



FOR WOMEN BY WOMEN  
**WILD**  
**SWIMRUN**  
**CAMPS** COSTA BRAVA  
21-24 March 2019

# JOIN US AND START THE SWIMRUN SEASON IN COSTA BRAVA!

We swim in the mediterranean, run trails and focus on everything in and around Swimrun. If you are new to the sport you will have the chance to learn the basics in a safe environment and if you are an experienced Swimrunner you will be able to drill your technique, physique and gear before the season starts.

We are experienced coaches and our goal is that we all have an unforgettable weekend and go home with new Swimrun skills and new friends to train, compete or just enjoy a glass of wine with.

## WELCOME,

Maria & Fanny





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## FRIDAY

- |               |  |
|---------------|--|
| 6.30          | MORNING SNACK (bars+coffee+fruit)  |
| 7.00 - 9.45   | <b>SWIMMING + RUNNING</b><br>Jog to the indoor pool (3km). We practice swim technique and drills according to our own abilities. Jog back to the hotel.  |
| 10.00         | BREAKFAST  |
| 11.00         | <b>THEORY: OPEN WATER + SWIMRUN GEAR</b><br>How to swim in open water let it be calm sea or waves, navigation and drafting. We talk, test and share experiences and get to know each other better. |
| 12.00 - 13.00 | <b>SWIM: OPEN WATER</b><br>We apply what we talked about earlier. For some it might be the first time in Open Water, for some it is not.   |
| 13.30 - 14.30 | LUNCH AT DYNAMIC HOTEL***  |
| 16.30 - 18.00 | <b>TRAILRUNNING</b><br>How do we run more energy efficient? How can uphill and downhill running be more enjoyable?   |
| 18.00 - 18.45 | <b>MOBILITY</b><br>We stretch and work that core.  |
| 20.00         | <b>WELCOME DRINK + DINNER</b><br>Welcome drink at Dynamic Hotel*** bar and then dinner out.  |







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## SATURDAY

7.00 - 7.45

BREAKFAST

8.00

TRANSIT: WE LEAVE FOR COSTA BRAVA  
Approx. 1-1.5h with minivan.

10.00 - 13.00

SWIMRUN ADVENTURE

We make our way to the fantastic coast of Costa Brava for a full day of Swimrun. We Swimrun together along the coast from A to B. We have a support car to keep us hydrated and fueled. If someone wish to take a break that is also possible.

13.30

LUNCH AT THE BEACH

Ca 16.00

TRANSIT: RECOVERY TIME

We go back to Dynamic Hotel\*\*\* approx. 1-1.5h with minivan. Our experience tell us this is a good opportunity for some well deserved rest and recovery.

18.30-19.15

MOBILITY

We take care of our bodies and mind.

20.00

DINNER AT DYNAMIC HOTEL\*\*\*





## SUNDAY

- |               |   |
|---------------|---|
| 7.00          | BREAKFAST   |
| 8.00          | TRANSIT: WE LEAVE FOR COSTA BRAVA<br>Approx. 45min with minivan.  |
| 9.00          | SWIMRUN TRANSITIONS<br>We test different gear and maybe even partners.<br>Why is one pull buoy better for you, thick or thin<br>tow rope, goggles, paddles and everthing else that we<br>might need or not need to enhance our experience<br>with nature. |
| 10.00 - 12.00 | "SWIMRUNCAMPS.COM CHALLENGE"<br>It is time to challenge ourselves a little. We practice<br>what we have learned during previous days. We swim,<br>run and transition in pairs.  |
| 12.00         | TRANSIT: HEADING BACK<br>We drive back to Dynamic Hotel***.   |
| 13.30         | LUNCH AT DYNAMIC HOTEL***<br>We end the weekend with a lovely longish lunch at<br>Dynamic Hotel***.   |

### AIRPORT

We will coordinate Sunday afternoon activities accoring to  
everyones flight schedule. If you leave later you can go for a trailrun,  
swim or just enjoy the roof top bar and lounge at Dynamic Hotel\*\*\*.  
Or why not spend some time in Barcelona.







## WHAT DO I GET?

- Shared double room at Dynamic Hotel\*\*\*
- Fullboard (excl. beverages other than water)
- Coached training with experienced athletes in swimming, running and swimrunning
- Possibility to test gear and materials from leading brands
- Discounts if you wish to buy new equipment
- Goodiebag from our partners

**Price € 550\***

Limited to 18 participants

\*Cancellation before 20190201 for full refund. After 20190301 50% refund

## WHAT DON'T I GET?

- Flights (approx. € 100-150 if you book early)
- Transfer Dynamic Hotel\*\*\* (approx € 20 from Barcelona)
- Beverages other than water during meals
- Extra snacks (we provide during activities away from the hotel)

**Dynamic Hotel\*\*\*** is a sports hotel owned by a Spanish swimrunner. It's located close to the train station with the ocean on one side and the mountains on the other. It had a total refurbishment and reopened in 2017. It has a clean Scandinavian style to it with great beds and all rooms have a balcony. The food is superb and there is a well-equipped gym and a roof terrace.





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## COACHES



### **Fanny Danckwardt-Lillieström**

*Former elite Swimmer in Sweden and at the University of Louisville, USA.*

Since 2015 Fanny has mainly focused on Swimrun and Open Water swimming and her list of merits is impressive with several podiums including 2:nd at the Ötillö World Championship two years in a row. Fanny has years of coaching experience in competitive swimming and swimrun. It's incredible to watch her move in the water and hang on if you get a chance to be attached to a tow-rope to this woman.

### **Maria Rohman**

*Educated skiinstructor and running coach and competed in showjumping and eventing as a youngster.*

Maria became a runner for more than 10 years ago and since late 2016 Swimrun has been a huge passion. Maria did seven competitions during her first year as a swimrunner with podiums and wins in the majority of them including Ötillö races. Holds an extra passion for introducing the sport to complete beginners and make sure to watch her feet if you see her running downhill, it goes fast.

