

THAILAND CYCLE TOURS

Triathlon Camp with Will Clarke



10 days · 810 km Cycle
4 Run · 4 Swims

Thailand Cycle Tours

x

Will Clarke



Will Clarke's Background

1

A professional cyclist who competed at the sport's highest level for ten years, riding for elite WorldTour teams including Leopard Trek, Cannondale-Drapak, and Trek-Segafredo. Highly regarded for his exceptional prologue and time-trialling abilities, Clarke famously secured a historic World Tour victory at the Santos Tour Down Under.

2

His precision against the clock and breakaway strength also earned him stage victories at the Tour of Iran, the Herald Sun Tour, the Tour of Japan, and the Tour of Austria and the Tours of Taiwan and Kumano. Notably, he also captured a grueling stage win at the Volta a Portugal on an exceptionally hot day in the European summer.

3

On the world stage, he secured dual World Championship titles (Age Group 35–39) in 2024, winning the World Triathlon Long Course Championship in Townsville and the Ironman 70.3 World Championship in Taupō.

4

Following his elite cycling career, he successfully transitioned to triathlon, dominating both local and international circuits. He is a multiple Tasmanian Triathlon Champion across all major distances from Sprint up to 70.3.

5

He now applies his extensive competitive experience to coaching endurance athletes with Ogging Fit and leading premier international training experiences.

The Camp at a Glance

 8 days of cycling

 4 structured swims

 4 runs

 Bangkok → Hua Hin → Prachuap Khiri Khan → Ban Krut → Chumphon → Sawi → Surat Thani → Cheow Lan Lake → Phang Nga → Phuket

 Approximately 817 km of cycling

 Tropical coastal roads, countryside, jungle and mountain scenery

 Ocean swimming + Cheow Lan Lake

 Farewell lunch in Phang Nga

 Finish at Nai Yang Beach, Phuket

The camp is structured so that training load builds progressively, while the first few days allow athletes to adapt to Thailand's heat, humidity and new training environment.

Tour Route

8 Stops Along The Way...



01

Bangkok

Start — *Mode Sathorn Hotel*

02

Hua Hin

Beach town & night market

03

Sam Roi Yot

National Park & limestone peaks

04

Prachuap Khiri Khan

Coastal Bay & Temples

05

Ban Krut

Beachfront resort & Wat Tang Sai

06

Chumphon

Rest day & cooking class

07

Sawi

Mangroves & fishing villages

08

Phuket

Finish — Nai Yang Beach

Tour *Highlights*

10-Day Cycling & Triathlon Training Camp

Ride. Train. Adapt. Explore Thailand.

Join Thailand Cycle Tours for a unique 10-day cycling and triathlon training camp through some of Thailand's most spectacular landscapes.

Designed for athletes preparing for long-course triathlon, endurance cycling events or simply looking to take their training to the next level, this camp combines **high-quality cycling, structured swim and run sessions, tropical heat acclimatisation and an unforgettable point-to-point cycling journey through southern Thailand.**

The bike is the heart of the camp.

Over 10 days, you'll experience everything from relaxed coastal riding and controlled quality sessions to long endurance days, race-specific training and the spectacular final ride into Phuket.

Along the way, you'll swim in the ocean and the incredible waters of Cheow Lan Lake, run off the bike, tackle the famous Jungle Climb and finish with a farewell lunch in Phang Nga.

Day 1-2 Arrival & First Ride



Day 1: Arrival in Bangkok

• Arrival & Recovery

The camp begins in Bangkok with a relaxed arrival day.

There is no planned training.

The focus is on:

- Recovering from travel
- Hydrating
- Eating well
- Adjusting to the heat and humidity
- Meeting the group
- Preparing for the days ahead

Overnight: Mode Sathorn Hotel Bangkok

Meals: Not included (unless specified)



Day 2: Bangkok → Hua Hin

65 km Bike + Ocean Swim // 🚴 65 km Easy Aerobic Ride

Our first ride is deliberately relaxed.

You'll settle into the rhythm of the camp while beginning to adapt to Thailand's climate and road environment.

Expect comfortable endurance riding through the first stage of the journey towards Hua Hin.

🏊 1,500–2,000 m Ocean Swim

An easy open-water familiarisation session.

The focus is on:

- Sighting
- Swimming straight
- Relaxed breathing
- Getting comfortable without pool walls
- Adjusting to ocean conditions

Training focus: ● Easy

Overnight: Loligo Resort Hua Hin + A Fresh Twist By Let's Sea

Meals: Breakfast, Lunch & Dinner

Day 3-5 Coastal Thailand & National Parks

Day 3 – Hua Hin → Prachuap Khiri Khan

115 km Endurance Ride + Easy Brick Run

115 km Endurance Ride

Start: 8:00 AM



Day 3 introduces a significant increase in cycling volume.

