



CAMP OVERVIEW

Get your swimming race ready in style with a triathlon camp on the beautiful volcanic island of Tenerife. With its breathtaking landscapes and enviable climate, Tenerife is the largest of the seven main islands which make up the Spanish archipelago of the Canary Islands, just 100 km off the coast of Morocco.

This coaching camp is the ideal way to ensure that both your body and mind are fully prepared for the open water swim stage, irrespective of your triathlon distance. With our experienced team of professional triathlon and swim coaches to support you throughout the camp, get ready to enjoy some high quality open water swim coaching complemented by video analysis and seminars.

Our autumn camps start your pre-season training in style with a skill development camp, while spring camps are ideally timed to get you race ready. Our focus is on stroke improvement, open water skills and longer swims, to build endurance or speed. Our camps will help you build your swimming performance to the highest standard, where stroke improvement and building endurance and speed is our focus. Your sessions at the state-of-the-art sports complex, Tenerife Top Training (T3), includes swim coaching in the open-air 50-metre pool, as well as comprehensive technique advice and video playback in T3's fantastic glass walled swimming flume.

Based at the Hovima Jardin Caleta hotel in La Caleta, the trip's open water swims take place in the relatively calm waters of Tenerife's picturesque south-west coast, however the nature of ocean swimming here means that water conditions can vary considerably from one day to the next.

WHO IS THIS CAMP FOR?

These camps are a great choice for all triathletes, multi-sport athletes and swim-runners - regardless of experience, ability or race distance. This camp can help athletes looking to develop technical swimming skills, to adapt to swimming in open water and to build upon swim endurance, or strategy. It can also help with applying your pool based speed to triathlon events in open water and develop confidence in changing open water conditions. Triathletes should be able to swim 1km or more in either the pool or open water prior to the start of the trip.

LOCATION SUMMARIES

La Caleta

Once a quiet fishing village situated on the shores of the Atlantic Ocean, La Caleta is our base for the duration of the camp and is located within close proximity of some of the most stunning coastal swims anywhere in the Canary Islands, and within walking distance of the Tenerife Top Training facility.

El Puertito

This tiny fishing hamlet situated two bays north of La Caleta can be reached by walking along the coastal path or, in typical SwimTrek style, swimming. The beach here is idyllic and a great area to swim



in. As well as being a fantastic swim location, the sole bar and restaurant will also keep you coming back - truly one of Tenerife's undiscovered gems.

Tenerife Top Training (T3)

An internationally-acclaimed high performance training centre, the Tenerife Top Training facility boasts 50 and 25-metre open-air pools, a state-of-the-art flume with video analysis suite, indoor & outdoor gym and running trails plus the Free Motion Bike Center is also located on T3's grounds. We have two separate sessions here during the week, including technique coaching in the pool and a video analysis session in the flume.

CAMP SCHEDULE

Start Point	Hovima Jardin Caleta, La Caleta, Tenerife www.hovima-hotels.com
Start Time	17:00 on Day 1
Finish Point	Hovima Jardin Caleta, La Caleta, Tenerife
Finish Time	11:00 on Day 6

Daily Itineraries

Please note that the below daily itineraries are an example of the swims that may take place during the course of the camp, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek coaches and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

You are welcome to check into the hotel any time after 14:00 and relax before meeting up with your coaches and fellow swimmers at 17:00. We meet by the pool of Jardin Caleta where we hold a welcome meeting featuring a description of the days ahead followed by a safety briefing. After settling in, we will have the chance to get to know each other over a welcome dinner at the hotel, included in your camp price, where your coaches are available to answer questions.

Day 2

We begin the day early with a triathlon specific stretching and core session. Then after breakfast, we head up to Tenerife Top Training for an open water skills and coaching session. Skills covered include drafting, sighting, adapting arm recovery and optimising stroke rate. Before lunch you have some time to fit in a run or cycle, or make use of the other facilities at T3.

After lunch at the hotel, we head to the beach for the first open water circuit swim session, where you'll be coached on a range of open water skills and strategies such as drafting, sighting and turns. We will then hold a seminar in the early evening before heading off for some dinner.



Day 3

We start our day early again with tri specific stretching and core work. A well earned breakfast is followed by an open water swim session. This session's focus is on building confidence and endurance, and will be a circuit swim session.

