

**THE
INTERNATIONAL
WEEK**



**LA
VIDA
PADEL**

JANUARY 29 TO FEBRUARY 1



LA
VIDA
PADEL

INTERNATIONAL WEEK BY LVP

The International Week by LVP was created to offer a complete padel experience, combining learning, social relationships, and enjoyment in a professional environment. Throughout the week, participants have the opportunity to immerse themselves in a unique sporting experience, guided by experienced coaches and players who share their technical and tactical knowledge, as well as their perspective on the game from inside the elite.

All of this is supported by the specialized **staff of La Vida Padel**, who guarantee personalized, attentive, and professional service throughout the entire experience.

In addition to learning, the program aims to help participants enjoy padel as a way to connect with others and enjoy leisure activities. The schedule combines sporting events with social activities. These encounters allow players from different countries and cultures to forge bonds, enriching the experience and creating a truly unique memory.

Ultimately, it's a week to learn, improve, and experience padel intensely and authentically, enjoying the passion for this sport and sharing it with professionals and fellow players in an exceptional atmosphere.



What's **LA VIDA PADEL?**

LA VIDA PADEL is much more than a sports club; it's a space that fosters a lifestyle integrating sport, social life, and long-term networking opportunities.

LA VIDA PADEL is a leader in the industry, and its mission is for every player to experience padel as a complete experience, based on its core values.

1

Live to **PLAY**

2

Live to **IMPROVE**

3

Live to **SHARE**

4

Live to **ENJOY**

5

Live to **LIVE MORE**



LA
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PADEL





LA
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OUR PROGRAM COACHES



**CEO &
FOUNDER**

**Ricardo de
las Heras**

- Former professional player
- World Runner-up and European Champion by teams



**Head
Coach**

Ruben Gómez

- Registered Coach No. 177 FEP / Coaching since 2011
- More than 20 years of experience (professional player)
- Master in Sports Performance
- Trainer of professional WPT players
- Coach certified by academies with over 500 players in training



**Outstanding
Player**

**Begoña
Garralda**

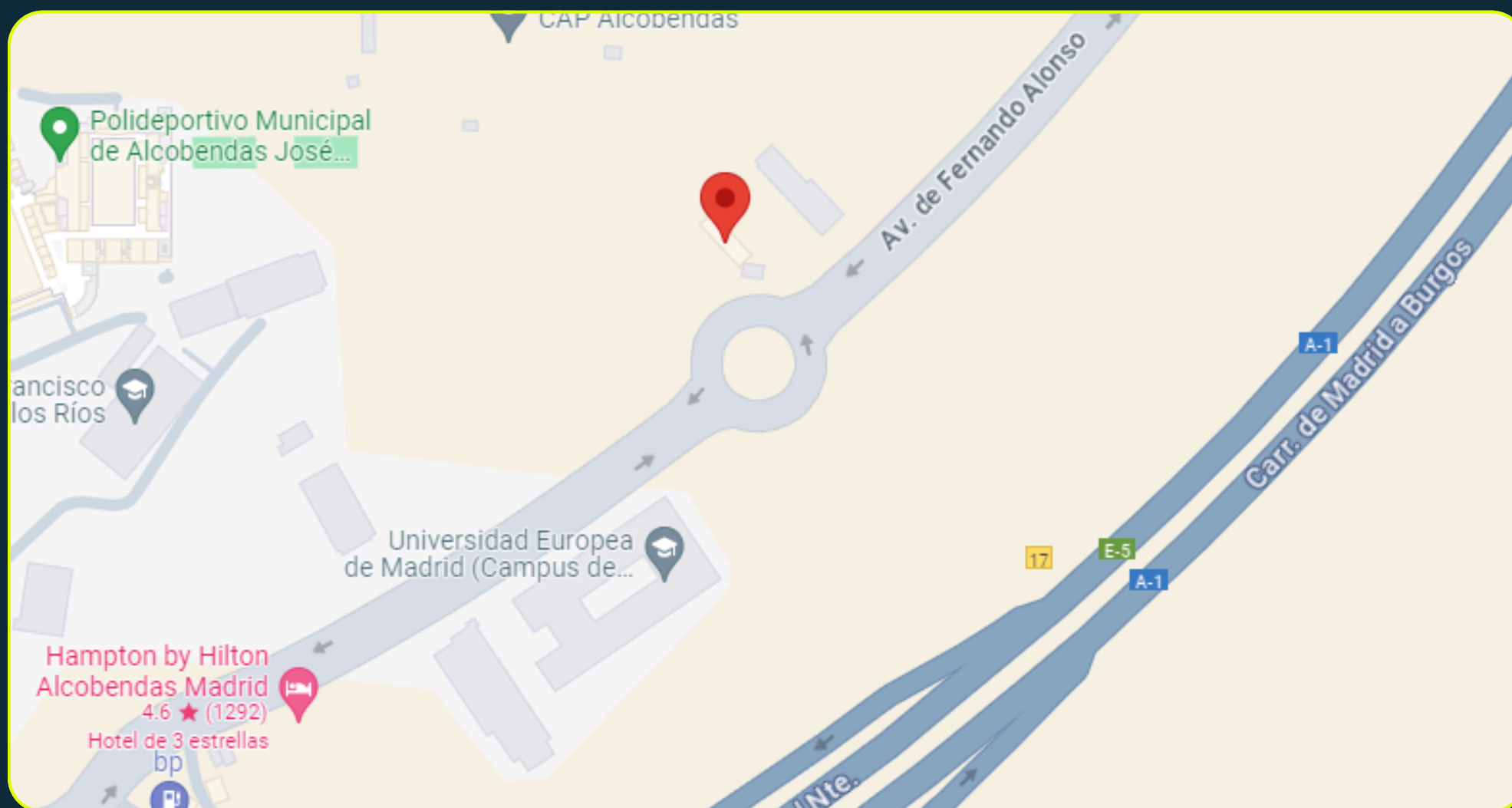
- Spanish Champion in all women's categories
- European Champion (cadet, junior, under-16)
- Runner-up of Spain (absolute) 2006
- World Champion with the Spanish National Team (2006)
- Madrid Veterans Champion (2023 & 2024)

