



# 6 Day Camp With Will Clarke

---

Jeddah, Saudi Arabia  
19-24 Feb 2023

# Triathlon Camp Partners

2



# Triathlon Camp Objectives

---

3

- Developing necessary skills that athletes can use for their training and racing going forward
- Educating athletes on how to train effectively
  - Race strategy
  - Nutrition & Fueling strategy (athlete specific based on sweat test)
  - Pacing – understand your race pace
  - Race Mindset
  - Equipment
  - Transition
  - Training Recovery / de-loading
  - Post race recover strategy
- This camp is suitable for short and mid distance triathletes and can be tailored for those who want to do more or less sessions (volume) depending on athlete's specific objectives
- And of course, have **FUN**, **SOCIALISE**, and get into the right **MINDSET** for training and racing!

# About Will Clarke

4



Will is part of a very small group of athletes who have competed in all of the biggest events Triathlon has to offer. The Olympic Games, Commonwealth Games, ITU World Championships, ITU European Championships, Ironman World 70.3 Championships and Ironman World Championships. His career spanned 17 professional seasons and 20 years in total, and he is the founder and head coach at [Riot Racing Club](#).

*“I am a big believer that if you want to successfully coach athletes you have to have been there yourself. You have to have grabbed all those experiences with your own hands and learnt from your own harsh lessons. You have to know what it’s like to train and compete in Triathlon at a high level but also know what it’s like to live like an athlete whilst keeping the rest of your life in balance.”*

# What You'll Need?

5

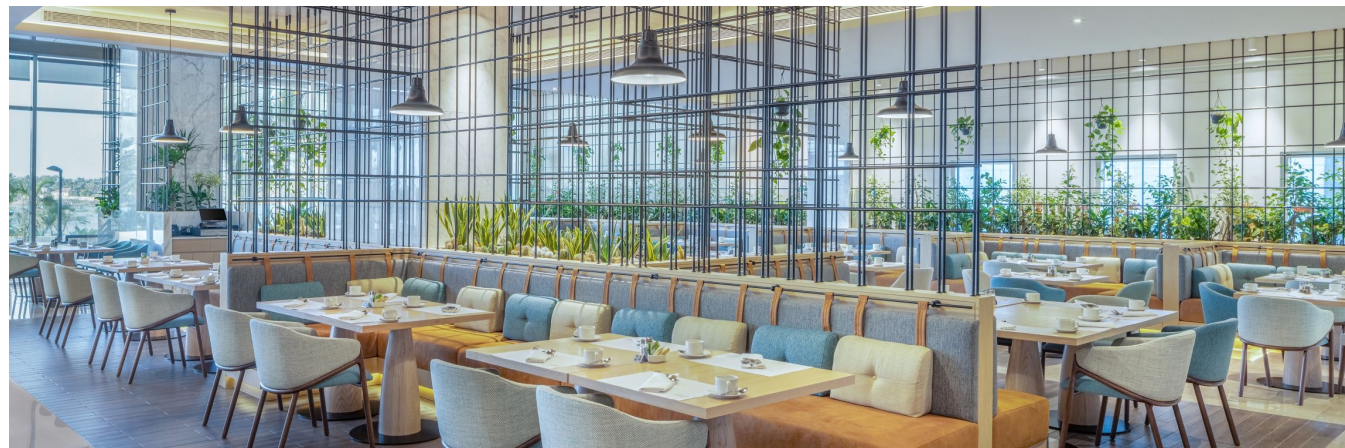
• SWIM	• BIKE	• RUN	• OTHER
• Goggles	• Bike	• Running Shoes	• Sunblock
• Swim Cap	• Bib Shorts/Pants	• Cap	• Heart Rate Monitor
• Pull Buoy	• Jerseys		• Glasses
• Paddles	• Power Meter		• Street Wear
• Kick Board	• Bike Computer		• Toiletry
• Fins	• Back Lights		• Chargers
• Open Water Buoy	• Helmet		• Yoga Mat
	• Chamois Cream		• Gels/Electrolytes/Snacks

# Coming From Out Of Town

6

## Four Points By Sheraton (Book Via link in slide 19)

- Check In: 18 Feb 2023
- Check Out: 25 Feb 2023 (7 nights)
- JT Rate (Breakfast and Tax Inclusive)
  - Single Ocupancy: SAR 3,234
  - Double Ocupancy: SAR 4,074





# Camp Schedule

# DAY 0 | 18 Feb 2023

---

8

- **3:00 pm onwards check in at Four Points By Sheraton**



# DAY 1 | 19 Feb 2023

9

TIME	ACTIVITY	LOCATION	ROUTE
06:00 AM	Breakfast (for hotel guests)	Four Points by Sheraton	
07:00 AM	Assembly + Camp Welcome	Waad Academy - Lecture Hall	
08:00 AM	Run: 1 hr Endurance Run plus running drills	Waad Academy– Track & Field	TBC
09:30 AM	Sweat Tests / Short Break	Waad Academy - Lecture Hall	
10:45 AM	Swim Session: Endurance plus Drills/Technique	Waad Academy - Pool	
12:00 AM	End Swim Session	Waad Academy - Pool	
12:30 PM	Sweat Tests / Short Break	Waad Academy - Lecture Hall	
01:30 PM	Lunch Break	Waad Academy	
02:30 PM	S&C/Mobility	Waad Academy-Indoor Gymnasium	
04:00 PM	Transition Drills	Waad Academy	
05:00 PM	Check out	Waad Academy	

