

# SPORTED.AE KHORFAKKAN TRAINING CAMP



2 day triathlon camp and an introduction to the TriSutto training methodology at the popular Oceanic Hotel in Khorfakkan.

Whether you're a seasoned triathlete or new to the sport, this camp is designed to help you on your triathlon journey. You'll have the opportunity to train with like-minded individuals and gain valuable tips and insights. All of this takes place at the best triathlon resort in the UAE. The Oceanic Hotel puts on supported rides to ensure maximum safety.

**Date:** Friday 31 March to Sunday 2 April

**Location:** Oceanic Hotel, Khorfakkan, UAE

Oceanic Khorfakkan Resort & Spa - 4-Star Resort with a private beach ([oceanichotel.com](http://oceanichotel.com))

**Coach:** David Hunt

**Price:** AED 650 (non-coached athletes) & AED 500 (coached athletes)

**Accommodation:** AED 475 per night single occupancy full board basis and AED 575 double occupancy full board basis.

Athletes to email the hotel direct: [fom@oceanichotel.com](mailto:fom@oceanichotel.com) or WA Ian Philips +971 56 180 22 29

## SCHEDULE

### FRIDAY 31st March PM

**18:00** Arrival &  
Welcome  
Run Session  
Dinner &  
Introduction to  
TriSutto training  
methodologies:  
triathlon is one  
sport

### SATURDAY 1st April AM

**06:15 - 07:15**  
Intro to TriSutto swim techniques  
Pool set 60 minutes  
**07:45 - 09:30**  
Bike Hill Repeats  
**10:00** Breakfast  
Theory Session: The Swim  
Theory Session: The Bike  
**13:00** Lunch  
**PM**  
Theory Session: Nutrition  
Theory Session: The Run  
**17:00** Run Intro  
The Monenghetti Set  
**18:00**  
Dinner, Day Wrap Up and Q&A

### SUNDAY 2nd April AM

**06:15 - 07:45**  
Bike-Run Brick Session  
**08:00**  
Sea Swim Set  
**09:30**  
Breakfast  
Theory Session: What  
do TriSutto Sessions  
look like, weekly training  
schedules  
**12:00**  
Lunch and Q&A  
**PM**  
Depart