



# triathlions



TRICATIONS are a premium and unique  
experience for any age group  
triathlete, to share how an elite  
pro thinks, trains and races.

10TH – 16TH DECEMBER 2023

SUPPORTED BY



World  
Triathlon

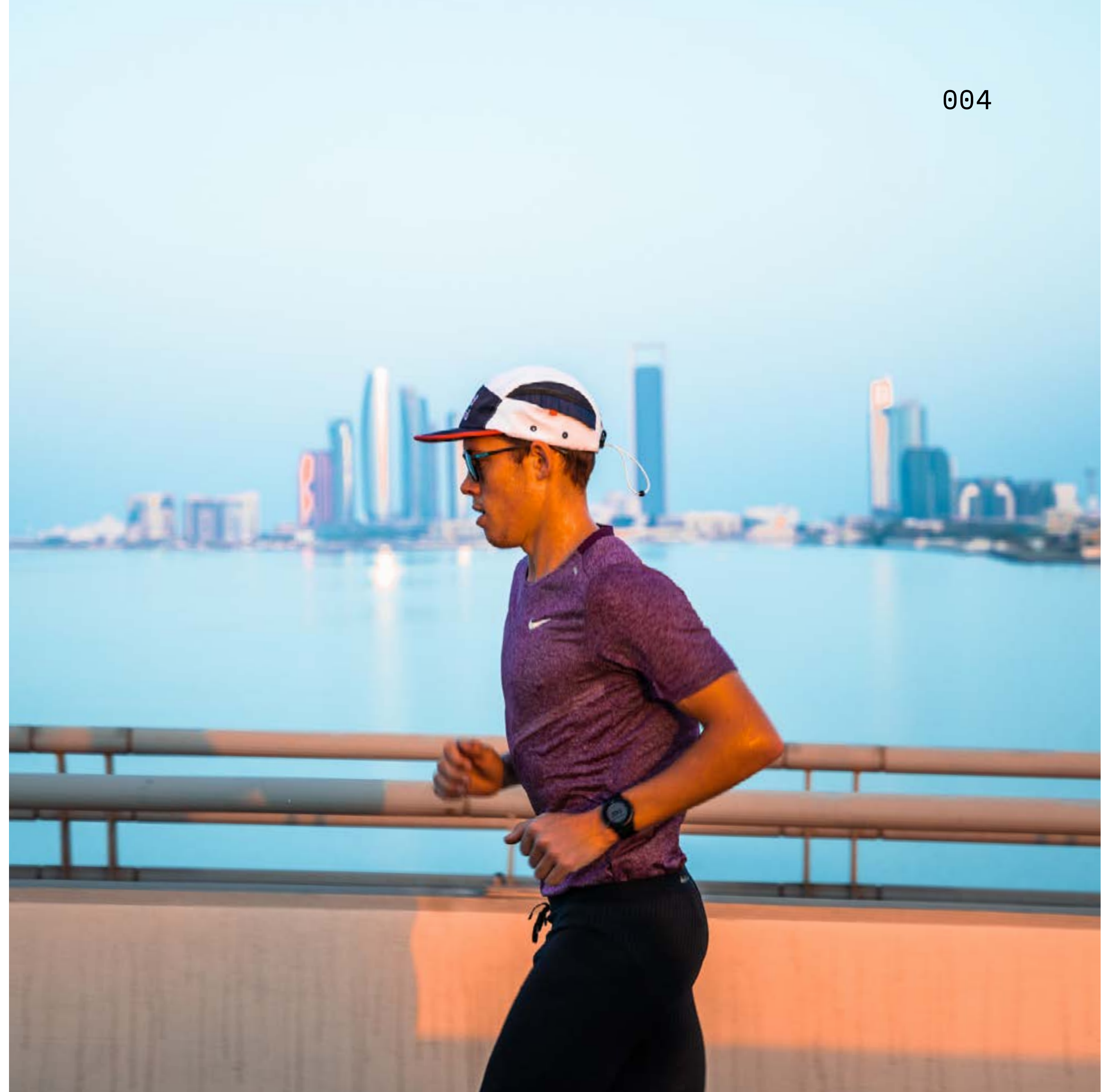


IMMERSE  
YOURSELF IN  
A UNIQUE  
TRIATHLETE  
EXPERIENCE



Renowned for its luxury landscape, our location; Abu Dhabi offers up a level of opulence that is simply unmatched.

TRICATIONS offer you a recreational experience, striking the ideal balance between relaxation and triathlon training, ensuring a complete experience to inspire, rejuvenate, and recharge. This exceptional experience is curated by world-class athlete Hayden Wilde in a stunning location.