**+ our coaching
team from the LVP
Academy**



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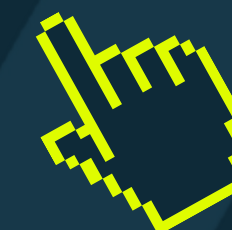
USEFUL **INFORMATION**

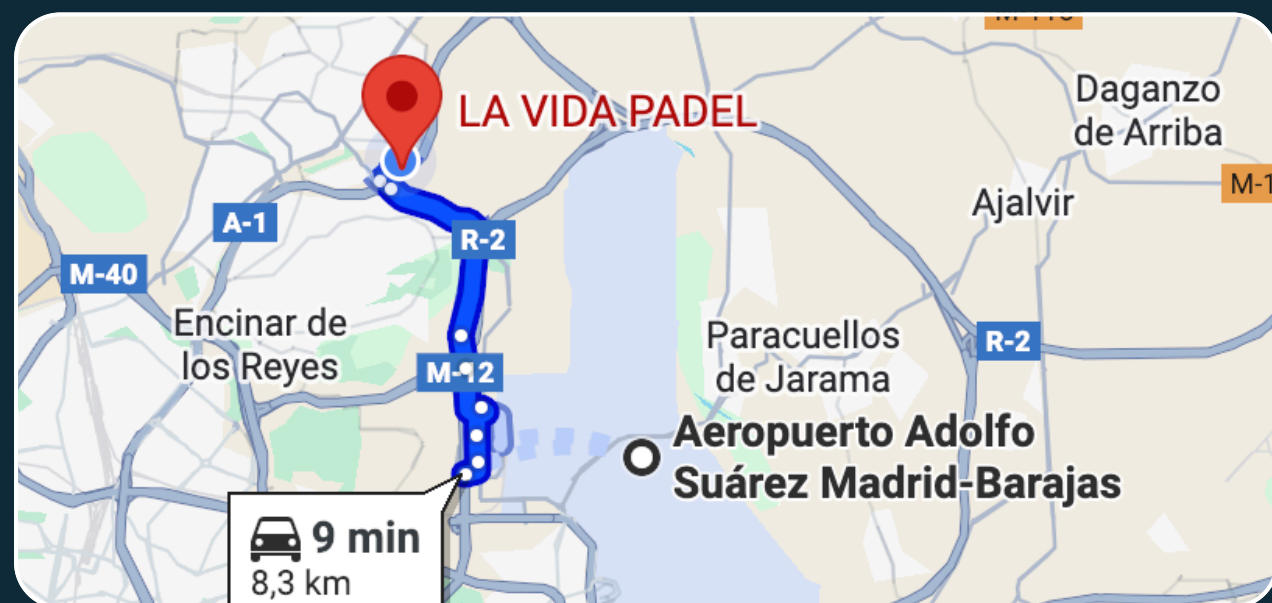


Address: Avenida de Fernando Alonso 7, Alcobendas.

www.lavidapadel.com

 [@lavidapadel](https://www.instagram.com/lavidapadel)





FROM THE AIRPORT TO LA VIDA PADEL

La Vida Padel offers a prime location, situated less than ten minutes from Adolfo Suárez Madrid-Barajas International Airport, making it extremely convenient for attendees to reach the venue.

In addition, the club is located in one of the areas of Alcobendas with the widest range of leisure options, where visitors can enjoy shopping centers, restaurants, cultural spaces, and green areas—perfect for unwinding before or after sports activities.



