly in the gym.

## GYM II

The outdoor gym is located between the football pitches and offers a huge choice of barbells and machines from Nautilus and Techno Gym. It also provides a separate area for group classes, like stretching or TRX sessions. Our clients also have the possibility to put their own music in the gym and it can be reserved exclusively for teams, if required.

The comfortable temperatures make each training session an event in itself.

### Equipment of gym I

- 2 rowing ergometers (Concept 2)
- 3 treadmills (Woodway)
- 2 cross trainers (Keiser)
- 6 bicycle ergometers (Keiser und Techno Gym)
- 1 climbing machine (Versa Climber)
- Big choice of dumbbells, barbells and benches
- Machines: pull down, chest press, leg press, leg curl, squat, cable machines
- Separate room consisting of 14 spinning bicycles (Techno Gym)
- Diverse classes
- Personal trainer (on request)



### Equipment of gym II

- Machines: Butterfly, chest press, rowing machine, pull down, abdominal muscle machines,
- calves press, cables, leg curl, leg extension, multi hip, leg press
- Big choice of dumbbells, barbells and benches
- TRX, gymnastic balls, medicine balls, elastic straps, mats, steps
- Running track and football pitches for endurance training are next to the gym



**KEISER**  
THE POWER IN HUMAN PERFORMANCE

**WOODWAY**  
FOR THE LONG RUN

**TECHNOGYM**

**NAUTILUS**

**TOGU**

**E ENERGETICS**

**concept 2**  
INDOOR ROWER

**PRO TOUCH**



# EXTRA SERVICES

In addition to our broad variety of different sports facilities, we offer many further services to our guests.

Reception and bar

Next to the reception we run a small cafeteria with fresh drinks and snacks. It's the perfect place to relax, enjoy the sun or to surf in our free high speed Wi-Fi.

Wellness and sport massage. Our Wellness area with Jacuzzi, Sauna, ice- and steam bath is also very popular with our guests. Our sport massagist Pietro Rossi is well known for his outstanding treatments.

Additional services

T3 has several fully equipped massage rooms available, if teams bring their own therapist. Moreover, we offer water, ice- and towel service, if desired for our clients. For video analysis we also provide a media room with flat TV and a video wall.

Mobility

Our guests can also book transfers from our partner hotels or to the Airport. Our partner "Bike Point" recently opened a bicycle rental directly in the Hotel Jardin Caleta. By the way, all of our facilities are barrier-free accessible and therefore perfectly adapted for clients with limited mobility.

If you have any further questions about our services please don't hesitate and contact our multilingual staff.

## Extra Services

- Cafeteria with a spacious sun terrace
- Free Wi-Fi all over the centre
- SPA with Sauna, Scottish shower, ice bath and Jacuzzi
- Several fully equipped massage rooms
- Media room with a huge video wall
- Sport massage and Personal Training on request
- Water, ice and towel service
- Transfers to the airport and to our partner hotels
- Bike rental in the hotel Jardin Caleta





# ACCOMODATION

## JARDIN CALETA

The Aparthotel Jardin Caleta \*\*\* is located directly at the Costa Adeje, about 20 minutes from the Airport Reina Sofia International. It offers various Studios and Apartments with 1 or 2 bedrooms. All Apartments in the hotel provide a fully equipped kitchen, a big living room, a separate bedroom, a bathroom with bath tub, hairdryer, telephone, a safe (for a fee), Satellite-TV and a balcony or terrace. Most of the Apartments have sight onto the Atlantic Ocean or to the pool. Besides a few Studios are handicapped accessible furnished (depending on availability). In the sports bar the guests can watch live sport events on various flat screens.

Furthermore the sport center Tenerife Top Training is reachable in less than 15 minutes walk. The next golf course is also available within a few minutes.



ABAMA  
GOLF & SPA RESORT

The Abama Golf und SPA Resort is a 5\* Deluxe Hotel, which belongs to the renowned Ritz Carlton Group. It offers 471 generous rooms, suits and villas, which all have either access to a balcony or a terrace. The luxurious equipped rooms include high speed internet und flat TV's. The hotel is located 33km from the Airport Reina Sofia International and about 16km from the training center Tenerife Top Training. Apart of the 18 holes golf course the hotel offers an award winning SPA area, which makes a dream come true. Several exquisite restaurants and comfortable bars spoil the guests with international culinary specialties. In the sports bar sport events are televised live on a huge screen. Also interesting for teams are the numerous conference rooms in the hotel, which offer all equipment and Wi-Fi.

