

## TRIATHLON TRAINING CAMP INFORMATION PACK

**Event:** DXB Triathlon Training Camp | **Dates:** 19-22 February & 26-29 March 2026 | **Location:** Oceanic Hotel, Khorfakkan, UAE

Dear Triathlete,

I would like to take this opportunity to thank you for choosing to be a part of the DBT Triathlon Training Camp tradition. It's incredible to reflect on the journey from 20 years ago when, as a young sports student at TUKS, I dreamed of bringing all my triathlon friends to train together in Pretoria. This dream has led to an amazing journey, providing a platform to meet over 1,500 triathletes and develop my coaching skills while racing on the world stage for nearly 15 years.

After this camp, you will not only walk away better prepared for your next race season, but you will also have experienced a life-changing week, sharing your passion with fellow athletes.

***Below, you will find more information about the camp and what to expect.***

### 01 Training Ground

Our camp takes place in the beautiful East Emirates, located in Khorfakkan – an idyllic escape set on acres of UAE's picturesque East Coast tucked away in the coastal town of Khorfakkan. With a secluded beach, warm sand, gleaming waters and lush greenery set in the spectacular rolling hills of the Hajjar Mountains.



### 02 What to expect at camp

Our technique balances core and flexibility exercises, race planning, nutritious meals, personal coaching advice, injury prevention, and recovery.

Our proven strategy can boost fitness and endurance levels. As most of the UAE is flat for cycling, the east coast along some Jebal mountains offers spectacular riding at an altitude of almost 1000m – you will experience great training on amazing routes, which soar above that average altitude.

DBT focuses extensively on each triathlon sport - thoroughly covering all disciplines.

During camp, we evaluate each athlete's swim stroke, and we give advice on running and cycling performances. The cycling focal point will be on technique, pack-riding proficiency, and time trial position. Plus, we will give information on physiology, nutrition, bicycle set-up, and pacing strategies.

Additionally, Gerhard and his experts will hold seminar and Q&A sessions where you will learn about race day preparations, training plans, pre and post day nutrition, and the importance of keeping a positive mental outlook.

Transforming you into a smarter, better-equipped athlete is our mission. Gerhard will answer as many questions as you like!

The number of camp participants will be limited to guarantee that everyone gets the utmost possible attention from Gerhard and his team. At DBT, we urge everyone to have fun! We ensure our athletes are surrounded in a laid-back setting that promotes an exciting, and social atmosphere.



## 03 Meals

### Food plays a paramount role at DBT.

Our dietary program is assembled around healthy nutrition, consistency, and balance. Our camp chef obtains local ingredients to ensure that the menu remains nourishing and fresh. We teach our athletes the importance of good nutrition and how it can improve their athletic abilities. We provide wholesome meals with an emphasis on fresh vegetables, fruit, high quality carbohydrates, and lean protein.

This camp is full board, which supplies 3 daily full-board meals – cater for our athlete's dietary needs, so please provide us with any special food requirements or requests in advance.

Our chef can accommodate vegan, vegetarian, gluten-free, nut allergy, and lactose intolerant options upon demand. If we are unable to supply your dietary request, we will inform you prior to your arrival. You are also welcome to bring some of your favorite snack items.

## 04 Getting to Khorfakkan

Many of our athletes arrive by vehicle, however, we can also arrange for you to be picked up at O.R. Tambo International Airport (JNB) by a trusted driver for a minor fee. We are more than happy to manage all of your transportation needs. After all, you are here to train and have fun – not fidget with maps or satellite navigation!



### By plane

Dubai, Sharjah International Airport is the nearest airport. We can provide all transfers to our base to/ from the airport.



### By road

- **Duration:** ± 1.5 - 2 hours (around 140km).
- **Route:**
  - Take E611 or E88 to Sharjah-Kalba Road (E102), then head to the Khorfakkan Road (S142).
  - The route passes through the Hajar Mountains, providing stunning views.
- **Tip:** *There are parking areas and scenic stops, such as the Al Rafisah Dam, worth a visit on the way.*