FROM THE AIRPORT TO THE HOTEL

The Hampton By Hilton Alcobendas Hotel, where attendees will be staying, is located less than 10 minutes from Adolfo Suárez Madrid-Barajas International Airport, making participants' arrivals and departures extremely convenient.

From the hotel to La Vida Padel, the distance is just a 5-minute walk. In addition, the club is located in one of the areas of Alcobendas with the widest range of leisure options, where visitors can enjoy shopping centers, restaurants, cultural venues, and large green areas that are ideal for relaxing before or after sports activities.



SCHEDULE

TIME	Thursday	Friday	Saturday	Sunday
10:00h		CHECK IN & BRIEFING	CHECK IN & BRIEFING	CHECK OUT
11:00h	WELCOME	PADEL	PADEL	CHECK IN & BRIEFING
11:30h – 13:30h	INTRO & PADEL	PADEL	PADEL	PADEL
13:30h – 15:00h	LUNCH	LUNCH	LUNCH	LUNCH
15:30h – 17:30h	PADEL	HEXAGON CUP	PITCH & VIDEO ANALYSIS & PADEL	SEE YOU SOON
17:30h– 19:30h	BREAK	HEXAGON CUP	PITCH & VIDEO ANALYSIS & PADEL	–
20:00h	DINNER	DINNER & PARTY	DINNER & BIG PARTY	–



LA
VIDA
PADEL

SCHEDULE

Arrival and welcome:

- Transfer from the airport to the hotel.
- Check-in and accommodation at the hotel.
- Walk to LVP.
- Official welcome at the club with a presentation of the program, the coaching team, and delivery of a Welcome Pack (t-shirt, wristband, ball can).
- Lunch at Bikini.

First sports session:

- First on-court training session with professional padel players focused on court positioning and technical fundamentals of padel.
- Match-style class at the end of the training session.
- Recovery activity or guided stretching.
- Talk on tactics, strategy, and competitive mindset.

THURSDAY 29TH

In the afternoon/evening:

- Transfer from La Vida Padel to the hotel.
- Rest and preparation for the evening outing.
- Transfer from the hotel to La Vida Padel.
- Drinks and group dinner.
- Transfer from La Vida Padel to the hotel.
- Rest.



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SCHEDULE

In the morning:

- Breakfast at the hotel.
- Free time to prepare sports equipment and exit of the hotel.
- Walk to LVP.
- Arrival at the club and reception by the La Vida Padel team.
- Brief meeting or information session about the second day.

In the noon:

- Second on-court training session with professional padel players focused on technical development.
- Match-style class.
- Recovery activity or guided stretching.
- Lunch at Bikini, the club's restaurant.

FRIDAY 30TH

In the afternoon:

- Transfer and VIP experience at Hexagon Cup (Caja Mágica)
- Transfer to the hotel.

www.hexagoncup.com



HEXAGON
CUP

JAN 28 - FEB 1

2026

CAJA MÁGICA · MADRID



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SCHEDULE

In the morning:

- Breakfast at the hotel.
- Free time to prepare sports equipment and exit of the hotel.
- Walk to LVP.
- Arrival at the club and reception by the La Vida Padel team.
- Brief meeting or information session about the third day.

In the noon:

- Third on-court training session with professional padel players focused on applying the skills acquired.
- Recovery activity or guided stretching.
- Lunch at Bikini, the club's restaurant.

SATURDAY 31ST

In the afternoon:

- American tournament with awards ceremony.
- Training analysis and technical talk on tactics, strategy, and competitive mindset.
- Guided tour of Madrid (historic center, museums, or leisure areas). TBD
- Free time for shopping or rest.
- Optional activity: escape room, bowling, or cultural walk.
- Dinner and Big Party
- Transfer to the hotel.



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SCHEDULE

In the morning:

- Breakfast at the hotel.
- Free time to prepare sports equipment and check out of the hotel.
- Walk to LVP.
- Arrival at the club and reception by the La Vida Padel team.
- Brief meeting or information session about the fourth and final day.

In the noon:

- On-court training session with professional padel players focused on putting learned skills into practice and developing acquired abilities.
- Recovery activity or guided stretching.
- Lunch at Bikini, the club's restaurant.

SUNDAY 1ST

In the afternoon:

- Farewell from the La Vida Padel team, thanking the participants and inviting them to continue developing in the world of padel.
- Transfer from La Vida Padel to the hotel.
- Preparation for the return trip.
- Transfer from the hotel to the airport.



LA
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TOTAL PRICE

ACCOMMODATION

TRANSPORTATION

SPORTS / LEISURE ACTIVITIES

LUNCHEES AND DINNERS

COORDINATION AND MANAGEMENT

VIP ENTRY TO HEXAGON CUP

Total

1.950,00€ PER PERSON

Payment conditions:

- 100% upfront
- Drinks or snacks outside set menus not included
- City activity TBD depending on availability

@lavidapadel



X INTERNATIONAL
WEEK



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