



CAMP OVERVIEW

Whether you are preparing for an upcoming 10km swim race, a marathon swim event somewhere in the world, or simply want to challenge yourself, this open water swim coaching camp is the ideal way to ensure that both your body and your mind are prepared for the challenges that you'll face as you push yourself to 10km and beyond.

With a team of experienced marathon swimmers to support you throughout the camp, these six days of open water coaching includes video analysis of your swim technique, as well as key coaching points to improve your overall performance in the water. Q&A sessions with your SwimTrek coaches give you a fantastic opportunity to discuss your progress and focus on future training needs.

After building up the swim distances over the first few days, you will have the chance to complete a full 10km swim to truly gauge the improvement that you've made throughout your time in the water.

Our accommodation in the town of Porto Petro overlooks the marina and is close to swim locations, which helps to optimise the mix of coaching and relaxation time throughout your trip.

WHO IS THIS CAMP FOR?

This coaching camp is ideal for swimmers who are planning to take part in an open water marathon swim event of up to 15km, or those who are looking to challenge themselves in a safe and supportive open water environment.

Whether your marathon swim is in cold water, warm water, in the sea or in a lake, this camp is perfect for those who are looking to improve their stroke and endurance under the watchful eye of our experienced coaches. The camp features long and short open water swims with full safety cover and incorporates technical analysis and a nutrition seminar over the course of your stay.

If you are training for an endurance Long Distance event, like an English Channel solo swim, or similar ultra-marathon, please check out our [Channel and Long Distance Training Camp](#).

LOCATION SUMMARIES

Mallorca

Mallorca, the largest of the Balearic Islands, lies 175 kilometres off Spain's east coast. It's an island of contrasts, with the mountains of the north combined with the flat lands of the west and the cliffs and rocky landscape of the east coast.

Mountainous in both the north-western and eastern sides, Mallorca's centre is generally flat and fertile and is known as Es Pla. The east coast has a number of caves, the most notable being Coves Dels Hams and Coves Del Drach.



Porto Petro

This swim coaching camp is based in Porto Petro, a small fishing village on Mallorca's south-east shore. From Porto Petro, we carry out swims in the local area as well as further afield in Mondragó National Park. Our accommodation overlooks the harbour and its small marina with a handful of restaurants and local bars.

Migjorn Marine Reserve

Situated between Cabo Blanco, Ses Salines and Cala Figuera, it has a total area of 23,000 hectares with a maximum depth of 50 metres. Between Ses Salines and Cala Figuera lies one of the most important areas of seabed for Cleaver Wrasse.

Mondrago National Park

Situated about 4km north of Cala Figuera, it is protected from development and is considered to be one of Mallorca's most beautiful areas with sand dunes, pine forests, beautiful coastline and rocky coves.

CAMP SCHEDULE

Start Point	Niu D'Aus Apartments, Porto Petro, www.niudaus.com/en/
Start Time	17:00 on Day 1
Finish Point	Niu D'Aus Apartments, Porto Petro
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 your coaching 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

We meet at the apartments in Porto Petro for a safety briefing and to discuss the plans for the days ahead. After discussing the swim schedule, we hit the water for the first time for our acclimatisation swim. The coaches will spend time with you discussing your aims and objectives for the week.

Day 2 - Daily Swim Distance: Up to 5km

We'll be up early for a video analysis swim which we will use to discuss relevant technique points later in the day. Today we will be coaching you through 5km of swimming, with a 3km swim in the morning and a 2km swim in the afternoon. Our initial swim takes place in Porto Petro Bay, which is an ideal time for our coaches to begin their review of your stroke for the afternoon analysis session.



Day 3 - Daily Swim Distance: Up to 7km

Today we travel south for a big day of swimming in the Mondragó National Park area. We build our endurance with a 5km morning swim and a further 2km after a well-earned lunch on the boat. Today's swimming includes a detour into breathtaking coastal caves.

Day 4 - Daily Swim Distance: Up to 4km

The sheltered bay of Cala Mitjana, with its overhanging pine trees and tiny beach, is our base for this morning's 4km swim. In the afternoon we hold a pool coaching session to follow up on your stroke technique and to work on open water skills. This is followed by a seminar on nutritional advice and feeding techniques.

Day 5 - Daily Swim Distance: Up to 10km

The Big One! After the preparation, practice, advice and training of the past few days, this swim gives you the opportunity to bring it all together and complete a marathon swim of 10km. To optimise your experience, the precise swim location will be selected based on prevailing weather conditions. We will provide full safety boat cover, with nutritional support during your swim. Once you've had time to shower and recover, time will be set aside for a full Q&A session with your SwimTrek coaches.

Day 6

There's time for one more morning swim session before the camp ends. We swim as a group and it is an excellent time to work on your technique and swap any final information with your fellow guests and SwimTrek coaches.