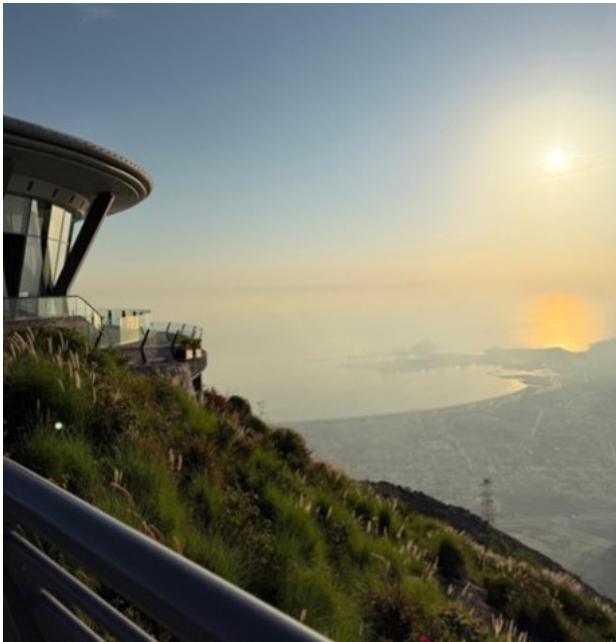
*\* The above driving times are approximations. Road and weather conditions, traffic, etc. will affect driving times and distances*



## 05 Accommodation

**DBT Triathlon Training Camp** delivers a hospitable setting that assists in the 3 R's: rest, relaxation, and recovery.

Oceanic Hotel offers hotel rooms, 2-bedroom chalets and a variety of hotel activities, spa, gym, jacuzzi, pool, bar and restaurants. The beach has crystal clear water for swimming and offers a peaceful tranquility for your stay.



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## Training camp package includes

- ✓ Personal coaching from pro triathlete Gerhard de Bruin & International team.
- ✓ Accommodation at Oceanic Hotel.
- ✓ Guided rides on some of the most beautiful roads in the world
- ✓ (3) Full board meals per day by our resident chef.
- ✓ Freshly ground coffee, tea, hot chocolate, farm fresh milk, juice, and water for the week.
- ✓ Vehicle support on all bicycle rides and bike mechanic support.
- ✓ Open water swimming with swimming evaluation.
- ✓ Seminars and Q&A sessions with Gerhard and his team.
- ✓ Professional massage therapy treatments.
- ✓ Secure bike storage. Outdoor.
- ✓ Superiorhill training for strength on the bike.

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## Not included in the training camp package

- ✗ Transport to the camp.
- ✗ Accommodation before or after camp date. Travel and/or bicycle insurance
- ✗ Bicycle Hire - can be arranged per day.
- ✗ Special dietary requirements (additional charges apply)
- ✗ Flights
- ✗ Laundry services.
- ✗ Airport transfers.

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## Training camp fees per person (All Inclusive)

### Villa Sharing

**2 Nights: AED 2400**

**3 Nights: AED 3500**



### Villet Sharing

**2 Nights: AED 2400**

**3 Nights: AED 3500**

### Villet Own Room

**2 Nights: AED 4000**

**3 Nights: AED 5100**



### Hotel Sharing

**2 Nights: AED 1800**

**3 Nights: AED 2600**

### Hotel Own Room

**2 Nights: AED 2000**

**3 Nights: AED 2900**



*\*Places are limited. All rates quoted per person staying the full duration. Preference will be made to athletes wanting to stay the full duration, as camp is limited.*

## 9 Bank details

WIO	
Name	<b>Performance Triathlon For Personal Sport Coaching Services L.L.C S.O.C</b>
IBAN number	<b>AE610860000009541349652</b>
BIC	<b>WIOBAEADXXX</b>
Business address	<b>Al Athar Street, Unit 2 La Plage 2, Jumeirah, DXB, Dubai, United Arab Emirates.</b>

\* PayPal options are available.

## 10 Deposit & Cancellation

A deposit of **AED 2500.00** is required to secure your spot.

Balance is due 5 days prior to start of the camp.

If you wish to cancel your camp reservation, DBT Triathlon

Training Camp must receive a written confirmation from the individual who paid the fee.

If cancelled 10 days prior to the start of the camp, a refund will be made less 50% administrative fee.

If cancelled 5 days prior to the start of the camp, there will be NO refund.

If we cancel a camp session for any reason, we will happily refund you the full amount of your camp fee. However, we cannot be held responsible for your flight expenses or any other travel

Thank you again for choosing DBT Training!

If you have any other questions, please do not hesitate to contact me.