# WHO IS HAYDEN WILDE



ZERO

WILDE




Hayden Wilde isn't your typical triathlete; he's a dynamic force of nature. Born 1<sup>st</sup> September, 1997, in Whakatane, New Zealand, Hayden discovered his passion for triathlon at a young age and has since become one of the most exciting and talented athletes in the sport.

'The Maltese Falcon', perfectly captures his fearless and unpredictable style on the triathlon course. He's known for his electrifying race tactics, unpredictable moves, and an unquenchable thirst for victory that keeps both competitors and spectators on their toes.







A  
TRAILBLAZER  
IN THE  
WORLD OF  
TRIATHLON



“I want TRICATIONS to be a premium and unique experience for triathletes, sharing how an elite pro thinks, fuels and trains.

It will be built around a week with me – we will swim, bike and run together; discuss nutrition, kit, equipment, training, programming and transitions – and recover and relax as a group.

Beyond the programme, there’s the added bonus of having downtime to experience everything an incredible city like Abu Dhabi has to offer.”

**Hayden Wilde**



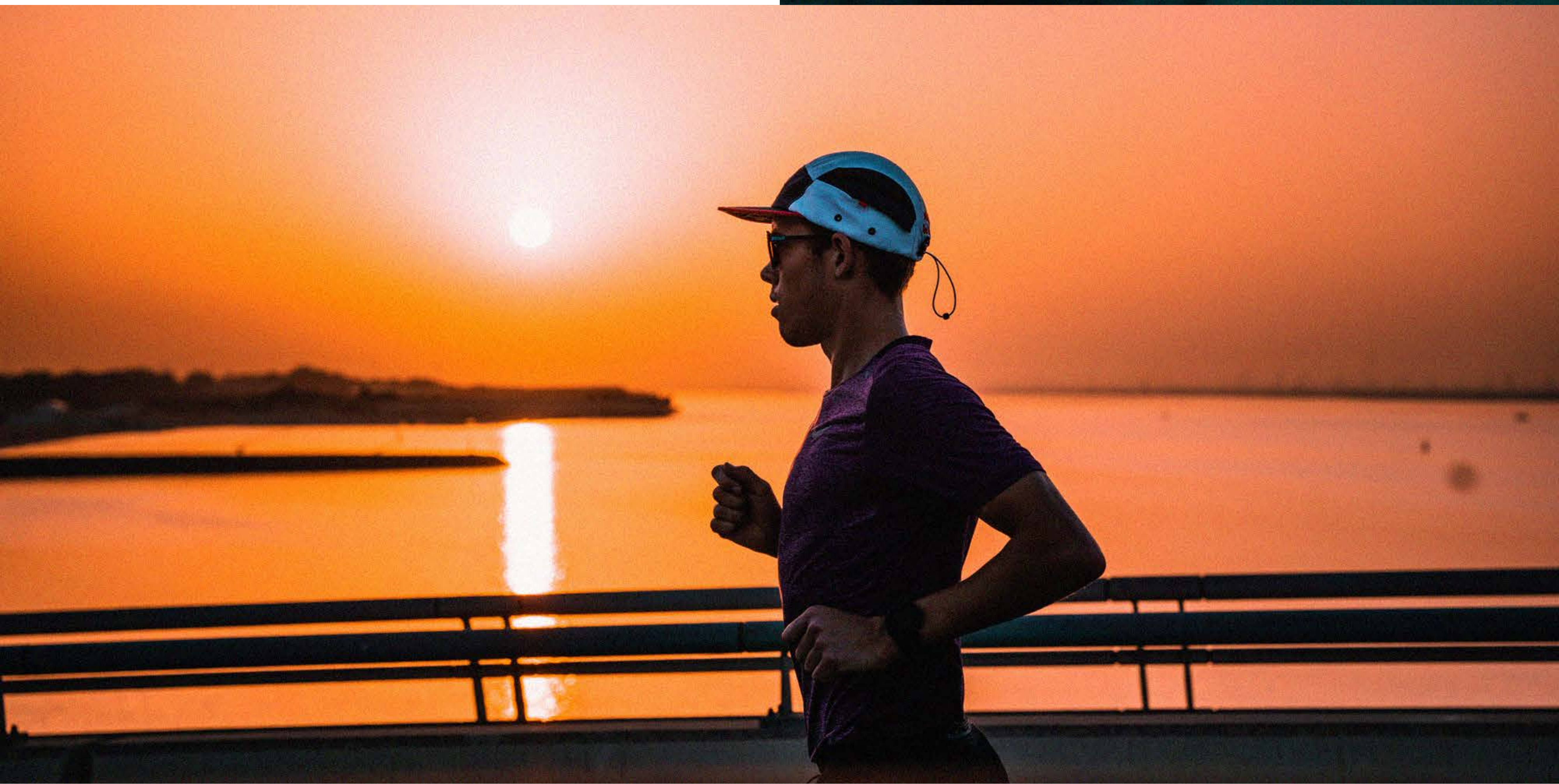


# THE PERFECT TRAINING GROUND

Immerse yourself in a world of cutting-edge facilities, pristine beaches, and state of-the-art sports complexes for your training sessions.

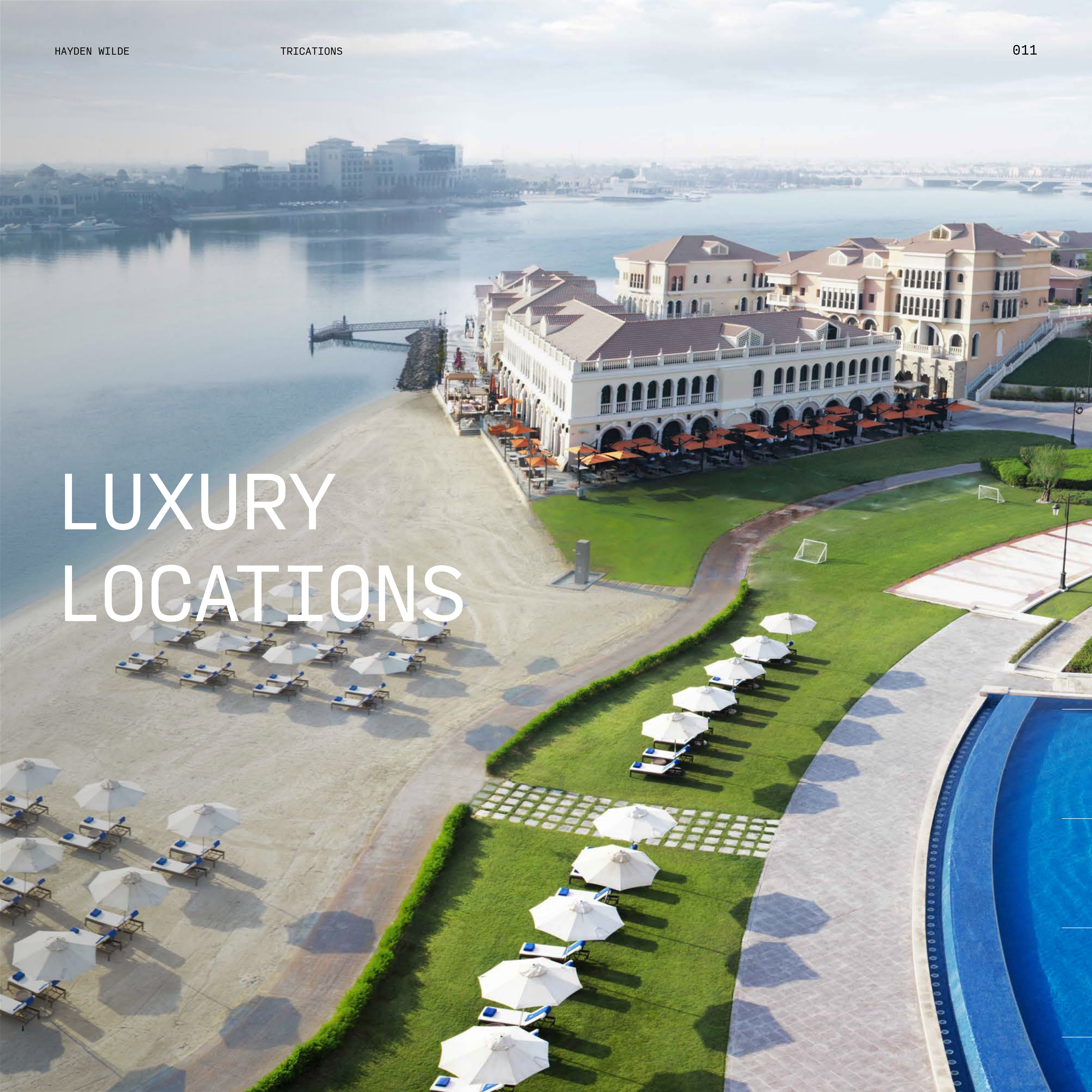


TRICATIONS provide access to some of the world's most stunning training venues, including the 'Yas Marina Formula One Track' where you can cycle through its iconic grounds or run through the vast picturesque dunes. Hayden will lead you through breathtaking landscapes, training in all environments.





