

Four of the best fitness holidays, by Francesca Syz

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FINCA MALVASIA ACTIVE HOLIDAYS LANZAROTE

Its gloriously temperate climate has long made Lanzarote a popular place for athletes to train in the winter months.

Only a 10-minute drive from Arrecife airport but tucked away in the middle of a vineyard, Finca Malvasia, four stylish self-catering apartments arranged around a pool, has just launched a series of 'Active Holidays'. Organised by Mitch Mitchell of Lanzarote Personal Training, each programme is tailored to the individual – so it won't be a hardcore boot camp, unless you want it to be. Mitchell's style is creative and dynamic; his aim is for each person to challenge themselves physically. Customised programmes can feature boxercise, kickboxing, weight training, Nordic walking, aqua aerobics and practical nutritional advice. There is also the opportunity to bike around the island and try your hand at surfing.

The details From €645 pp for seven days based on four sharing a two-bedroom apartment, including five days of training sessions, nutritional advice and a continuous home work-out plan, three biking sessions, one hiking session and one surfing lesson, excluding flights (00 34 692 155 981; fincamalvasia.com/active). Monarch flies to Arrecife (monarch.co.uk).



ALPINE TRAIL RUNNING CAMP CHAMONIX A moderate level of fitness is required for the Alpine Trail Running Camps in Chamonix – basically, if you can run 10km, no matter how slowly, and enjoy it, you will be fine. With two highly experienced mountain-running coaches at the helm, Steph Lightfoot (a personal trainer, sports therapist and anatomical yoga teacher) and Julia Tregaskis-Allen (international mountain leader and cross-country ski teacher), you will spend your days jogging off-road along nature trails, against a backdrop of high-altitude glaciers and snowy summits in the middle of the French Alps. You will also learn how to plan and navigate your own routes, do core and flexibility classes, and enjoy motivational talks by the likes of the Mount Everest Marathon winner Anna Frost. All this plus healthy but delicious food rustled up by the in-house chef-nutritionist. Accommodation is in a very comfortable chalet and groups can be up to 12 in size. **The details** From £1,095 pp for the week, excluding flights. The next trip leaves in June (020-8144 6442; tracks-and-trails.com). British Airways flies to Geneva (britishairways.com).

PRESTIGE BOOT CAMP MARBELLA

Run by two people who met on a boot camp – Iain Reitze (a physical training instructor in the Royal Navy) and Francesca Christian (a businesswoman) – Prestige Boot Camp is a luxury take on the conventional concept, combining disciplined fitness training with military staff – some still serving – with accommodation in a series of glamorous villas furnished with pools, hot tubs, cinemas, bars and beauticians. Each camp takes up to 28, of all abilities. A typical day starts at 6.30 and includes a 1km run, circuit training, boxing, mountain walking, personal training, a run on the beach, stretching, motivational talks and, finally, free time in your villa. While your calories are counted (by them, not you), food is delicious. Weight loss is key but so is changing your relationship with food and learning how to build exercise into the busiest of schedules. Tabata training, for example, can be done in four minutes and is enough to burn fat. **The details** From £1,295 pp for a seven-night stay, including accommodation, meals, refreshments, fitness classes and activities and airport transfers, excluding flights (0117-973 1213; prestigebootcamp.com). EasyJet flies to Malaga (easyjet.com).



JULIA TREGASKIS-ALLEN

NATURAL PERSPECTIVES RETREATS YORKSHIRE DALES Based in Natural Retreats' award-winning timber-and-glass chalets within 54 acres in Swaledale (naturalretreats.co.uk), Natural Perspectives weekends for groups of six hinge on the concept of using your natural surroundings (in this case, fields and woodland) as your gym. Led by its founder, Oliver Roberts, activities are designed to improve health, fitness, performance and mental wellbeing, and reduce stress levels. The weekend, which begins with a run before dinner on the Friday, includes natural bodyweight training, core strength training, group fitness challenges and good old-fashioned country walks. You also receive nutrition advice and training programmes to take away with you. While breakfast is a self-catering affair (you will find a basket of goodies in your chalet when you arrive), home-cooked lunches and dinners (organic wine, roasted tarragon chicken, butter beans and mustard mash, etc) are served in a 'host residence'. **The details** From £469 pp or £439 based on two sharing. The next retreats are March 23-25, April 20-22 and May 11-13 (0161-832 3271; natural-perspectives.co.uk).