

Algarve, Portugal | Four Nights

WORKOUT AWAY™

Day One

Wednesday

14:00	Guest arrivals
15:00	WORKOUT AWAY SKILL
16:00	WORKOUT AWAY HIT
16:45	WORKOUT AWAY Revive
19:00	Apéritif
19:30	Dinner at Cascade

Day Two

Thursday

08:00	WORKOUT AWAY tricore
09:00	Breakfast at Cascade
10:00	Half-day Lagos Old Town & cliff-top bike ride tour
15:00	WORKOUT AWAY RUN CLUB
16:00	WORKOUT AWAY RIVALS
17:00	WORKOUT AWAY Revive
19:00	Dinner at Cascade

Day Three

Friday

07:30	Stand-up paddleboarding
	Free morning to relax on return from paddleboarding
14:00	WORKOUT AWAY RIVALS
18:00	WORKOUT AWAY Revive
19:00	Dinner at Cascade

Day Four

Saturday

08:00	WORKOUT AWAY RIVALS
09:00	Breakfast at Cascade
12:00	WORKOUT AWAY RUN CLUB
	Free time to relax
16:00	WORKOUT AWAY HIT
16:45	WORKOUT AWAY Revive
19:00	Dinner at Barbosa in Lagos Old Town

Day Five

Sunday

08:00	WORKOUT AWAY tricore
09:00	Breakfast at Cascade
11:00	Check-out & departures
	Guests are welcome to remain at the resort and store bags if their flight departs later in the day.
	Shower and change facilities are available.

All meals outlined above are included in the price of your half-board retreat.

We try and keep our retreats as close to this timetable as possible, but sometimes we need to make small adjustments.