# LUXURY LOCATIONS





## ABU DHABI

Abu Dhabi: The ultimate setting for the TRICATION with Hayden Wilde

When it comes to luxury, sophistication, and the perfect blend of opulence and adventure, there's no place quite like Abu Dhabi. And if you're seeking the ultimate triathlete's vacation, then look no further - Abu Dhabi is the destination that will elevate your experience to new heights.

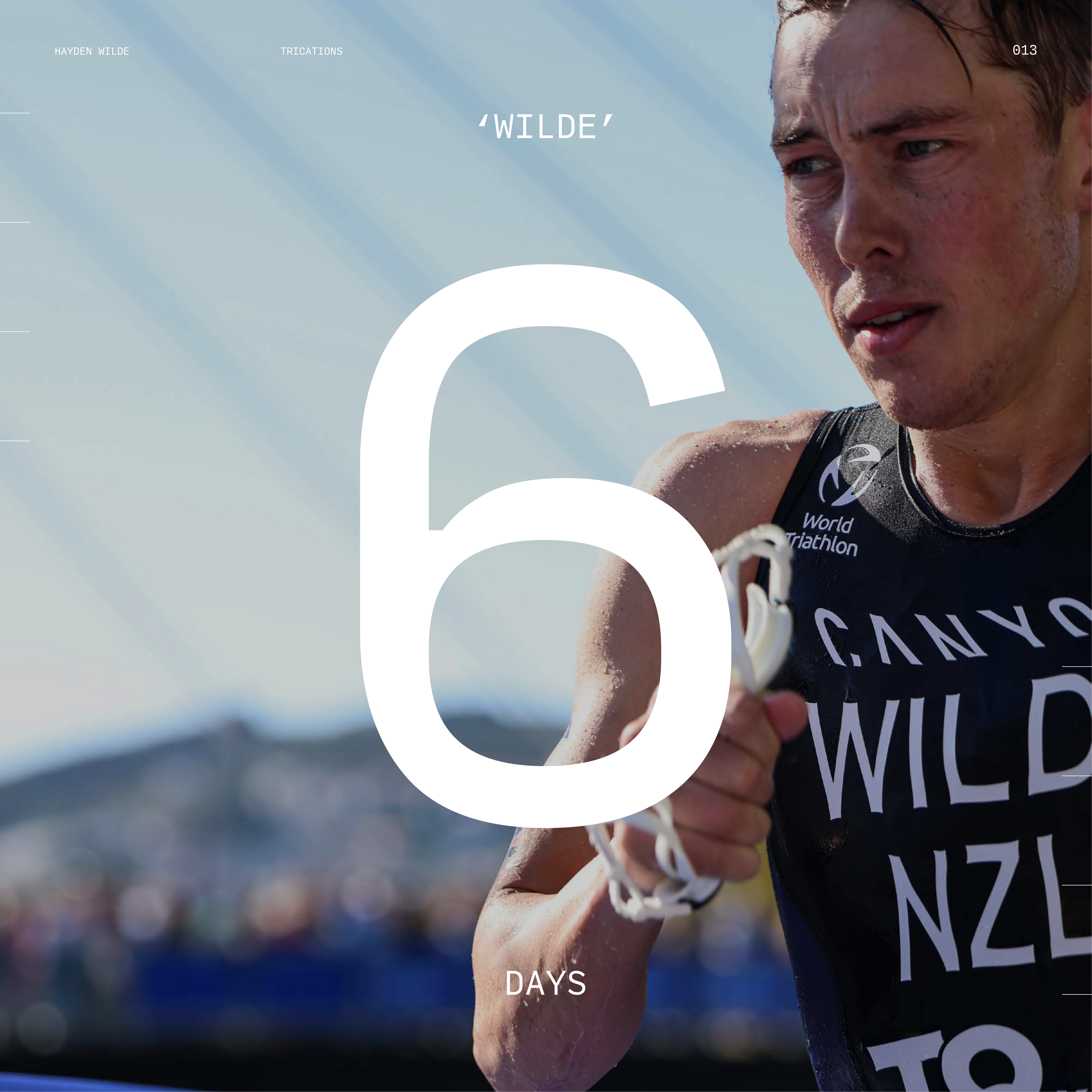




'WILDE'

60

DAYS





## THE PACKAGE

Business class flights with Etihad Airways begin our meticulously designed offering, followed by six nights at the amazing Ritz-Carlton Abu Dhabi Grand Canal; the perfect blend of comfort and elegance, ensuring you rest and recover in style. Enjoy gourmet dining experiences, and unwind in spa facilities that will rejuvenate your body and mind.





