

Oceanic Training Weekend away
21st - 24th July 2021

Wednesday, 21st July

Check in and day at leisure. For those who arrive in time for dinner we will have dinner together.

Thursday, 22nd July

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| 4:30 am | Meet for a pre-training snack |
| 5:00 am - 7:30 am | Al Aqua rd and Rafisah dam ride (shorter options will be available) |
| 8:00 am | Breakfast |
| 9:00 am - 9:30 am | Openwater swim (I would like to make the most of being able to swim in the sea as we don't get this opportunity over Summer in Dubai. |
| 9:30 am - 5:30 pm | Time at leisure |
| 5:30 pm | Meet in lobby to leave for the run venue. |
| 6:00 pm - 7:00 pm | Running (Hopefully interval runs on a track). |
| 7:30 pm | Dinner |

Friday, 23rd July

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| 4:30 am | Meet for pre-training snack |
| 5:00 am | Leave for secret road |
| 5:30 - 7:30 am | Repeats of Secret Road |
| 8:30 am | Breakfast |
| 9:00 - 9:30 am | Sea swim |
| 9:30 - 5:30 pm | Time at leisure |
| 5:30 pm | Meet in lobby to go to run venue |
| 6:00 - 7:00pm | Scenic village run |
| 7:30 pm | Dinner |

Saturday, 24th July

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| 4:30 am | Meet for pre-training snack |
| 5:00 am | Leave for Secret road |
| 5:45 am | 21km bike/4 km run brick (trail running shoes are probably better but normal shoes work too. |
| 9:00 am | Breakfast and check out at leisure. |

Cost (inclusive of rates and taxes; per standard room, per night; full board):

AED 500 for single occupancy

AED 600 for sharing

To reserve: Please contact Ian directly as rates may vary if anything other than a standard room is required.

Contact: +971 56 180 2229