The ride remains predominantly aerobic, allowing athletes to build endurance while continuing to adapt to the climate.

There is plenty of opportunity to practise:

- Consistent pacing
- Nutrition and hydration
- Riding efficiently in the heat
- Managing effort over a longer distance

 20-40 min Easy Brick Run

A short, relaxed run after the bike. The emphasis is on becoming comfortable running after a longer ride rather than chasing pace.

Training focus:  Easy / Endurance

Overnight: @T Boutique Hotel

Meals: Breakfast, Lunch & Dinner

Day 4 – Prachuap Khiri Khan → Ban Krut

78 km Tempo Ride + Moderate Ocean Swim



The first quality bike session of the camp.

Following an easy warm-up, athletes will complete controlled tempo efforts before finishing the ride aerobically.

This is the first opportunity to introduce sustained quality work while remaining controlled.

Training focus:  Moderate

 2,000-2,500 m Moderate Ocean Swim

A structured open-water session incorporating steady swimming and sighting practice.

Overnight: Baan Grood Arcadia Resort & Spa

Meals: Breakfast, Lunch & Dinner

Day 5 — Ban Krut → Chumphon

131 km Key Endurance & Quality Ride + Short Brick

This is one of the major cycling days of the camp.

 131 km Key Bike Session



The ride combines substantial endurance volume with controlled quality work.

Athletes will experience:

- Long aerobic riding
Sustained tempo / race-specific efforts
- Fuel and hydration practice
- Riding strongly as fatigue develops
- Managing effort in tropical conditions

The goal isn't to race the 131 km.

Instead, this is a **long-course specific training day**, designed to develop the ability to ride efficiently and strongly over a long duration.

 20-30 min Controlled Brick Run

A short transition run follows the ride. The emphasis is on running comfortably off tired legs and developing race-specific familiarity.

Training focus:  /  Key endurance day

Overnight: Armonia Village Resort & Spa

Meals: Breakfast, Lunch & Dinner

Day 6: Recovery Day

Easy Swim + Optional Recovery Run



After the big Day 5 ride, the camp deliberately backs off.

 **2,500–3,000 m Easy Swim**

A longer but relaxed swim focused on:

- Technique
- Efficiency
- Relaxed aerobic swimming
- Recovery
- Open-water confidence

 **20–30 min Very Easy Run**

A short recovery run for athletes who are feeling good.

This session is deliberately flexible.

Athletes carrying fatigue can reduce the run or skip it altogether.

Training focus: ● Recovery

Overnight: Armonia Village or similar

Meals: Breakfast only.

Day 7-9 Mangroves, Lakes & The Final Push

Day 7: Chumphon - Sawi

80 km Hard Bike + Moderate Brick Run
(🚲 80 km Quality Bike)



This is the camp's hardest bike session from an intensity perspective.

Following a thorough warm-up, athletes will complete several controlled threshold efforts before returning to aerobic riding.

The aim is strong, high-quality work without turning the session into an all-out race.

Training focus: 🔴 Hard

🏃 45–60 min Moderate Brick Run

The bike is followed by a controlled steady run.

This is a race-specific session rather than another hard running workout.

Training focus: 🟡 Moderate

Overnight: Velaytalay Resort
Meals: Breakfast, Lunch & Dinner.

Day 8: Sawi - Surat Thani (164 km) BIG BIKE DAY

🚲 164 km Long Aerobic Ride



This is the biggest pure endurance stimulus of the camp.

Bike only.

- No swim.
- No run.
- No intervals.

The day is about:

- Consistent pacing
 - Long-distance endurance
 - Nutrition and hydration
 - Heat management
 - Efficient riding
 - Fatigue resistance

Athletes will have the opportunity to put everything they've practised during the camp into a genuine long-course endurance day.

Training focus: 🟢 Long Aerobic

Overnight: S22 Surat Thani Hotel
Meals: Breakfast & Lunch.

Day 9: Surat Thani - Cheow Lan Lake (85 km)

85 km Race-Specific Bike + Strong Lake Swim



Following the huge Day 8 ride, the focus shifts from volume to race specificity.

Most of the ride remains aerobic, with controlled sections around planned race effort.

Training focus: 🟡 Moderate / Race-specific

🏊 2,500–3,500 m Cheow Lan Lake Swim

The highlight of the swimming programme.