Lunch back in the hotel is followed by a short walk to the Tenerife Top Training centre for a technique coaching session in the facility's state-of-the-art flume. The session is an excellent chance to pinpoint areas for improvement through the use of above and below water filming, video analysis and a handy underwater viewing window. There may also be time for an optional run after our technique session or you can head back to the hotel for a rest before dinner.

Day 4

After our stretching and core work session and a good breakfast, we head for the beach for a skill development and fitness conditioning session, featuring repeats of swims followed by a short run. We'll also practice race specific skills and strategies with a focus on starts, Australian exits-entries, sustaining speed and modified stroke technique. This full-on session will leave us looking forward to lunch and a little recovery time.

After lunch and a rest, we head off on a cliff top walk to El Puertito, otherwise known as Turtle Bay. From here our coastal journey begins as we venture out from El Puertito and swim south, calling into the bays of Gaviotas and Blanca before we finish back in La Caleta. This scenic coastal swim is a pleasant change from our morning circuit work and shows off some of the natural beauty to be enjoyed when open water swimming. We finish off our evening with dinner followed by a seminar.

Day 5

This morning after our stretch & core work session and breakfast, we travel by road to the lovely little village of Alcalá which has a number of interesting rock formations that you can swim out past on our second endurance swim. We keep the coast on our left down to Playa San Juan and enjoy a morning of captivating coastal swimming along this stark, volcanic coastline.

Following our swim, we have lunch at Playa San Juan. This afternoon's session is consolidation of open water skills and strategies. After a short break on the beach, we drive back to the hotel where there should be time for a final seminar and the chance to look ahead to your training after the camp. This evening we share in a farewell dinner where we'll reflect back on the busy week's trip.

Day 6

Following the exertions of your camp, we take a relaxing morning swim in a bay near our hotel before sharing a final breakfast and the camp finishing at 11:00.



CAMP INFORMATION

Equipment Checklist

Please note that SwimTrek will supply swim hats and provide water and electrolyte drinks in shared water bottles on your safety boat. If you prefer to use your own drink bottle or specific nutrition, please ensure you bring it along.

Your daily swimming equipment need only include costume and goggles, optionally you may also wish to bring along other items:

✓	Item	✓	Item
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Pool Fins/ Central Snorkel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Pull Buoy / Kickboard
<input type="checkbox"/>	Wetsuit / Lycra Suit / Rash Vest	<input type="checkbox"/>	Exercice/Yoga Mat
<input type="checkbox"/>	Tow Float	<input type="checkbox"/>	USB Memory Stick**

* Try to bring one clear lens and one tinted lens for different light conditions.

** If you would like a copy of your video analysis, please ensure you bring along a USB memory stick.

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	Item	✓	Item
<input type="checkbox"/>	Small Daypack	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Light Sweater / Fleece	<input type="checkbox"/>	Waterproof Jacket
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Walking Shoes / Sandals
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Aqua Shoes / Sandals

Seminars

In the evenings we plan a variety of seminars delivered by our experienced coaches. An incredibly valuable part of the camp the seminars cover topics such as:

Taking your Triathlon Swim to the Next Level	Sports and Lifestyle Nutrition Guidelines
Strength, Core and Conditioning for Triathlon	Training Planning for Multi-Sport Athletes

Swimming Circuits

Due to the nature of this coaching camp and the range of pace and distance that will be covered by different members of the group, we make use of a series of circuits in locals bays for coaching. Circuit swims allow you to complete your training at your own pace with full safety cover at all times. We will mix these with a few coastal swims for endurance and enjoyment. On coastal swim coaches will instruct swimmers or pacing and order of swimming to maintain group cohesion and safety of all swimmers.



Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as sea lice, jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, however if you suffer from anaphylaxis, please consult the office prior to booking.

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
May	19-21°C / 66-70°F	19-24°C / 66-75°F
November	21-23°C / 70-73°F	21-24°C / 70-75°F

*Please note that these temperatures are indicative and should be used as a guide only. Due to the nature of the Atlantic currents, water temperatures can vary significantly from one day to the next.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. As a consequence, open water swimming holidays require a certain degree of on-camp flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to the camp and will be communicated to you by your SwimTrek coaches as quickly as possible.

