

# ADAPT X SMURF - 2025 TRI CAMP PACKAGES

MAY 2-5, 2025 - ATHERTON TABLELANDS

## 3 NIGHT, 4 DAYS - FULL CAMP (\$550)

- 3 nights accommodation, FRI/SAT/SUN (shared)
- 2 x Dinner, 2 x Lunch, Breakfast, Snacks
- 4 full days of coaching, training and information sessions
- Supported race simulation session
- Facilitated by 4 qualified and experienced coaches
- Open water swim and on road cycling support

## 3 DAY - no accommodation (\$300)

- 0-2 x Dinner, 2 x Lunch, Breakfast, Snacks
- 3 full days of coaching, training and information sessions
- Supported race simulation session
- Facilitated by 4 qualified and experienced coaches
- Open water swim and on road cycling support
- SAT/SUN/MON Camp

## 2 NIGHT, 3 DAYS (\$400)

- 2 nights accommodation, FRI/SAT or SAT/SUN (shared)
- 1-2 x Dinner, 2 x Lunch, Breakfast, Snacks
- 3 full days of coaching, training and information sessions
- Supported race simulation session
- Facilitated by 4 qualified and experienced coaches
- Open water swim and on road cycling support

## 2 DAY - no accommodation (\$200)

- 0-1 x Dinner, 1-2 x Lunch, Breakfast, Snacks
- 2 full days of coaching, training and information sessions
- Supported race simulation session
- Facilitated by 4 qualified and experienced coaches
- Open water swim and on road cycling support
- SAT/SUN or SUN/MON Camp

## 1 NIGHT, 2 DAYS (\$250)

- 1 night accommodation, SAT or SUN (shared)
- 1 x Dinner, 2 x Lunch, Breakfast, Snacks
- 2 full days of coaching, training and information sessions
- Supported race simulation session on attending SUN
- Facilitated by 4 qualified and experienced coaches
- Open water swim and on road cycling support

## 1 DAY - no accommodation (\$100)

- 0-1 x Dinner, 1 x Lunch, Breakfast, Snacks
- 1 full day of coaching, training and information sessions OR Race Simulation session
- Facilitated by 4 qualified and experienced coaches
- Open water swim and on road cycling support
- SAT or SUN Camp