

Adriatic Coaching Hvar Triathlon Training Camp by Valamar 2025

Adriatic Coaching
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Adriatic Coaching Camp is situated on the island of Hvar in the town named Stari Grad. Through this camp Dejan Patricevic will be offering training services to beginner and intermediate athletes. Dejan will do all the workouts and lectures during the camp.

Camp is in total 6 days long. Athletes can stay minimum 3 days long and during any part of the camp, depending on their preference.

Camp will share ideas of Adriatic Coaching methods and will offer each athlete a perfect combination of Hvar diversities & nature. Athletes will learn the importance of patience in their training and how to use it as a great tool during the race time.

Number of camp participants is limited to 10 athletes (number do not include family members)

Each athlete is responsible for their travel and accommodation arrangement to Stari Grad at Hvar. We recommend taking the ferry from Split to Stari Grad (direct line) and staying in Valamar resort**** in Stari Grad (Official Camp partner with discounted prices)

Athletes can come without a car to the island. Once athletes join the camp no transfers will be needed as everything is organized in one place - swim, bike and run workouts. However it's always convenient to have a car on the island as it can be used for trips from Stari Grad port to an accommodation location (10 min drive).

Join us and experience the morning open water swim in a very nice and calm Adriatic sea lagoon, bike on the amazing Hvar roads and run through a historical valley protected by Unesco. You will be inspired by Adriatic!

Price for coaching services (TAX not included)

3 days - 300 EUR

6 days - 550 EUR

CAMP SCHEDULE (First Week Date: 25.08.-30.08.2025, second Week Date*: 01.09-06.09.2025).

***The schedule for the camp in September is the same as in August!**

Arrival: Sunday Aug 31, 2025

For athletes who arrive earlier that day, running and swimming will be organized.

Monday, Aug 25, 2025

1. Run 9AM, 60 minutes in two groups. Fast group is 5:00/km to 4:30/km. Slow group is 6:00/km to 5:30/km. FILMING for video analysis.
2. BRICK Bike+Run, start 2PM, 2 hours fartlek in two groups (all groups ride first 8 km together until the cross section). The slower group makes to laps around Dol and Vrbanj, the faster group makes three laps. Running is optional- after the bike 20 minutes ZONE 2-3.
3. 6 PM, 30 minutes stretching and core exercises for triathletes. Mats will be provided by Adriatic Coaching.

Tuesday, Aug 26, 2025

1. Open Water Swim 9 AM- one lap in total 1500m swim. Pace is moderate.
2. Bike starts at 12 PM, 2,5-3 hours (all groups ride the first 10km together until the cross section). After that all are turning back towards the new street to Hvar, uphill to Brusje, Vidikovac and downhill back to Stari Grad.
3. Run starts at 5:30PM, 45 min ZONE 2, two groups. Fast group is 5:00/km to 4:30/km. Slow group is 6:00/km to 5:30/km.
4. Lecture start at 7 PM, Run posture and specific running in triathlon (Lecture takes place in the old town Stari Grad with healthy snacks)

Wednesday, Aug 27, 2025

1. Long Bike starts at 9 AM- Stari Grad- Dol-Vrbanj-Pitve-Sv. Nedelja and back. FILMING for video analysis.
2. Run starts at 3 PM, 60 minutes, ZONE 2 with optional 15-10 ZONE3.
3. 6:00 PM, 30 minutes stretching and core exercises for triathletes. Mats will be provided by Adriatic Coaching.

Thursday, Aug 28, 2025

1. Open Water Swim starts at 9 AM- two laps in total 3000m swim. Pace is moderate.
3. BRICK bike+run starts at 11 AM. One lap around Dol ZONE 3 in Aero position+10km running ZONE 2-3.
4. Lecture start at 7 PM, Bike posture and specific cycling in triathlon (Lecture takes place in the old town Stari Grad with healthy snacks).

Friday, Aug 29, 2025

1. Open Water Swim starts at 9 AM- one lap in total 1500 m swim. Pace is moderate.
2. Interval bike uphill starts at 11 PM- Selce, 4x5min uphill to Selce (please take care at downhill- easy). Intensity is zone 3-4 (RPE 5-7)
3. Core&More starts at 6 PM, 30 minutes stretching and core exercises for triathletes. Mats will be provided by Adriatic Coaching.

Saturday, Aug 30, 2025

1. Run 9AM, 60 minutes in two groups. Fast group is 5:00/km to 4:30/km. Slow group is 6:00/km to 5:30/km. FILMING for video analysis.
2. BRICK Bike+Run, start 2PM, 2 hours fartlek in two groups (all groups ride first 8 km together until the cross section). Slower group makes two laps around Dol and Vrbanj, the faster group makes three laps. Running is optional- after the bike 20 minutes ZONE 2-3.
3. 6 PM, 30 minutes stretching and core exercises for triathletes. Mats will be provided by Adriatic Coaching.

Sunday, May 25, 2025

END of the camp
Departure (Catamaran or Ferry)