Cycling, Running and Walking

There are opportunities for cycling, running and walking during this camp but these will not be coached sessions and no equipment is provided for these activities. The Free Motion Center (www.free-motion.com/tenerife) is conveniently located on T3's grounds and has a good selection of rental road bikes.

Group Size and Boat Support

This coaching camp has a maximum group size of 15 with a coach/swimmer ratio of approximately 1:5. The group will be accompanied by SwimTrek coaches for coaching and safety support at all times.

We may use support boats (RIBs) to transport us to and from some swims, and to provide safety cover. Please note that these RIBs do not have ladders to assist with getting on and off-boat. Please also note that this boat support is subject to change without notice and cannot be guaranteed.

GETTING THERE

The easiest way to get to La Caleta at the start of the camp is to fly into Tenerife South Airport and then catch a either a shuttle or private transfer to the hotel.

While we have outlined various travel options below, they are subject to change and should be used as a guide only. We suggest that you use the following websites to search for alternative flights, taxis and public transport options for this camp:

Flights: www.skyscanner.net

Taxi/Bus: www.hoppa.com



Whichever route you choose to take, we recommend confirming your flights and other travel arrangements as early as possible in order to avoid price rises and availability issues.

Transfer from Tenerife South Airport To La Caleta

As you leave arrivals, the easiest way to travel to the hotel is either by shuttle or private transfer. Both services are available and can be booked using Hoppa (www.hoppa.com).

The speedy shuttle service costs approximately £9 return and the journey takes around an hour, with four stops along the way.

Alternatively a private transfer can be organised for approximately £50 return, for up to four guests, with the journey taking around 30 to 40 minutes to get to the hotel.

Public Transport From Tenerife South Airport To La Caleta

If you wish to see a little more of the island and decide to take the bus to the hotel, you will need to catch the No. 111 from the Tenerife South Airport to Los Cristianos or Costa Adeje Bus Terminal (this is usually the end of the route but please check locally). The cost of this service is approximately €4.

From here, you will need to take the No. 467 to La Caleta. This route has a stop directly outside the Hotel Jardin La Caleta and takes approximately 20 minutes, the cost of the journey is €2.

Car Hire From Tenerife South Airport To La Caleta

Another option to get to La Caleta is by car. Hiring a car for the duration of your stay in Tenerife can be a flexible and useful option. When using a Sat Nav, please enter: Av. de las Gaviotas, 32, 38660 Costa Adeje, Santa Cruz de Tenerife, Spain. The journey from the airport should take approximately 30 minutes and there is street parking available around the accommodation. For more information, please visit www.aena.es/en/tenerife-sur-airport/car-rental.html.

PRACTICAL INFORMATION

Accommodation

Our accommodation for the duration of the camp is at Hovima Jardin Caleta, situated in the small fishing village of La Caleta. This 3-star hotel is located close to the waterfront and a walk to our pool at the Tenerife Top Training Centre.

Our accommodation is based on twin-share rooms with en suite facilities. It is possible to upgrade to a superior room with air-conditioning and side sea view during the booking process, subject to availability. There are also a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.

If you would like to extend your stay in Tenerife and need to book additional nights' accommodation before or after the camp, please contact Tenerife Top Training on +34 922 782 933 or via email: heike@tenerifetoptraining.com. Please note the hotel is very popular during our camp dates, so we recommend booking your extra nights as early as possible in order to avoid availability issues.



Meals

All breakfasts and lunches are included in your SwimTrek package. Lunches are buffet style at the hotel or a picnic style when out during the day. One dinner is also included on Day 1 of the camp. All other evening meals are at your own expense, giving you the choice to have dinner at the hotel, in one of the local restaurants or to make use of the small kitchenette in your room.

Extra Expenses

You should bring extra money with you to cover items such as dinners, drinks, entertainment, souvenirs, etc. The local currency is the Euro (€). The average price of a two-course dinner in La Caleta is €15 - €20.

Passports and Visas

The Canary Islands is part of Spain which is part of the European Union. Non-residents of Spain require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of all E.U. member states, US, Canada, Australia and New Zealand do not require a visa to enter Spain. Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to Spain, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries. Please note that this information is subject to change and you should re-check this site regularly prior to the camp.

Travel Plugs & Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit www.worldstandards.eu/.