# DAY 2 | 20 Feb 2023

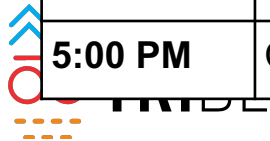
10

TIME	ACTIVITY	ACTIVITY	ROUTE
06:00 AM	Breakfast (for hotel guests)	Four Points by Sheraton	
07:00 AM	Assembly + Ride: 2-3hr Endurance Ride with Tempo/Target Race Power	Waad Academy	TBC
10:00 AM	Sweat Tests / Short Break	Waad Academy - Lecture Hall	
11:00 AM	Swim: Short Swim with Transition Practice	Waad Academy - Pool	
11:40 AM	End Swim Session	Waad Academy - Pool	
12:00 PM	Sweat Tests / Short Break	Waad Academy - Lecture Hall	
01:00 PM	Lunch Break	Waad Academy	
02:30 PM	S&C/Mobility	Waad Academy – Indoor Gymnasium	
03:30 PM	Check Out	Waad Academy	
04:00 PM	Optional Endurance Run	Four Points by Sheraton	TBC

# DAY 3 | 21 Feb 2023

11

TIME	ACTIVITY	LOCATION	ROUTE
06:00 AM	Breakfast (for hotel guests)	Four Points by Sheraton	
07:00 AM	Assembly + Running Drills	Waad Academy– Track & Field	
07:30 AM	Run Relay Session 1hr Super motivating Team Relay Run Session	Waad Academy	TBC
08:45 AM	Sweat Tests / Short Break	Waad Academy - Lecture Hall	
10:00 AM	Swim Endurance/Technical Session	Waad Academy - Pool	
11:00 AM	End Swim Session	Waad Academy - Pool	
11:15 AM	Sweat Tests / Short Break	Waad Academy - Lecture Hall	
12:30 PM	Lunch Break	Waad Academy	
02:00 PM	Q&A Session with Will and Andy	Waad Academy - Lecture Hall	
03:30 PM	S&C/Mobility	Waad Academy - Indoor Gymnasium	
5:00 PM	Check Out	Waad Academy	



# DAY 4 | 22 Feb 2023

12

TIME	ACTIVITY	LOCATION	ROUTE
06:00 AM	Breakfast (for hotel guests)	Four Points by Sheraton	
07:00 AM	Assembly + Ride: 2-3hr Endurance plus Aero Drills	Four Points by Sheraton	TBC
10:30 AM	Sweat Tests / Short Break	Waad Academy - Lecture Hall	
11:30 AM	Swim: Open Water Swimming Technique	Waad Academy - Pool	
12:30 PM	End Swim Session	Waad Academy - Pool	
12:45 PM	Sweat Tests / Short Break	Waad Academy - Lecture Hall	
01:30 PM	Lunch Break	Waad Academy	
03:00 PM	Running Drills	Waad Academy– Track & Field	
04:00 PM	Optional Endurance Run	Waad Academy	TBC
05:00 PM	Check Out	Waad Academy	

# DAY 5 | 23 Feb 2023

13

TIME	ACTIVITY	LOCATION	ROUTE
06:00 AM	Breakfast (for hotel guests)	Four Points by Sheraton	
07:00 AM	Assembly + Pre Key Session Sweat Tests	Waad Academy - Lecture Hall	
08:00 AM	Bike to Run Session X 2 - Race Simulation Bike (1): 1hr including Tempo Run (1): 30 mins Endurance Run off the Bike Bike (2): 1 hr 10 mins including Tempo Run (2): 30 mins Tempo Run off the Bike	Waad Academy	TBC
11:15 AM	Post Session Sweat Tests	Waad Academy - Lecture Hall	
12:30 PM	Lunch Break	Waad Academy	
02:00 PM	S&C/Mobility	Waad Academy-Indoor Gymnasium	
02:00 PM	Check out	Waad Academy	

# DAY 6 | 24 Feb 2023

14

TIME	ACTIVITY	LOCATION	ROUTE
06:00 AM	Breakfast (for hotel guests)	Four Points by Sheraton	
07:00 AM	Morning Run Endurance 1 hr (optional)	Four Points by Sheraton	TBC
08:30 AM	Open Water Beach Swim Session	Beach (Location TBA)	
10:00 AM	End Swim Session		
10:00 AM	Fun/Relax time	Beach	
12:00 PM	Lunch		
01:00 PM	Individual Coffee Catch Ups with Will	Beach	
02:00 PM	Free Time (Check out of beach at own desire)		
07:00 PM	Closing Dinner Hosted by Mishaal Al Sulaiman & Basma Hashim	TBA	

# DAY 7 | 25 Feb 2023

---

15

- Check out of Four Points by Sheraton by 12:00 pm

# Facilities at Waad Academy

16





# MEALS COURTESY OF BBROS MEALS



# Sweat Test with Andy Brodziak

---

- Just drinking water when sweating over long periods dilutes your sodium levels, which can really impact your performance and could lead to hyponatremia.
- The test is done at rest and is totally non-invasive. It tells you exactly how much sodium you lose in your sweat and allows us to create a fully Personalized Hydration Plan around that.
- You'll only ever need to take it once in your life and you can tweak your hydration strategy as your race/competition plans change in the future at no extra cost.

**Why you should take a sweat test other than that it's included in your camp package!**

<https://www.youtube.com/watch?v=nUwcOfPTcrM>

# REGISTER NOW!



19

<https://jeddahtribe.com/tickets/6-day-triathlon-training-camp-with-will-clarke/>



You Got the  
Power!!!!!!!