



## Lanzarote Swim & Tri Camp 2027

13th - 18th March Inclusive

Join us for an unforgettable week of swimming in a stunning location, guided by our team of qualified, highly experienced coaches. Our structured programme is designed to improve your technique, endurance, and strength — whatever your current level. We've been open water swimming specialists since the late 1990s and are proud of our reputation for swimming excellence.

### ■■■■ Base Location

Barceló Active Resort, Costa Teguisse

This fantastic venue features a 50m Olympic-sized outdoor pool with an average temperature of 18–24°C — no wetsuit needed!

Participants are encouraged to stay at the Barceló to make the most of the onsite facilities, including the fully equipped gym. If you choose to stay elsewhere, that's fine — but note that only the pool will be accessible (not the gym).

### ■■■■■ Camp Highlights

- Expert coaching with personalised feedback
- 18 hours of pool training in the 50m pool
- Optional bike rides and runs for triathlon training (bike hire not included)
- Video analysis and dry land strength sessions
- Suitable for all ability levels — contact us if unsure

### ■■■■■ Cost & Booking

£499 per person (Includes £150 non-refundable deposit)

Non-swimming partners and families are very welcome to come along and enjoy the sunshine ■■■

Contact Karen at [qswimadventure@gmail.com](mailto:qswimadventure@gmail.com)





■■■■ Not Included

- Flights & Accommodation
- Airport transfers between Arrecife Airport and Costa Teguisé
- Transport to training locations from the main camp hotel
- Bike hire and guides

TRAINING PLAN (May be subject to slight change)

**Friday 12th March**

Meet early pm at Barcelo Active Resort for welcome and Introductions

**Saturday 13th March**

07:00-09:00 - Swim 1

08:30-09:30 – Underwater Video Analysis

11:00-12:00 – Strength & Conditioning Training

14:00-16:00 - Swim 2

**Sunday 14th March**

07:00-09:00 - Swim 3

08:30-09:30 – Underwater Video Analysis

14:00-16:00 - Cycle and Run Tri Training \*Optional Brick Session

**Monday 15th March**

07:00-09:00 - Swim 4

11:00-12:00 -Injury Prevention Workout

14:00-16:00 - Swim 5

**Tuesday 16th March**

07:00-09:00 - Swim 6

Cycle and Run Tri Training \*Optional Brick Session

16:00-17:30 - Open Water Sea Swim





### **Wednesday 17th March**

07:00-09:00 – Swim Seven

11:00-12:00 – Strength & Conditioning Training

14:00-16:00 – Swim Eight

### **Thursday 18th March**

07:00-09:00 Swim 9

08:30-09:30 – Underwater Video Analysis

11:00-12:00 - Strength and Conditioning Workout

\*\*The programme will be formalised nearer the time and is subject to slight change.

\*\*Rides and Runs are added in as optional extras. We will provide guidance on bike hire / run route and gym sessions for the week\*\*