CAMP INFORMATION

Equipment Checklist

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

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towels
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Small Daypack
<input type="checkbox"/>	High Factor, Water Resistant Sun Cream	<input type="checkbox"/>	Waterproof Trousers / Jacket
<input type="checkbox"/>	Gloves and Warm Socks	<input type="checkbox"/>	Sweater / Fleece / Woolly Hat
<input type="checkbox"/>	Swim Earplugs (if you use them)	<input type="checkbox"/>	Specific Nutrition (optional)
<input type="checkbox"/>	Tracksuit Trousers / Sweatpants	<input type="checkbox"/>	Waterproof Watch
<input type="checkbox"/>	Thermal Underwear / Base Layers	<input type="checkbox"/>	Aqua Shoes

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



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, please feel free to bring one along. If you would like to use a wetsuit, rash vest or fins during your swims, please ensure that you bring these with you.

Group Size and Boat Support

This coaching camp has a maximum group size of 16 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.

Boat support on this camp includes one main boat and two inflatable boats to be piloted by your SwimTrek coaches and a local boat pilot.

Please note that this boat support is subject to change without notice and cannot be guaranteed.

Swimming Circuits

Due to the nature of this coaching camp and the wide range of distances that will be covered by different members of the group, most of our swims take place around a series of circuits in local bays. Circuit swims allow you to complete your training at your own pace with full safety cover at all times.

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as jellyfish, sea lice, 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	18-20°C / 64-68°F	17-21°C / 63-70°F

* Please note that these temperatures are indicative and should be used as a guide only.

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-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek coaches as quickly as possible.

GETTING THERE

The easiest way to get to Niu D'Aus apartments is to fly into Palma Airport and take a taxi transfer to the accommodation. 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 www.skyscanner.net to search for alternative flight options for this trip.

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.



Flights to Palma

To search for available flights into Palma International Airport, please visit www.skyscanner.net.

Transfer from Palma Airport to Niu D'Aus Apartments

From Palma Airport to Niu D'Aus apartments the fastest and simplest way to get there is by taxi. The journey takes approximately an hour and the cost of the service is €80 one way (for up to four passengers). To book please visit www.taxipmi.com. *Please note that reservations must be made at least 12 hours before the required time in order to be guaranteed.*

Public Transport from Palma to Niu D'Aus Apartments

The cheapest form of transport to Niu D'Aus Apartments is by bus. Please note that this journey can take up to four hours due to waiting times between connecting buses and costs between €15-20.

From the airport, catch the Number 1 bus to Palma which runs every 15-20 minutes throughout the day and takes approximately 30 minutes. From Palma, catch the 501 to Porto Petro which runs several times per day and takes approximately two hours.

From the bus station in Porto Petro, it is approximately a 15-minute walk to your accommodation. For tickets and timetables for the above bus services, please visit: www.tib.org/en/.

Car Hire From Palma Airport to Niu D'Aus Apartments

Another option to get to Niu D'Aus apartments is by car. In previous years, guests have hired a car for the duration of their stay in Mallorca and have found this to be a useful option. When using a Sat Nav, please enter: Niu D'Aus Apartments, Calle de Estel d'Argent, 18 07691, Porto Petro. The journey from the airport should take approximately one hour and there is on-site parking available at the accommodation. For more information, please visit: www.palmaairport.info.

PRACTICAL INFORMATION

Accommodation

Our base for the duration of this camp is at the Niu d'Aus Apartments. Located just 10 minutes walk up the hill from the marina of Porto Petro, the apartments are in an elevated position with great views of the bay and hills beyond. The complex includes gardens, a large terrace and small freeform pool. There is free wi-fi and on-site parking for guests, as well as a small bar area where we will hold our seminars and have breakfast. For further information about our accommodation at Niu d'Aus Apartments in Mallorca, please visit: www.swimtrek.com/niu-d-aus-apartments-porto-petro

Our accommodation is based on twin-share apartments with en suite facilities in a combination of standard and sea view rooms. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability. *Please note that all apartments have two single beds and no double bedding is available, however, it is possible to push two single beds together if you wish.*

Each of the 19 apartments in the Niu d'Aus are spacious (approx. 33 square metres) and have both air conditioning and heating. The lounge includes a sofa bed, while the kitchenette has a fridge, microwave and hob. All bedrooms have two single beds.



Pre/Post Trip Accommodation and Trip Extension Options

If you would like to extend your stay in Mallorca and need to book additional nights' accommodation before or after your trip, please contact the hotel directly via: info@niudaus.com. Please note a tourist tax will need to be paid on location.

Food and Drink

Breakfast and lunch are included on this training camp and you can choose to have dinner in one of the local restaurants or make use of the small kitchenette in your room. As all the apartments are self-catering and come with kitchenettes, guests can supplement meals by bringing along other items such as porridge and granola or wholemeal pasta should they wish.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as drinks, entertainment, souvenirs, etc. The local currency in Mallorca is the Euro (€). Please note a tourist tax will need to be paid on location, currently €2.20 per person per night. A local Massage Therapist can be booked locally at the Niu d'Aus Apartments' counter, this is not part of the SwimTrek arrangements and there is a charge of 35€ for 1/2 hour or 65€ for one hour to be paid locally.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

Passports and Visas

Spain 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 most countries, including all E.U. member states, U.S., 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.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information about travel insurance, please visit: www.swimtrek.com/travel-insurance.



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/electricity/plug-voltage-by-country/.