

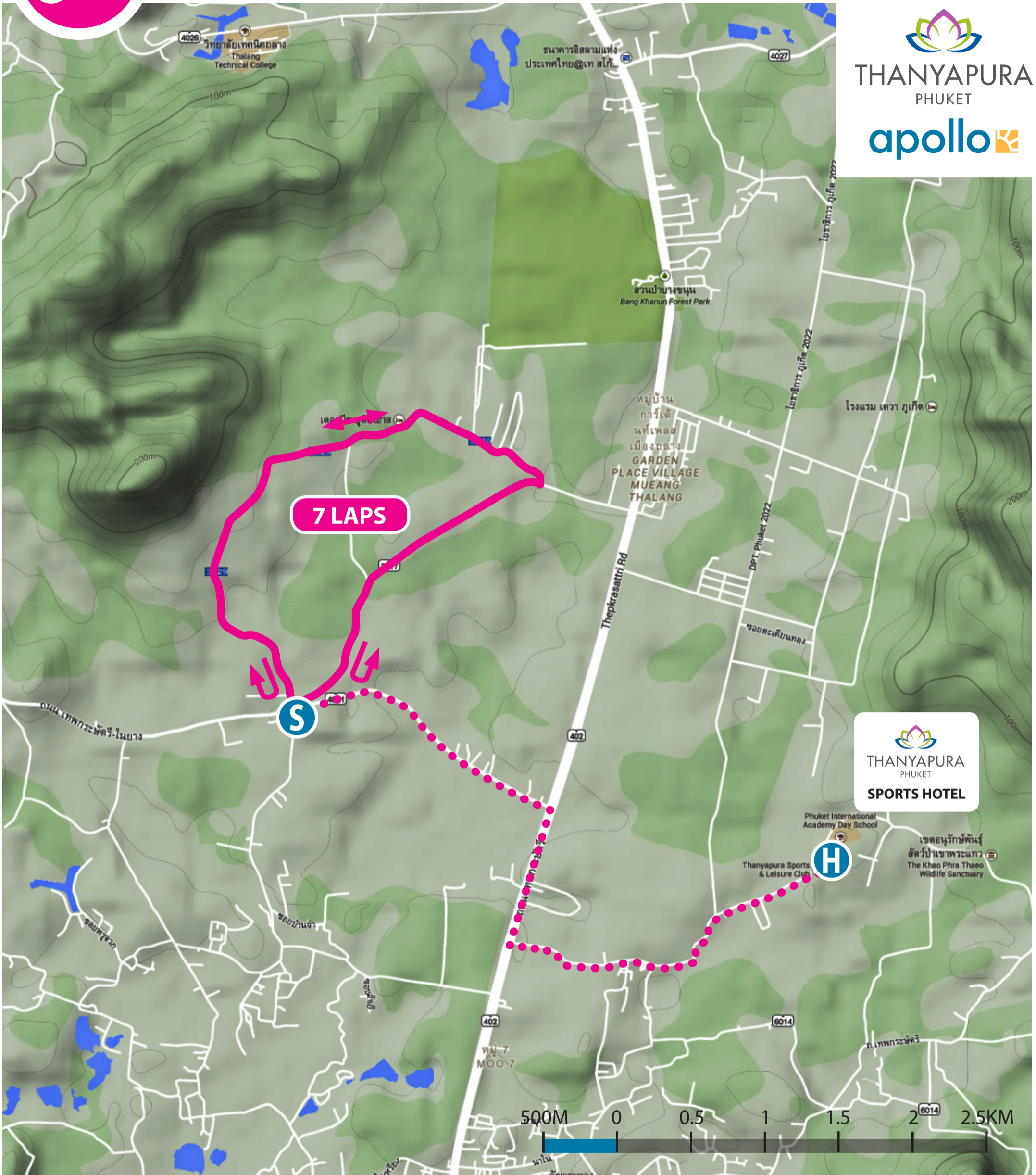


THANYAPURA TT LOOP

70KM



THANYAPURA
PHUKET



ROUTE INFORMATION

Warm up by biking from Thanyapura Phuket to the little village market that symbolize the start.

Take two whole laps around the course to continue your warm up.

Wait at the start. Starting counterclockwise go full speed 5 km on the course until you're back at the start, there turn around and bike on easy gear back the same way you came, (clockwise) to recover. When you are back at the start/market repeat.

When you are done bike back to Thanyapura Phuket! GOOD LUCK!