

2026 SMURF TRI CAMP - TRI CAMP SCHEDULE

MAY 1-4, 2026 - PALM COVE

FRIDAY MAY 1

- 2pm-4:30pm @ TROPICAL GROVE;** Accommodation check-in
- 4:30pm-5:15pm @ TROPICAL GROVE;** Shake-out run (45 minute easy group run)
- 5:45pm @ TROPICAL GROVE;** Group Dinner (catering for gluten free, vegan, vegetarian etc.)
- 7:15pm @ TROPICAL GROVE;** Saturday activities and long ride briefing

SATURDAY MAY 2

- 5:30am @ TROPICAL GROVE;** 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 @ TROPICAL GROVE;** Group BBQ Brunch (catering for gluten free, vegan, vegetarian etc.)
- 12pm @ TROPICAL GROVE;** SPECIAL GUEST STEFF FORD (Australian Olympic Kayak Nutritionist) Nutrition and Carbo Loading for Endurance Sports Performance
- 1:30pm @ PALM COVE NETS - open water;** Open water swim skills session
- 2:45pm @ TROPICAL GROVE;** Skills Rotation (1. Transitions for long course triathlon with Josh; 2. Bike maintenance and tube/tyre changing with Jon)
- 4pm @ TROPICAL GROVE;** Race Pacing and Nutrition for Long Course Triathlon Info Session (facilitated by Josh)
- 5pm @ TROPICAL GROVE;** Sunday Race Simulation Briefing
- 6:30pm @ TROPICAL GROVE;** Group Dinner (catering for gluten free, vegan, vegetarian etc.)

SUNDAY MAY 3

- 6:00am @ PALM COVE NETS;** Transition Set Up
- 6:20am @ START LINE - PALM COVE NETS;** Final Race Sim Briefing
- 6:30am @ SWIM START;** RACE SIMULATION {** 70.3 RACE SIM = 500m Swim, 60k Bike, 10k Run} {** IM RACE SIM = 1k Swim, 90k Bike, 15k Run}
- 10:30am-12:30pm @ TROPICAL GROVE;** Lunch and downtime
- 2pm @ TROPICAL GROVE;** Race Simulation Reflection & Ironman Cairns Info session with Josh
- 3:30pm @ TROPICAL GROVE;** GUEST SPEAKER - TBC
- 5:30pm @ RATTLE & HUM - PALM COVE;** Group Dinner, Trivia & Social Night

MONDAY MAY 4

- 6:30am @ TROPICAL GROVE;** Group Recovery Ride (multiple groups catering for different levels; 1 hour easy recovery ride)
- 7:45am @ PALM COVE NETS;** Open Water Shakeout Swim
- 10:00am -** CAMP CLOSE and Accommodation Check-out

2026 SMURF TRI CAMP - PACKAGES

MAY 1-4, 2026 - PALM COVE

3 NIGHT, 4 DAYS - FULL CAMP (\$500)

- 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 qualified and experienced coaches
- Open water swim and on road cycling support

3 DAY - no accommodation (\$250)

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

2 NIGHT, 3 DAYS (\$350)

- 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 qualified and experienced coaches
- Open water swim and on road cycling support

2 DAY - no accommodation (\$150)

- 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 qualified and experienced coaches
- Open water swim and on road cycling support
- SAT/SUN or SUN/MON Camp

1 NIGHT, 2 DAYS (\$200)

- 1 night accommodation, SAT or SUN (shared)
- 0-1 x Dinner, 1-2 x Lunch, Breakfast, Snacks
- 2 full days of coaching, training and information sessions
- Supported race simulation session if attending SUN
- Facilitated by qualified and experienced coaches
- Open water swim and on road cycling support

1 DAY - no accommodation (\$80)

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