

ADAPT X SMURF - 2025 TRI CAMP SCHEDULE

MAY 2-5, 2025 - ATHERTON TABLELANDS

FRIDAY MAY 2

- 3pm-4:30pm @ THE SKI SHACK;** Accommodation check-in
- 5pm-5:45pm @ THE SKI SHACK;** Shake-out run (45 minute easy group run)
- 6:30pm @ THE SKI SHACK;** Group Dinner (catering for gluten free, vegan, vegetarian etc.)
- 7:30pm @ THE SKI SHACK;** Saturday activities and long ride briefing

SATURDAY MAY 3

- 6am @ THE SKI SHACK;** Long group ride with ROTB (multiple groups catering for different levels; 60-100k ride; supported by lead cyclists and vehicles; 20-30 minutes easy ROTB)
- 10:30am @ THE SKI SHACK;** Group BBQ Brunch (catering for gluten free, vegan, vegetarian etc.)
- 12pm @ THE SKI SHACK;** Race Pacing and Nutrition for Long Course Triathlon Info Session (facilitated by Josh)
- 1:30pm @ THE SKI SHACK - open water;** Open water swim skills session (fully supported by coaches and water craft - all levels)
- 2:30pm @ THE SKI SHACK;** Skills Rotation (1. Transitions for long course triathlon with Nadine & James; 2. Bike maintenance and tube/tyre changing with Jon; 3. Run form and skills with Josh)
- 4pm @ THE SKI SHACK;** Guest Speaker - Nadine Hunt
- 5pm @ THE SKI SHACK;** Sunday Race Simulation Briefing
- 6:30pm @ THE SKI SHACK;** Group Dinner (catering for gluten free, vegan, vegetarian etc.)

SUNDAY MAY 4

- 6am @ THE SKI SHACK;** Transition Set Up
- 6:20am @ START LINE;** Final Race Sim Briefing
- 6:30am @ SWIM START;** RACE SIMULATION {** 70.3 RACE SIM = 1k Swim, 60k Bike, 10k Run} {** IM RACE SIM = 2k Swim, 90k Bike, 15k Run}
- 10:30am-12:30pm @ THE SKI SHACK;** Lunch and downtime
- 2pm @ THE SKI SHACK;** Race Simulation Reflection session with the coaches
- 3:30pm @ THE SKI SHACK;** Ironman Cairns Info Session with the coaches
- 5:30pm @ YUNGABURRA PUB;** Group Dinner, Trivia & Social Night

MONDAY MAY 5

- 6:30am @ THE SKI SHACK;** Group Recovery Ride (multiple groups catering for different levels; 1 hour easy recovery ride)
- 8:00am @ THE SKI SHACK;** Open Water Swim Skills
- 10:00am - CAMP CLOSE** and Accommodation Check-out