

FOR WOMEN BY WOMEN

WILD SWIMRUN CAMPS

HVAR
3-7 APRIL 2019



GRAD HVAR



TOWN OF HVAR

♥ **KEEP
CALM
AND
ENJOY
HVAR**



FOR WOMEN BY WOMEN

WILD

SWIMRUN

CAMPS HVAR

3-7 APRIL 2019



COME AND JOIN US IN HVAR AND "SPRINT INTO RACE MODE"

Come and join us for swimming in turquoise water and trailrunning on the pristine Pakleni Islands which we reach by boat. Then top the weekend off with an ÖTILLÖ Race. It might be your first Swimrun abroad, your first race or maybe you already are an experienced adventurer and Swimrunner. Regardless, we are sure you will get a lot out of this weekend.

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

WELCOME,

Maria, Fanny & Elisabet



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THURSDAY

7.00 - 8.00

BREAKFAST

8.00 - 9.30

THEORY: OPEN WATER + SWIMRUN GEAR

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.

9.45 - 11.45

SWIM: OPEN WATER

We apply what we talked about earlier. For some it might be the first time in open water, for others it is not.

12.30

LUNCH AT HOTEL AMFORA****

13.30 - 15.30

SWIMRUN: TRANSITIONS

We test different gear and maybe even partners. Why is one pull buoy better for you, thick or thin tow rope, goggles, paddles and everthing else that we might need or not need to enhance our experience with nature.

16.30 - 18.00

TRAILRUNNING TECHNIQUE

How do we run more energy efficiently? How can uphill and downhill running be more enjoyable?

18.00 - 18.45

MOBILITY

We stretch and work that core.

20.00

WELCOME DRINK + DINNER

Welcome drink at Hotel AMFORA**** and then dinner in the village.



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FRIDAY

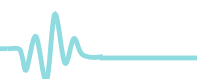
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|---------------|--|
| 7.00 - 8.00 | BREAKFAST |
| 8.00 | TRANSIT: MEET AT LOBBY AND WALK TO HARBOUR |
| 10.00 - 14.00 | <p>SWIMRUN ADVENTURE</p> <p>We travel by boat to the pristine Pakleni Islands for a full day of Swimrun. We have the support of the boat to keep us hydrated, fueled and ready to assist if someone needs break. We also take a look at the ÖTILLÖ Race courses.</p> |
| 12.00 | LUNCH - PAKLENI ISLANDS |
| 15.30 | <p>THEORY: PREPARATION FOR A RACE</p> <p>How to fuel for a Sprint or a World Series race. What gear to use? What does the course look like? What strategy should we have as a team? Who will lead on which section?</p> |
| 17.00 | <p>#CLEANTHEOCEAN</p> <p>We will all help to clean and create awareness for how we can improve the quality of our waters.</p> |
| 18.30-19.15 | <p>MOBILITY</p> <p>We take care of our bodies and mind.</p> |
| 20.00 | DINNER AT HOTEL AMFORA**** |





SATURDAY Sprint & Experience

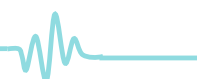
- 7.00 - 8.00 BREAKFAST
- 8.00 THEORY: For racers
Coaches will be available at Hotel AMFORA**** lobby for any last minute questions, gear check, hugs etc.
- 9.30-11.00 REGISTRATION: For ÖTILLÖ Sprint or Experience race.
We walk together to the Arsenal at the Main Square
- 10.00 RACE BRIEFING (Experience and Sprint) - MANDATORY
At the Arsenal at the Main Square
- 11.30 START - ÖTILLÖ SPRINT RACE at Hvar Main Square
12.30 START - ÖTILLÖ EXPERIENCE at Hvar Main Square
It is time to challenge yourself a little. Step out of your comfort zone and have a lot of fun! We are here to help you along the way.
- 14.00-16.00 LUNCH AT HOTEL AMFORA**** (at your own convenience)
- 15.30 PRIZE GIVING ÖTILLÖ Sprint and Experience
At Hvar Main Square
- 17.30 ÖTILLÖ WELCOME DRINK
Aperitif - at the Arsenal at Main Square
- 18.00 -19.00 DEBRIEFING Let's talk about our day
- 20.00 DINNER AT HOTEL AMFORA****





