

PROGRAM SCHEDULE

OCTOBER — NOVEMBER 2026



01 INTENSIVE CAMP

19–25 OCTOBER 2026

MON 19 OCT

16:00 — Orientation & Personal Goal Setting
18:00 — Welcome Dinner & Meet the Coach*

TUE 20 OCT

AM — Bike Ride
PM — Pool Swim
08:00 — Open Water Swim
Lunch*
PM — Swim Technique & Video Review
Dinner*
NIGHT — Board Games & Bites*

WED 21 OCT

AM — Open Water Swim
Lunch*
PM — Run Technique & Pacing
Dinner*
Movie Night @ Pool Bar & Bites*

THU 22 OCT

AM — Bike Ride
Lunch*
PM — Swim Practice
PM — Nutrition & Physiotherapy Talk for Triathlete*
Dinner*

FRI 23 OCT

AM — Swim Practice
Lunch*
PM — Run
PM — Free Time
Dinner*
Optional Thanyapura Signature Massage

SAT 24 OCT

AM — Meditation, Breathwork & Mobility
AM — Recovery Session | Ice Bath
Lunch*
PM — Sports physiotherapy (30 Min)*
PM — Foot Massage*
Dinner*

SUN 25 OCT

AM — Open Swim Water
PM — Farewell Lunch & Certificate of Completion*

02 TAPER CAMP

8–15 NOVEMBER 2026

SUN 8 NOV

Arrival & Orientation
Welcome Dinner

MON 9 NOV

08:00 — Pool Swim
17:00 — Run

TUE 10 NOV

07:30 — Bike Ride
PM — Pool Swim

WED 11 NOV

08:00 — Open Water Swim
17:00 — Run

THU 12 NOV

07:30 — Bike Ride
PM — Pool Swim + Nutrition Talk

FRI 13 NOV

08:00 — Pool Swim
17:00 — Run

SAT 14 NOV

Meditation & Breathwork
Bike Drop + Race Preparation

SUN 15 NOV

RACE DAY
Laguna Phuket Triathlon

1.8 KM SWIM • 50 KM BIKE • 12 KM RUN

Schedule and session times are subject to adjustment based on coaching