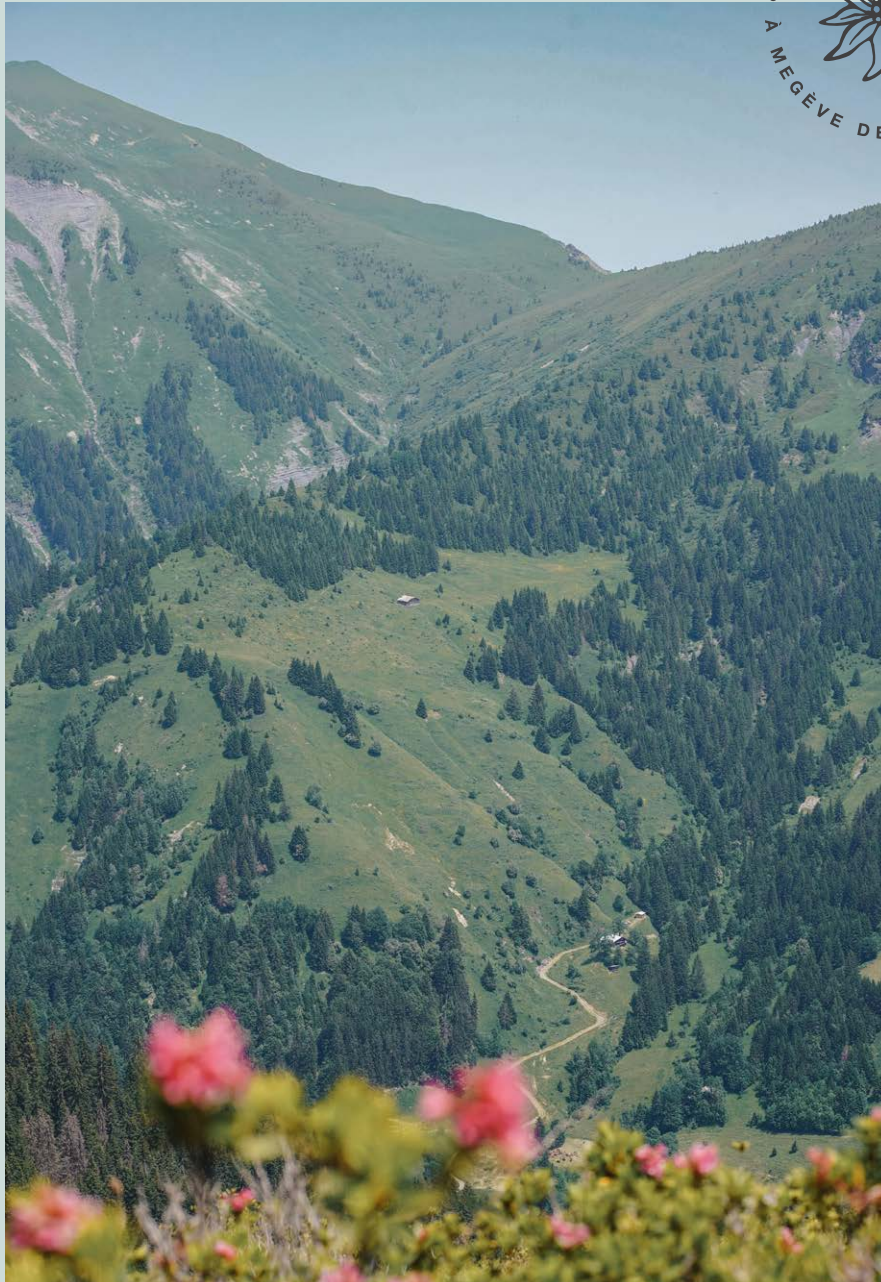




Pure Performance Retreat

SEEKING A SPORTS CHALLENGE IN MEGÈVE



Pure Performance Retreat

seeking a sport challenge in Megève

With expert coach Florent Berthaut, enjoy a 3-night, 4-day stay in Megève and take part in a program designed to offer a complete physical training and recovery experience.

Tailored for athletes and active individuals looking to push their limits while recharging in a stunning natural setting.

The Pure Performance Retreat is available all year round.

Please note: the program may vary depending on the weather conditions and participants' preferences.

Included in Your Stay

IN MEGÈVE

- Accommodation at Les Fermes de Marie or in one of our private chalets
- Coaching sessions and physical activities with coach Florent
- Meals tailored to athletes' needs, designed by a nutritionist.
3 breakfasts, 3 lunches, and 3 dinners
Herbal teas and detox water available throughout the day
- Access to spa facilities, swimming pool, and fitness room
 - Pure Altitude treatments
Sports massages and lymphatic drainage

4 days • 3 nights

From €1,300 per person

Group of 5 to 10 participants – Accommodation included

Optional: enjoy additional treatments at our Pure Altitude Spa or thrilling outdoor activities such as canyoning or paragliding.

*In winter, the program can be adapted with ski touring replacing trail running.
Available upon request.*





Florent Berthaut

YOUR EXPERT COACH

Florent Berthaut holds a degree in Sports and Physical Health Sciences, with a specialization in performance optimization and physical and mental conditioning. A true sports enthusiast, Florent lives his vocation with passion every day.

Deeply connected to the mountains, he is particularly fond of trekking and long-distance trail running—activities that push his limits and allow him to explore new horizons. His approach to sport is holistic: improving physical endurance day by day, optimizing body performance through targeted training, and working equally on strengths and weaknesses.

