

MADRID

1st - 6th September 2026



MEET THE COACHES



CHRIS

- RUNS DÉFI PARKOUR FULL-TIME IN SHEFFIELD
- QUALIFICATIONS IN PARKOUR, TRAMPOLINING, GYMNASTICS AND ACROBATICS
- SPEAKS FRENCH & GERMAN



- LEVEL 4 PARKOUR COACH (THE HIGHEST LEVEL OF PROFESSIONAL CERTIFICATION)
- MANAGES FLUIDITY FREERUN, ONE OF THE LARGEST INDOOR PARKOUR CENTRES IN THE UK
- LOVES COFFEE



COLE

SPOTS



THESE ARE POSSIBLE SPOTS AROUND MADRID
WE MAY NOT VISIT ALL OF THESE ON ANY ONE TRIP



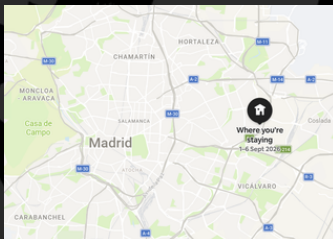
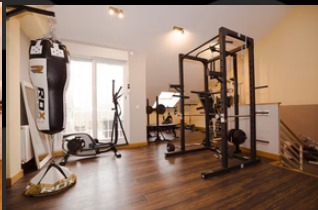
BARS & RESTAURANTS



THESE ARE POSSIBLE BARS & RESTAURANTS
AROUND MADRID
WE MAY NOT VISIT ALL OF THESE ON ANY ONE TRIP



ACCOMMODATION



Calle de Sofia

- Walking distance to famous parkour spot & parkour park
- 8 min walk to metro
- Pool table, foosball & gym
- Garden, kitchen & cleaning facilities



ITINERARY

DAY 1

Arrive anytime & meet up

Free time around the city

16:00 Check-in: Icebreakers & intro

Meal out

DAY 2

Breakfast

10:00 Travel to spot 1

11:00 Explore spot

11:15 General warm up

11:30 Floor is Lava Challenge

12:00 WORKSHOP: Bailing Safely w/ Chris

Lunch

13:00 Free training

14:00 WORKSHOP: Breaking Jumps w/ Cole

15:00 Game of STICK

16:00 Free training

17:00 Stretch & head to town

19:00 Meet at agreed spot for meal

DAY 3

Breakfast

10:00 Travel to spot 2

11:00 Explore spot

11:15 General warm up

11:30 WORKSHOP: Vaults w/ Cole

12:30 Team flow through the spot

13:00 WORKSHOP: Filming Parkour w/ Chris

14:00 Free training

Free time in the city / rest

19:00 Meet at agreed spot for meal

DAY 4

Breakfast

10:00 Travel to spot 3

11:00 Explore spot

11:15 General warm up

11:30 WORKSHOP: Flow w/ Cole

12:00 Game of Add on

13:00 Free training

Lunch

- Head to Spot 4 -

14:00 Explore spot

15:00 WORKSHOP: Swings w/ Chris

15:00 Skill Challenges

16:00 Free training

17:00 Stretch & head to town

19:00 Meet at agreed spot for meal

DAY 5

Breakfast

10:00 Travel to spot 5

11:00 Explore spot

11:15 General warm up

11:30 WORKSHOP: Parkour Vision

12:00 Set each other challenges

13:00 Free training

Lunch

14:00 Group discussion about which

spot to train at. Head there and train

19:00 Meet at agreed spot for meal

DAY 6

People heading off at different times
Chris & Cole will be there all day

Any people staying can choose
if/where we go and train that day

ITINERARY IS SUBJECT TO CHANGE



INCLUDED

- Accommodation for 5 nights (excl. in the 'self-accommodated' offer)
- Coaching & workshops over 4 days
- Metro travel card
- Map of the spots
- Map of tourist spots + our favourite bars & eateries

NOT INCLUDED

- Flights
- Food & drinks
- Transport from airport
- Travel insurance (*we will send you options as we strongly recommend having travel insurance that covers parkour*)

NOTES

- All participants must be at least 18 by the time of the trip
- We will let you know by **1st August** whether we have enough people to run the trip
- Activities will only run if safe to do so. Some or all of the activities on a day may be amended or cancelled due to adverse weather conditions
- You will not be able to participate if the coaches believe you are under the influence of alcohol or drugs



PRICE

REGULAR
PRICE

£1000pp

EARLY BIRD
(UNTIL 30TH JUNE)

£800pp

SELF-
ACCOMMODATED
(DOESN'T INCLUDE PLACE IN
THE ACCOMMODATION)

£700pp

GROUP
(2 OR MORE)

GET IN TOUCH
FOR A PRICE

