



AP RACE X BANGKOK PREP SUMMER SWIMMING CAMP

August 2026

Better Than Yesterday





AP Race is a global brand built by Triple Olympic Champion, Adam Peaty OBE, and former training partner and now CEO, Ed Baxter. We aim to use the power and magic of sport to provide unique opportunities and exciting experiences. Our goal is to completely revolutionise competitive swimming.

From our signature AP Race Clinics where swimmers spend a whole day being coached by one of our AP Race Athletes and our world class AP Race Team, to our online educational platform, AP Race Plus, which provides any swimmer, anywhere in the world with world class guidance & support, AP Race is redefining what is classed as the norm in the swimming world.



Being **Better Than Yesterday** is the commitment that when you wake up, every day, you make the decisions and the choices that will lead you towards your goals.

You don't always need to be faster; you don't always need to be stronger but every day you just need to commit to being...

Better Than Yesterday



AP RACE'S COACHING PHILOSOPHY

AP Race's coaching philosophy has been built by our world class athletes, experts and coaches.

We have a simple belief that runs through all of our sessions, Quality Over Quantity. Every decision that is made when AP Race delivers sessions is based on one question.

Will the decisions we make in our sessions make our swimmers Faster or Slower?
Our DNA is based on constant progress, whether it is in the pool or in another area that contributes to an athlete's performance. We aim to make every swimmer we coach...

Better Than Yesterday





BANGKOK PREP SWIMMING CAMP

We are delighted to announce that in August, **AP Race** will be hosting **TWO Summer Swimming Camps** in partnership with **Bangkok Prep International School**. This is your opportunity to spend an entire week being coached by AP Race, learning what it takes to be a world class athlete and kickstart your new season of swimming, the best way possible!

10 X POOL SESSIONS

5X STRENGTH & CONDITIONING / INJURY PREVENTION SESSIONS

5X WORKSHOPS EXPLORING HOW TO MAXIMISE YOUR SWIMMING JOURNEY BOTH IN AND OUT OF THE POOL

PRE POOL BEFORE ALL SWIMMING SESSIONS

CAMP SCHEDULE

Both camps will follow the same structure throughout the week such as, pick up and drop off times however the content within each week will vary to accommodate athletes wanting to test themselves across both camps

Week 1

3 August - 7 August

Week 2

10 August - 14 August

EACH DAY OF THE CAMP, SWIMMERS WILL WORK THROUGH

- **2 Pool Sessions**
 - **1 Strength & Conditioning / Physiotherapy Session**
 - **1 Workshop Based Session which will include Performance Psychology, Performance Lifestyle and other performance themes to maximise the swimming journey.**
-

Across the pool based sessions, a number of different themes will be covered. These will be focused on three key areas: technical, tactical and improving athlete's energy systems' efficiency.

CAMP SCHEDULE

Both camps will follow the same structure throughout the week such as, pick up and drop off times however the content within each week will vary to accommodate athletes wanting to test themselves across both camps

PICK UP/DROP OFF

DAY 1 (MONDAY) OF CAMP	Arrival Time	7:30
	Camp Introduction	7:45
	Camp Start	8:00
	Pick up	16:45
DAY 2 - 4 (TUESDAY - THURSDAY) OF CAMP	Camp Start	8:00
	Pick up	16:45
DAY 5 (FRIDAY) OF CAMP	Camp Introduction	7:45
	End of Camp Presentation	16:45
	End of Camp Presentation	17:15

ACCOMMODATION & FOOD

Please note, this is a **non residential camp**, meaning all swimmers will need to be dropped off and picked up each day from the camp.

Swimmers will have **lunch and a snack provided** each day however we advise that all attendees bring additional food to ensure they have enough fuel for each day.



