



AUTUMN PADEL CAMP **ADULT**

OCTOBER 11TH - NOVEMBER 1ST, 2026



MALLORCA
RAFA NADAL ACADEMY

FOR ALL LEVELS



MY ONLY WAY OF UNDERSTANDING TENNIS

BY RAFA NADAL

I started playing tennis as a child in Manacor, on the island of Mallorca. Since then, tennis has been much more than a sport for me. It has been a school of life. After many years competing around the world, I have realized that the true value of success is not only in trophies or titles, but in the discipline, humility, and respect that have accompanied me throughout my career.

One of my greatest purposes is to share these values with the new generations. Through the Rafa Nadal Academy, we work every day to educate young athletes not only to become better players but better people. We teach them to value effort, to understand teamwork even in an individual sport, and to maintain respect for themselves, their opponents, and the game.

It is an international project that brings together students from all over the world, combining education and sport as two pillars of personal development. We believe that high performance is compatible with humanity, that competition can go hand in hand with kindness, and that every training session is also a life lesson.

Raf Nadal



RAFA NADAL
ACADEMY

WHAT'S INCLUDED

12h

**PADEL
TRAINING**

4.5h

**PHYSICAL
PREPARATION**

Specific group preparation

4h

**OFF COURT
ACTIVITIES**

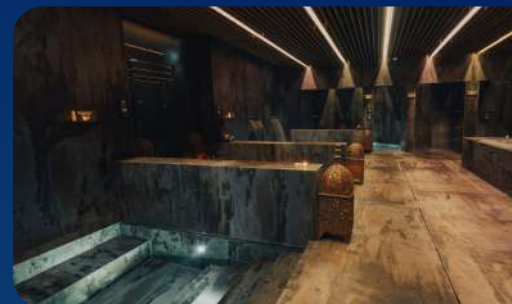
- 7 nights' accommodation at the Rafa Nadal Residence*
- Diploma ceremony and local products tasting.**
- Barbecue and live music afternoon.**
- Entry to the Rafa Nadal Museum.*
- Free use of the Fitness Centre with over 200 guided activities per week (CrossFit and Yoga & Pilates Studio excluded).*
- Free access to the 25 m indoor swimming pool and the Spa with hydrothermal circuit, sauna and Turkish bath.*
- Welcome pack.

* Included only in the accommodation option.

** Included for the player's accompanying person.

ADD COMPETITION TO YOUR PROGRAM BY BOOKING THE PLUS VERSION:

- +7 weekly hours of competitive padel training. Court/player ratio 1:4.
- 1 functional assessment with a Rafa Nadal Academy physiotherapist.



DO YOU WANT TO IMPROVE YOUR PADEL AND LIVE A HIGH-PERFORMANCE EXPERIENCE?

You can now book your place at the **Rafa Nadal Academy Autumn Padel Camp Adult**.

This complete camp for adult players will take place from October 11th - November 1st 2026 with the option to book **one, two or three weeks of the program**.

The program is designed for **players of all levels** who want to improve their performance and enjoy a **high-level training experience** at one of the most prestigious sports centers in the world.

This experience includes **technical and tactical padel training, work on real match situations, specific physical preparation, competition, and off-court activities such as nutrition and sports psychology talks, as well as group social activities.**



Participants in the **Autumn Padel Camp Adult** train following the methodology of **Rodri Ovide**, Head of the Padel Area and methodology of this discipline at the **Rafa Nadal Academy**. This training system is based on **ball control, biomechanical efficiency, and natural movement, key elements to ensure solid and sustainable progression in the game.**

During the camp, players work in a practical way on **fundamental aspects of modern padel such as defense, counter-attacking, point construction, and attack, integrating tactical concepts and decision-making applied to real match situations.**

The **Autumn Padel Camp Adult** takes place in a **unique setting such as Mallorca** and is also an **ideal option for families looking to enjoy a sports-focused holiday on the island.**

SCHEDULE

WEEKLY PROGRAM

	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
7:00		BREAKFAST						
8:30 - 9:15		PHYSICAL PREPARATION						
9:30-11:30		PADEL						
11:30-13:00		FREE TIME					DIPLOMA CEREMONY	CHECK-OUT
13:15- 14:15		OFF-COURT ACTIVITIES					LOCAL PRODUCTS TASTING	
14:30 - 15:30	CHECK-IN	LUNCH						
16:00		FREE TIME						
16:30-18:00		PADEL COMETITION TRAINING ONLY PLUS OPTION*				FREE TIME		
19:00		FREE TIME						
20:00		FREE TIME				BBQ	FREE TIME	
21:00		DINNER				LIVE MUSIC		

*** Only PLUS Option**

- * PLUS Autumn Camp option: 19.5 hours of training per week.*
- * Morning-only option: 12 hours of training per week.*
- * "The weekly activity schedule is indicative."

FACILITIES

44 TENNIS COURTS

22 HARD COURTS

(19 OUTDOOR Y 3 INDOOR)

22 CLAY COURTS

(15 OUTDOOR Y 7 SEMI-COVERED)



19 PADEL COURTS

6 OUTDOOR COURTS

3 PANORAMIC OUTDOOR COURTS

3 PANORAMIC INDOOR COURTS

7 INDOOR COURTS

OTHER FACILITIES

- Rafa Nadal Residence
- Fitness Center
- 25m indoor and outdoor pools
- 1 seven-a-side football field
- Sports Clinic by Quirón Salud
- Beach volleyball, squash, padbol, and multi-sport courts
- Restaurants, RN Shop, ¡And much more!

**INSPIRING
PEOPLE
TO ACHIEVE
THEIR
OWN IDEAL**

AUTUMN
PADEL
CAMP **ADULT**

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