



KARBON
SPORTS

THE ULTIMATE EXPERIENCE

THANYAPURA, THAILAND
AUGUST 4th – 17th 2018

If you've ever wondered what it would be like to train like a professional athlete, then this is your opportunity.

*Join **Head Coach, Tim Ballintine** on a fully dedicated training and development experience, designed to create a new normal and discover just how far you can go.*

*Recognised as a world class health and sports resort, **Thanyapura, has it all.***

If you like the idea of swimming, cycling, running, sleeping and eating ... then you'll fit right in.

TRIATHLON INCLUSIONS

- *30+ hours of Cycling*
- *12+ hours of Running*
- *12+ hours of Swimming*
- *14 Nights of Luxury Accommodation*
- *Breakfast, Lunch & Dinner (full buffet)*
- *TrainingPeaks 101 Athlete Development*
- *All Coaching and Sessions*
- *Airport Transfers and Access to Recovery Facilities*

HEAD COACH – TIM BALLINTINE

- *Triathlon Australia Development Coach*
- *Level 2 Certified TrainingPeaks Coach*
- *Athletics Australia Coach*
- *Bronze Level Swimming Australia Coach*
- *Ironman PB: 8:51*
- *Marathon PB: 2:46*
- *Half Marathon PB: 1:14*
- *5KM PB: 16:05*
- *2 x Kona Qualifier: 2014 – 26th (9:41) | 2017 – 15th (9:24)*



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THANYAPURA
PHUKET



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PRICING

CATEGORY	PER NIGHT	TOTAL
VISITOR PRICE	\$250.00	\$3,500.00
LOCAL SILVER ATHLETE (10% DISCOUNT)	\$225.00	\$3,150.00
LOCAL GOLD ATHLETE (20% DISCOUNT)	\$200.00	\$2,800.00
DOMESTIC SILVER ATHLETE (15% DISCOUNT)	\$212.50	\$2,975.00
DOMESTIC GOLD ATHLETE (25% DISCOUNT)	\$187.50	\$2,625.00
INTERNATIONAL SILVER ATHLETE (20% DISCOUNT)	\$200.00	\$2,800.00
INTERNATIONAL GOLD ATHLETE (25% DISCOUNT)	\$187.50	\$2,625.00

*Prices are in USD and exclude flights, see website for terms and conditions, twin share accommodation available POA.

A DAY IN THE LIFE ...

You wake at 6am, it's 24 degrees. It's a 100M walk to the 8 Lane 50M Olympic sized swimming pool, the coach puts you through the 3km swim set. Out of the pool, into the showers and off to the award winning buffet breakfast.

8:30am is the roll out for the coached ride, that will lead you on quiet coastal roads and epic climbs, you stop a few times to replenish hydration bidons, it's getting warm out there.

4 hours later, you return in time for the buffet lunch, it's prepared for world class athletes. The legs are a little tired, so you head to the recovery centre, cold water emersion awaits, perhaps even a nap?

Feeling fresh, it's time for the 4pm village loop jog, finished off with some speedy 500M loops of the athletics track. Back to the recovery centre for a quick 10 min ice bath, you feel alive!

*The team dinner is full of laughs, banter and mateship. With tired legs and a full belly you retire to your bed and set the alarm for 6am and repeat ... **How's that for value!***



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SWITZERLAND +

TRAININGPEAKS™

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HUMAN PERFORMANCE. MULTIPLIED.

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THANYAPURA
SPORTS HOTEL
PHUKET THAILAND