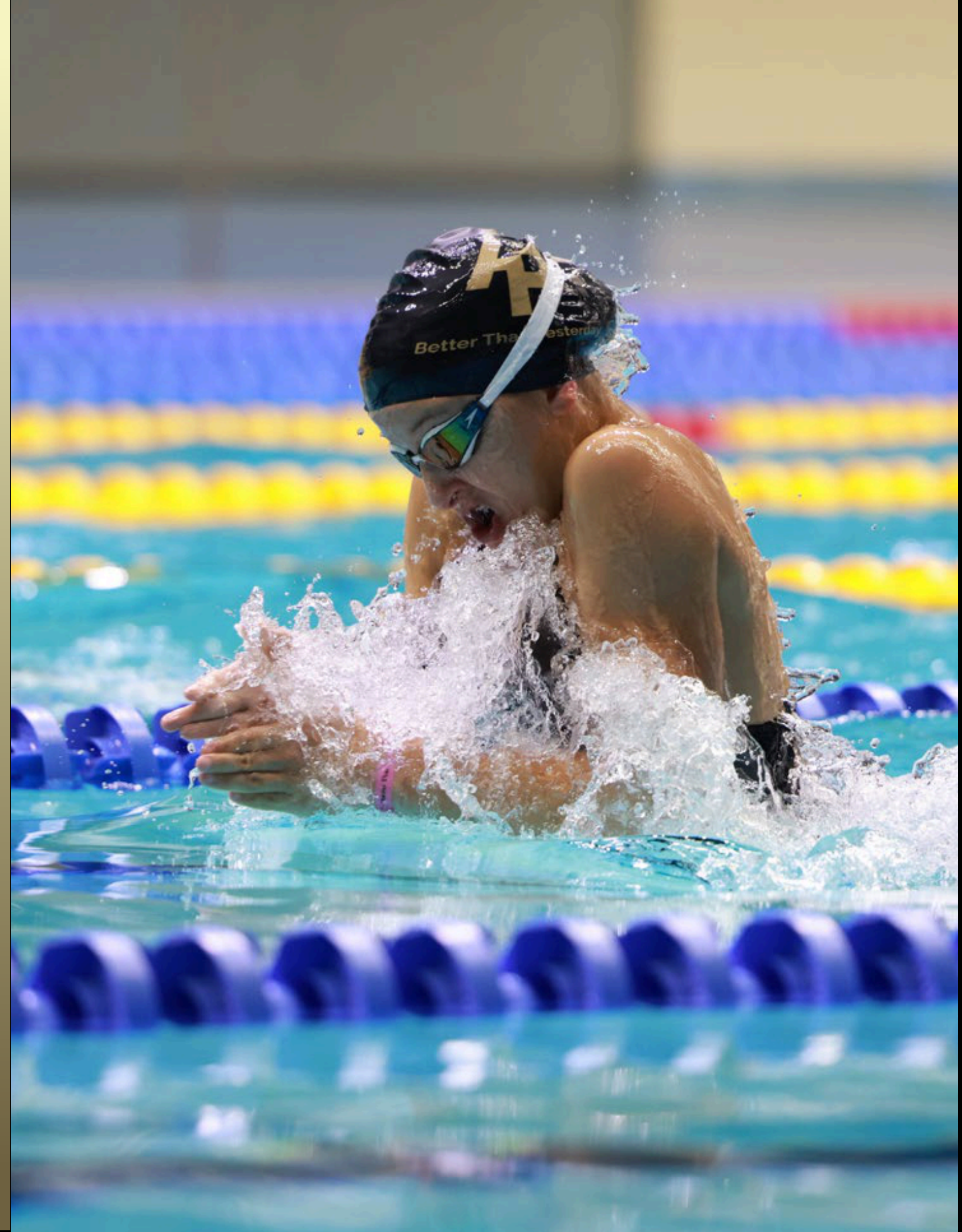
Spaces on these camps are very limited and we are excited to take swimmers through an exciting and challenging week of training. We also have a discount available for swimmers who would like to take part in both weeks of this camp.

Camp Price (One Week) - ฿25,000

Camp Price (Both Week) - ฿45,000

BOOKINGS CLOSE - JULY 13TH 2026

You can secure your space at this once in a lifetime opportunity camp by booking [HERE](#)





We cannot wait to welcome you to our AP Race Camp at Bangkok Prep International School. These camps will provide an incredible opportunity for swimmers to experience what world class training looks and feels like. The AP Race Team is going to help you to become...

Better Than Yesterday

