

EV X SAMUI TRAINING CAMP

Train. Recover. Explore.

21 - 27 NOVEMBER 2026

KOH SAMUI, THAILAND

EXPLORAR RESORT

7 days / 6 nights

Coached by Evgeniy Glushkov

4x CrossFit Semifinalist & National Champion

A week of high-quality training, real recovery, education and island adventure
— scalable for every level and capped for a truly personalized experience.

SAT
21

Arrival & Welcome

Airport transfers and check-in. Movement screening with a personalized plan targeting your individual weak points for the week. A light team workout to break the ice and build the group bond, followed by a welcome dinner.

SUN
22

Baseline

Morning mobility before breakfast. Mid-morning benchmark workout — your measurable starting point. Afternoon gymnastics skills clinic (muscle-ups, handstands, pull-ups). Ice bath + sauna recovery. Evening nutrition lecture.

MON
23

Strength & Skill

Pre-breakfast mobility to prime the body for heavy lifting. Mid-morning Olympic weightlifting technique session. Afternoon pool workout. Recovery: massage, sauna. Evening mindset & mental-performance lecture.

TUES
24

Recharge & Active Recovery

Early-morning hike before the heat. Afternoon Zone 2 recovery work to flush the legs and aid adaptation. Evening sunset yoga. A lighter day to let the body absorb the week's work.

WED
25

Build

Beach run before breakfast. Mid-morning beach / sand workout. Afternoon strength + conditioning. Ice bath + sauna. Evening talk: programming your own training for when you're home.

THU
26

Throwdown & Celebration

Morning mobility. Mid-morning benchmark retest — see your progress from Day 2. Afternoon in-house competition with heats, scoring and prizes. End Afternoon & sunset cruise followed by closing dinner — the celebration finale.

FRI
27

Farewell

Optional sunrise viewpoint hike or gentle recovery mobility. Breakfast, checkout and airport transfers.

THE DAY, EVERY DAY



BEFORE BREAKFAST

Run, mobility or breathwork by the pool



MID-MORNING

Main coached session — strength, skill or benchmark



AFTERNOON

Second session or an island experience



LATE DAY

Recovery: ice bath, sauna, massage



EVENING

Lecture, community dinner or free time

What's Included:

- 6 nights at Explorar Koh Samui
- Airport transfers
- Gym access
- All coached sessions & camp activities
- Recovery (ice bath, sauna, massage)
- Private sail finale
- Welcome package
- Protein shakes
- Individual coaching feedback throughout

