



*Chia Laguna, Sardinia, Announces its Chia Sport Week from 22<sup>nd</sup> – 28<sup>th</sup> April 2019*



*Sporting Events Include the Cycling Chia Sardinia Gran Fondo, the Brand-New Chia Sardinia Open-Water Swimming Competition, Chia Sardinia Triathlon 70,3 and Chia21 Half-Marathon*

January 2019//This spring, [Italian Hospitality Collection](#) invites athletes to take part in a thrilling week of high-octane sporting events during [Chia Laguna's](#) second **Chia Sport Week**. Events will include Chia's second cycling Gran Fondo on Thursday 25<sup>th</sup> April 2019, a brand-new open-water swimming competition on Friday 26<sup>th</sup> April 2019, as well as the annual Chia Sardinia Triathlon on Saturday 27<sup>th</sup> April 2019 and Chia21 Half-Marathon on Sunday 28<sup>th</sup> April 2019.

Following the 450 triathletes in the Triathlon in 2018, and the 4.000 runners in the Half-Marathon, 2019's events are set to be bigger and better than ever before.

On Thursday 25<sup>th</sup> April, guests can take part in Chia's cycling Gran Fondo event. The exhilarating bike ride will see participants cycling 126km along Sardinia's deserted outback and stunning, panoramic coastline.

New for 2019, Chia Laguna will be hosting its first-ever open-water swimming competition on Dune di Campana beach on Friday 26<sup>th</sup> April which will allow participants to choose from three distances: 1.9, 3.8 and 5.0 km.

The Chia Sardinia Triathlon 70,3 is the fourth half-triathlon to take place at the resort and is expected to be one of the biggest events in the Italian triathlon season.

Saturday 27<sup>th</sup> April will see guests swim 1.9km in Sardinia's stunning waters, bike 90km along the island scenic southern coast and run 21km through undulating closed

roads and the breath-taking Chia Beach, voted Italy's most beautiful beach two years in a row. There will be also a Sprint Distance for a less competitive race.

On Sunday 28<sup>th</sup> April, participants of the Half-Marathon will line up to run a 21,097-metre race along Sardinia's world-famous coast on closed roads. Turquoise waters, white sand dunes, a lagoon home to pink flamingos and an ancient Spanish tower will act as the accompaniment to the challenging yet beautiful run.

Marcello Magnani, Race Director for the Chia Laguna Half-Marathon has provided some top tips on how to prepare: *"If you already have a good level of aerobic fitness – for example, if you already train three or four times per week – you can secure a great half-marathon time in three months or less. To improve your time, you should run between 10 and 14 km each time you train, concentrating on improving your aerobic resistance. Try a heart rate monitor to keep track of how hard you are working. In the final few weeks before the race period, try to run once a week for between 18 and 22 km, at the time of day when your race will take place."*

From the 22<sup>nd</sup> April, Chia Laguna will also be hosting a series of non-competitive races and events for sports fans of all ages and abilities.

These four competitions provide a unique opportunity for guests to participate in high-level sport, while savouring Chia's stunning natural surroundings. Exclusive to Chia Sport Week, the resort will be offering special hotel packages for athletes who want to take time out and relax with their friends and family.

*Rates for Chia Laguna resort between 22<sup>nd</sup> – 28<sup>th</sup> April 2019:*

*SPECIAL 3 NIGHT-OFFER. Starting from €116 per person per night in double room. Rates are full board (beverages not included), per person, per night in a double room.*

*Early Bird race entry rates for the Chia Laguna Sardinia Triathlon 70,3 for bookings made before 28/02/2019 are €185 per person and €198 for bookings made between 1/03/2019 and 31/03/2019.*

*Early bird race entry rates for the Chia Laguna Half-Marathon are €22 for bookings made before 28/02/2019 and €29 for bookings made between 1/03/2019 and 21/04/2019.*

*To book email: [info@followyourpassion.it](mailto:info@followyourpassion.it)*

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**About Chia Laguna Resort:**

A collection of four hotels in the picturesque Chia Bay, Chia Laguna is the epitome of Italian style. With pampering spa treatments, crystal clear waters, golden sandy beaches, endless activities for children, water sports galore and no less than nine restaurants serving a vast range of gastronomic choices from local Sardinian and Mediterranean dishes, freshly caught seafood to more international flavours, Chia Laguna offers a one-of-a-kind luxury holiday for all members of the family.