SATURDAY World Series & non-racers

- | | |
|-------------|---|
| 7.00 - 8.00 | BREAKFAST |
| 8.00-8.45 | MOBILITY: Available for all
We give some love to our bodies. |
| 9.30 | OPEN WATER SWIM: for non racers |
| 11.30 | START - ÖTILLÖ SPRINT RACE at Hvar Main Square |
| 12.30 | START - ÖTILLÖ EXPERIENCE at Hvar Main Square
We help, support and cheer our peers on. |
| 14.00-16.00 | LUNCH AT HOTEL AMFORA**** (at your own convenience) |
| 15.30 | PRIZE GIVING ÖTILLÖ Sprint and Experience
At Hvar Main Square
We watch and cheer our peers on along the course |
| 16.00-18.00 | REGISTRATION for ÖTILLÖ World Series
At the Arsenal at the Main Square |
| 17.30 | ÖTILLÖ WELCOME DRINK,
Aperitif - at the Arsenal at Main Square |
| 18.00 | RACE BRIEFING (ÖTILLÖ World Series) - MANDATORY
At the Arsenal at the Main Square |
| 20.00 | FAREWELL DINNER AT HOTEL AMFORA****
We exchange contacts and hugs. Some will race the day
after and some will go home straight after breakfast. |



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SUNDAY World Series

6.30 - 9.00

BREAKFAST

Non racers can have a little sleep in if not traveling early.

7.30

THEORY: For ÖTILLÖ World Series racers

Coaches will be available at Hotel AMFORA**** lobby for any last minute questions, gear check, hugs etc.

9.00

START - ÖTILLÖ World Series

Those still here are most welcome to join the spectator boat at a WILD Hvar Camp rates.

13.50

WINNERS - First team across the finish line

18.00

PRIZE GIVING & CLOSING DINNER ÖTILLÖ World Series
At the Arsenal at the Main Square (for today's racers)



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WHAT DO I GET?

- 4 nights in shared double room at Hotel AMFORA ****
- Fullboard (excl. beverages other than water)
- Coached training with experienced athletes in swimming, running and swimrunning
- Boat excursion to Pakleni Islands
- 50% WILD Camp discount on starting fees to Hvar ÖTILLÖ Sprint or Experience race
- Possibility to test gear and materials from leading brands
- Discounts if you wish to buy new equipment
- Goodiebag from our partners

Price € 650* Limited to 20 participants

SIGN UP: wildswimruncamps@gmail.com
Mark with "Camp WILD Hvar 2019"

WHAT DON'T I GET?

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

*Cancellation before 20190301 for full refund. After 20190317 50% refund



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ÖTILLÖ RACE FORMATS

We at WILD Swimrun love Swimrun because you share your experience and adventure with someone. We hope to see all of you entering a race as teams and we will help you find a suitable partner if you come alone. However, there is the option of starting solo. Which means you can do the EXPERIENCE or SPRINT race with an inflatable partner (a safety-buoy).

EXPERIENCE RACES

The Experience races are short, fun, entry-level Swimrun experiences for those new to the sport. They are between 5-7 km long with easy swims and easy runs.

SPRINT RACES

The word Sprint eludes to the distance compared to a WORLD SERIES race, not necessarily to the speed. These races are between 15-17 km long. Fun and challenging. This is where beginners and top racers meet. There is one cut-off early on in the race.

WORLD SERIES

These races serve as qualifiers to the WORLD CHAMPIONSHIP and also as the ultimate regional Swimrun challenge. The races are long and hard where you can expect to be out anywhere from 5-9 hours. You need to be prepared for open-water swimming in nature and for trail-running in nature. These races have several cut-offs.

50% discount on starting fees via WILD Swimrun*

*ÖTILLÖ Sprint and Experience races only



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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 ski-instructor, running coach and competed in showjumping 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 a passion for introducing the sport to beginners and make sure to watch her feet if you see her running downhill, it goes fast.



Elisabet Pärsdotter Westman

Professional Physical Education teacher and coach in running, strength and Swimrun training with focus on the outdoors. Elisabet did her first Swimrun 2013 and has been hooked since then. With a background as a competitive swimmer in her teens and with a passion for running, the sport fits her perfectly. Which, we can see with consistent podiums. Elisabet is an expert in racemanagement and also founded Swimruncupen, several shorter races held in Stockholm. Make sure to watch her getting in and out of the water and try to catch up if you can...she basically flies.



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