

SWIM FOR TRI OPEN WATER CAMP 2026

FRIDAY 20/03

09.00 - Welcome meeting

10.30 - Swim session - South Pool session

16.30 - Open water swim – Wet Suit check (Water sports/Lagoon)

SATURDAY 21/03

08.00 - Swim session – South Pool session

16.00 - Swim session – South pool session

17.45 - Lecture/Talk – TBC

SUNDAY 22/03

08.00 - Swim session – Open water – CLS Lagoon (1-3km)

15.00 - Swim session – South pool session

MONDAY 23/03

09.00 - Swim session

16.00 – Swim session

17.30 - Lecture/Talk – TBC

TUESDAY 24/03

08.00 - Land training - Strength/Core exercises – 40mins

09.00 - Swim session - South pool session – Skills and Open water tactics!

16.00 - Swim session – Open water CLS lagoon

WEDNESDAY 25/03

09.00 - Swim session – South pool session

16.00 - Swim session – Timed open water swim (1-2-3km distance options)
CLS Lagoon

19.30 - Dinner – El Lago – Price included in camp fee for participants

THURSDAY 26/03

08.00

Optional swim session at the South pool before departure