



**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 £3000 all-inclusive 8 days
(Excluding flights)**

Camp 1: March 10th – 17th Seia Rd 1

Camp 2: March 17th – 24th Paderne Rd 2

Camp 3: March 31st – April 7th IXS FBC Rd

Camp 4: April 7th – 14th Arcos Rd 3

Camp 5: April 21st – 28th Açores Rd 4



GRAVITY SCHOOL
BY ATHLETES FOR ATHLETES

**The ultimate racing experience to start
the 2025 season**

Schedule:

Monday	Travel Day, hotel check in, bike build
Tuesday	Racing Centre Ride Day, bike setup and skills coaching
Wednesday	Racing Centre Ride Day, with timed session
Thursday	Racing Centre Ride Day, with timed session to simulate a race day
Friday	Travel to race venue, pit setup and track walk
Saturday	Practice Day at the Portugal Cup with our pro team
Sunday	Race Day at the Portugal Cup with our pro team
Monday	Travel Day

***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 preparation.

The riders will stay at the new Gravity School Villa where they 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 members are on site permanently. The Villa is in a prime location only a few minutes from the lake, and less than 10 minutes from the city of Agueda. At the race riders will have the 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 change 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 line and build speed with constant coaching from Jack. We work towards fast timed runs in the afternoon of days 2 and 3. On day 3 we work on additional factors involved in racing (e.g. warm up routine). Coaching includes time analysis with trackside filming and GoPro follow down footage for riders to evaluate their progress.

The races are rounds of the UCI Portugal Cup, which are cat 1 and 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
OR CALL: 07868152371 TO TALK WITH JACK