THE COACH'S WORD

"I love sharing my knowledge and experience. For me, guidance and connection are key to helping each person achieve their goals. My mission is to help individuals unlock their full potential by tailoring training to their specific needs."



Day I

AFTERNOON

Arrival at Les Fermes de Marie or in your private chalet, check-in and free time to explore the surroundings

Welcome by coach Florent and presentation of the program

Functional strength training workshop and targeted exercises with the coach (1.5 to 2 hours)

EVENING

Balanced, athlete-friendly dinner designed by a nutritionist





Day 2

MORNING

Energizing breakfast

Mountain trail running session with coach
Florent and lunch at altitude (9:00 AM – 3:00
PM)

Return to the hotel or chalet
Active recovery and stretching session

AFTERNOON

Sports massage session
Free time to unwind in the spa, swimming pool,
or sauna

EVENING

Healthy, protein-rich dinner to support recovery



Day 3

MORNING

Complete and balanced breakfast
Technical terrain trail challenge with
orienteering

Duration: 2 to 3 hours (9:00 AM – 3:00
PM)

Return to the hotel or chalet
Active recovery and stretching session

AFTERNOON

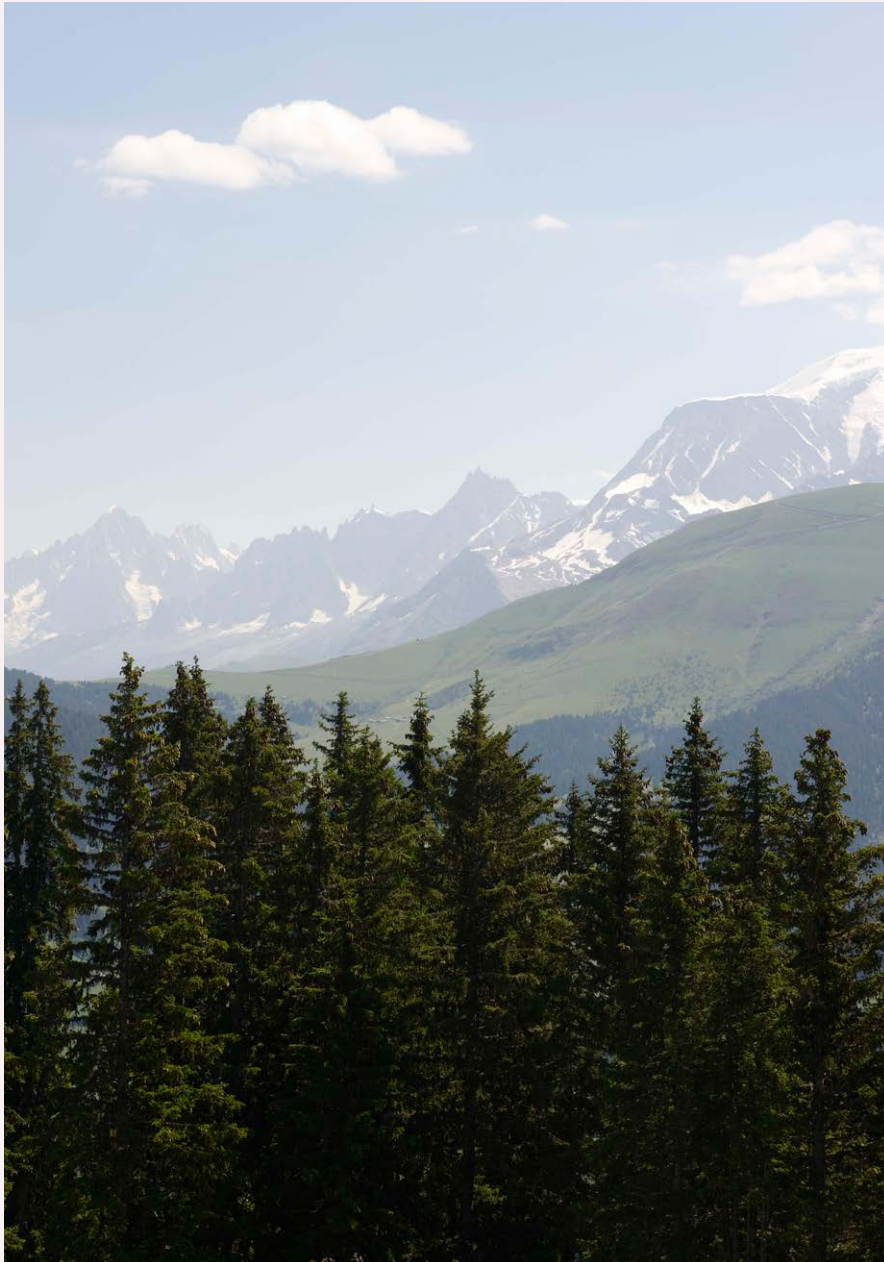
Energy-boosting lunch tailored to your
needs

Lymphatic drainage treatment

EVENING

Gourmet and nutritious dinner
Free time to enjoy the facilities or simply
rest





Day 4

MORNING

Revitalizing breakfast

Isometric strength training at 30°

Stretching session to relax the muscles
and support recovery (2 hours)

End-of-retreat debrief and personalized
advice from coach Florent (1 hour)

AFTERNOON

Light lunch before departure

Free time for a final walk or optional
additional treatments

DEPARTURE IN EARLY AFTERNOON

les fermes
de Marie



MEGÈVE

Pure Performance Retreat

INFORMATIONS & BOOKINGS

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contact@fermesdemarie.com