Athletes will progressively build from easy swimming into sustained strong aerobic and race-effort sections.

The session provides a unique opportunity to practise:

- Strong open-water swimming
- Sighting under pressure
- Maintaining technique while fatigued
- Continuous swimming
- Race rhythm
- Adapting to a completely different open-water environment

Training focus: 🟡/🔴 Moderate to Strong

Overnight: Phutawan Raft
Meals: Breakfast, Lunch & Dinner.

Day 10: Final Ride to Phuket

99 km · 643 m Elevation · Jungle Climb



The route takes us through scenic countryside and tropical landscapes towards Phang Nga.

The highlight is the famous:

🌴 Jungle Climb

A final climbing challenge before a rewarding descent towards Phang Nga.

The final ride is designed to be challenging but enjoyable — a chance to put the accumulated training to work while taking in the scenery and enjoying the final day together.

Highlights

- Final ride towards Phuket
- The famous Jungle Climb challenge
- Tropical jungle scenery
- Scenic countryside
- Rewarding descent
- Farewell lunch with the group in Phang Nga

After lunch, the group transfers approximately one hour to **Nai Yang Beach in Phuket**, where the tour concludes at approximately 4:00 PM.

Training focus: 🟡 Endurance + Climbing

Meals: Breakfast & Lunch.

Tour Ends: Nai Yang Beach, Phuket (approximately 4:00 PM)

- ✅ An epic triathlon training camp led by a former Professional Cyclist and multiple age group world champion triathlete, and organized by one of Thailand's leading cycling tour companies

Training Summary - *Cycling*

Total cycling: approximately 773–817 km 

Day	Distance	Training Focus
Day 2	65km	 Easy
Day 3	115km	 Long Aerobic
Day 4	78km	 Tempo
Day 5	131km	 /  Key Long / Quality
Day 7	80km	 Hard / Threshold
Day 8	120-164km	 Long Aerobic
Day 9	85km	 Race-specific
Day 10	99km	 Endurance + Climbing

Training Summary - *Running*

4 runs across the camp, with the Day 6 recovery run flexible.

Day	Duration	Training Focus
Day 3	25-35min	 Easy
Day 5	20-30min	 Controlled Brick
Day 6	20-30min	 Recovery / Optional
Day 7	45-55min	 Moderate / Race-specific

Training Summary - *Swimming*

4 Swims, including two ocean sessions and the spectacular Cheow Lan Lake swim.

Day	Distance	Training Focus
Day 2	1,500–2,000m	 Easy Ocean
Day 4	2,000–2,500m	 Moderate Ocean
Day 6	2,500–3,000m	 Recovery
Day 9	2,500–3,500m	 /  Strong Lake Swim

Who Is This Camp For?

This camp is ideal for athletes who want to:

- Build long-course cycling endurance
- Prepare for an Ironman or other long-distance triathlon
- Develop fatigue resistance through consecutive training days
- Practise bike-to-run transitions
- Improve race-specific cycling fitness
- Gain confidence swimming in open water
- Experience training in a hot and humid environment
- Combine serious training with an incredible cycling adventure

The programme is challenging, but the emphasis is on **smart endurance training rather than racing every kilometre**.

Athletes should be comfortable completing long-distance rides and managing multiple consecutive training days.

What's Included & Need to Know

✓ Included

- 9 nights in 3-4★ hotels + breakfast
- 6 dinners, 8 lunches, snacks & drinks on rides
- Jersey, rucksack & water bottle
- Professional guide + support minibs

Optional Extras:

- Carbon or aluminum road bike rental
- Extra night at Mode Sathorn Hotel in Bangkok
- Extra night at Proud Phuket Hotel or Howard Johnson by Wyndham Nai Yang Phuket
- Airport transfer from Bangkok Airport to the hotel
- Tips for guides (at your discretion)

Essentials

- Bring: helmet, cycling shoes, pedals, 1-2 inner tubes
- Personal Swimming / Running accessories
- Travel insurance required
- You are also very welcome to bring your own bike. However, we recommend bringing a **road bike rather than a triathlon bike**, as road bikes are generally better suited and safer for group riding.

Contact Us

In case of any issues or emergencies during your trip, please contact:

- You can also reach us via email at info@thailandcycletours.com.

Thailand Cycle Tours

Ls Sport Thailand Co. LTD

551 Moo 1 Hin lek fai, Hua Hin, Prachuap Khiri Khan 77110

Email : info@thailandcycletours.com

Tel : +66(O) 93 134 4655 (Office)

Tel : +66(O) 63 256 7802 (Sirinan Kirch)