## YEAR-ROUND SUNSHINE

Abu Dhabi is an excellent winter destination thanks to its mild weather, perfect for outdoor activities and exploration. It offers a vacation from harsh winter conditions elsewhere and boasts a vibrant cultural scene. Whether you're visiting iconic landmarks or relaxing on the beach, Abu Dhabi is a perfect winter getaway.







## EXPERIENCE ABU DHABI

Take advantage of breathtaking scenery for daily excursions; kayaking through the mangroves and exploring Yas Water World or indulging in shopping and dining experiences. With a multitude of activities to enjoy, you're assured an unforgettable experience.





# THE SCHEDULE

	SUNDAY 10.12	MONDAY 11.12	TUESDAY 12.12	WEDNESDAY 13.12
MORNING		- Meet & Greet - Running session	Optional excursion to Sheikh Zayed Mosque	- Swimming session - Live like a pro Q&A
AFTERNOON	Arrival		Cycling & running session	Optional excursion to Louvre Abu Dhabi
EVENING		Cycling session followed by Q & A with Hayden	Desert Camp Experience	Cycling session
	THURSDAY 14.12	FRIDAY 15.12	SATURDAY 16.12	
MORNING	Running track session	Brick session	- Farewell Run - Optional Kayak tour Mangroves	
AFTERNOON	Optional Excursion to Qasr Al Watan (Presidential Palace)	Farewell BBQ Lunch	Departure	
EVENING	Sunset swim session			



TRICATIONS is an exclusive experience with limited availability. Don't miss your chance to train like a pro, experience outstanding facilities, and discover what Abu Dhabi has to offer.

Secure your spot today to guarantee your position on this exceptional adventure.



PLACES  
AVAILABLE

15



Hayden Wilde's journey in the world of triathlon is just beginning, and it promises to be an exhilarating one. As an aggressive and dynamic runner and cyclist, he has quickly risen to become a formidable force in the sport. Currently ranked as the world number 2, Hayden is making waves as one of the most exciting and promising triathletes on the global short course scene.

Join us in celebrating the incredible journey of Hayden Wilde, a triathlete who knows no bounds. Follow his adventures, races, and triumphs as he continues to make waves in the world of triathlon and inspire athletes worldwide.





SWIM

CYCLE

RUN



EAT

TRAIN

PLAY



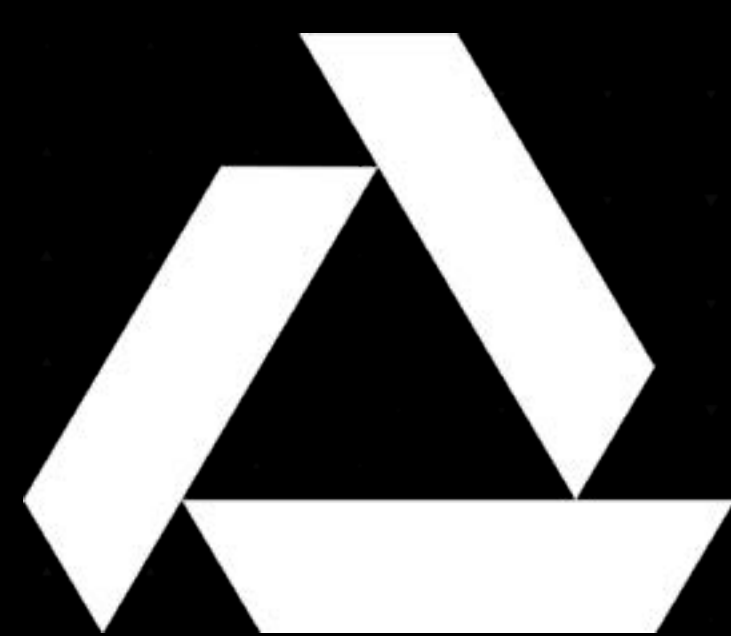
BE  
MORE  
WILDE



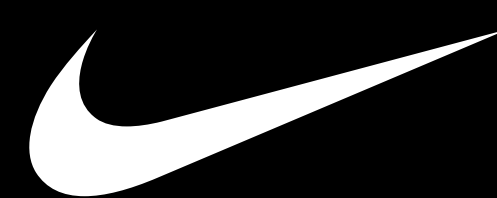
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experience  
**abu dhabi**



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