### Hovima Jardín Caleta\*\*\*

- Buffet-restaurant, pool-bar and the bar "El Azul"
- Heated swimming-pool (from November to march)
- Tennis court, Petanque, table tennis
- Internet spot (for a fee) and a free Wi-Fi-zone
- Laundry saloon and service
- Conference room (for a fee)
- Sunny terrace, Jacuzzi with sight to the beach



### Abama Golf & Spa Resort\*\*\*\*\*

- All rooms with high-speed Internet access
- 24 hours medical service
- Private beach
- Gym: Cardio- and strength machines of TechnoGym, Spinning cycles on the terrace
- SPA Center on three floors
- 1.500 m2 conference area (10 rooms; 40-100 m2) with Wi-Fi and flat TV's







**Sheraton**  
**La Caleta**  
RESORT & SPA  
COSTA ADEJE, TENERIFE

The renowned 5\* hotel Sheraton La Caleta is situated next to the beach of the Costa Adeje and the airport Reina Sofia International is reachable in about 20 minutes. It offers 284 rooms and suites, which all have access to a private terrace or balcony. As a matter of course Wi-Fi is available in all rooms. The hotel offers its guests apart of several restaurants and bars, also numerous spare time activities like swimming pools, Minigolf, a huge SPA area, or a gym. Furthermore the hotel provides several conference rooms. Besides the sport center Tenerife Top Training is reachable in less than 20 minutes of walk.



The 5\* Hotel Vincci Selección La Plantación del Sur is located at the Costa Adeje and is in less than 20 minutes reachable from the airport Reina Sofia International. The luxurious complex offers a big choice of spare time activities, such as a modern SPA area, heated pools, gym, several bars and restaurants, as well as a gorgeous sight onto the Atlantic Ocean. Collectively the entire hotel provides 165 rooms, suits and villas, which tender international TV and high speed Wi-Fi. Various conference rooms complete the numerous offers of the hotel. Besides the sport center Tenerife Top Training is reachable in about 5 minutes by bus transfer. Also the golf course Costa Adeje Golf is quite close to the hotel.

### **Sheraton La Caleta\*\*\*\*\***

- Laundry service
- 24 hours room service
- Free of charge Wi-Fi
- 3 outdoor pools and a Jacuzzi
- Mini-golfing course, billiards, darts and table tennis
- SPA with hydro massage, sauna, Jacuzzi, Igloo and two outdoor pools
- Gym with machines of Core Performance



### **Vincci La Plantación del Sur\*\*\*\*\*L**

- Spa
- Conference rooms
- Bar, cafeterías, restaurants
- Tropical garden
- Heated pools
- Gym





Villa María is comprised of a complex of 78 exclusive villas inspired by the distinctive Canarian architectural style. Perfectly integrated with the surrounding Costa Adeje Golf course, it enjoys an enviable position with magnificent views of Costa Adeje, La Gomera and spectacular sunsets. This unique hotel is situated just opposite of Tenerife Top Training and is less than 25 minutes away from the airport Tenerife South.

There are four different types of villas:

- One bedroom villa for 2/3 people
- Two bedroom villa for 4 people
- Two bedroom villa with Jacuzzi for 4 people
- Three bedroom villa with swimming pool for 6 people

Each villa is equipped with a kitchen (ceramic hob, oven, fridge, microwave, cutlery, kitchen utensils, crockery and glasses) and living room, television and a selection of satellite channels, air-conditioning, en-suite bathroom with bath and hydro-massage shower and solarium, terrace or balcony.

## H10 costa adeje palace

\*\*\*\*

The hotel is just 27km from the airport Reina Sofia International away and is located directly at the beach of the Costa Adeje. It has 467 rooms and suits, which all have access to a private terrace. Apart of several restaurants and bars, the hotel H10 provides its guests three pools, a Jacuzzi, conference rooms, a gorgeous SPA area and a gym. Furthermore the sport center Tenerife Top Training is reachable in less than 15 minutes of walk and also the golf course Costa Adeje Golf is approachable within a few minutes.

### Hotel Villa María\*\*\*\*\*

- WIFI zone
- Internet access
- Breakfast buffet service
- Pool Bar lunch service
- TV room
- Conference centre and three Meeting Rooms
- Laundry service
- One heated and one unheated swimming pool
- Gym, Squash
- Opening soon: Health Spa



### H10 Costa Adeje Palace\*\*\*\*

H10 Costa Adeje Palace\*\*\*\*

- Free Wi-Fi in the conference rooms
- Spa Center
- Gym
- Mini Golf
- 3 outdoor and one indoor pool
- Jacuzzi, Sauna and Turkish bath

