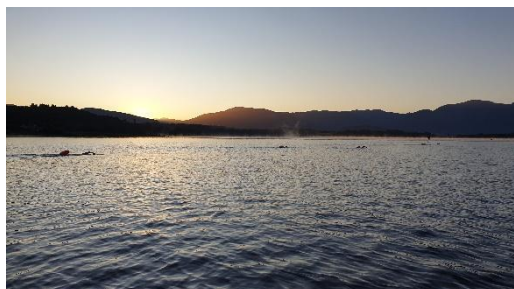




## Cold Water Distance Swimming Camp:

**02-05 December 2021**



Lake Brunner

### What you need to know

Lake Brunner is located in Moana on the West Coast of NZ's South Island and provides the perfect training ground for distance swimming.

This camp we have designed is to give you the opportunity to practice and develop your distance swimming skills; feeding, sighting, navigating, holding pace & building your endurance in a safe and fun environment.

This is predominantly a "set course" camp where you will be navigating around the buoys in the swims. Why? To give you a chance to swim your speed, to allow you to get out when you need to, and to provide the perfect platform for practicing feeding at different intervals during your swim.

The course set up also allows us as experienced coaches the chance to observe your swimming, collate observations, and give you feedback and advice to take your swimming to the next level.

If the weather allows, we will do an "adventure swim" - this will be swum at the pace of the group, and will allow you to challenge yourself with navigating within a group and learning how to adapt your swimming.

All swims are tow float compulsory

There will be 5 swims, 2 dryland clinics & a training walk across the 4 days. Whether you are aiming to complete a 7km, 10km, 20km or more, this camp is for you.

### Water Temperature

The lake temperature can vary between 11 and 15 degrees Celsius. The water temperature is entirely dependent on the weather in the weeks prior to December each given year.

### How to book

We recommend booking early, this camp sells quickly with a large number of returnees keen to get a weekend of training in as the season starts. You can book via the following link:

### Cost: \$550

This covers:

- swim planning, course set up and swim safety for five swims
- on water support and managed feeding station
- two dry land clinics and the sharing of advice and knowledge
- two experienced, expert coaches and one camp manager
- access to the local yacht club and facilities
- BBQ venue & BBQ meat provided for Saturday night evening meal.

Accommodation & other meals not included.

### Schedule

The schedule for this camp may change dependant on weather and at the judgement of the crew. Safety is our number one priority.

#### Thursday

**3:30pm:** Meet and greet at Lake Brunner Yacht Club, pre swim brief, followed by a course swim.

**6:00pm:** Group dinner, optional attendance. Pay your own way.

#### Friday

**7:15am:** Up to 2hr adventure swim

**10:30am:** Dryland clinic - shaped to best suit the camp attendees

**1:15pm:** Up to 2hr set course swim

**6:00pm:** Group dinner, optional attendance. Pay your own way.

#### Saturday

**7:00am:** 5km set course "swim race"

**11:00am:** Dryland clinic: stretching/yoga

**2:00pm:** Training walk - bring a backpack, walking shoes, snack & drink bottle.

**6:00pm:** BBQ dinner at local yacht club. BBQ meat provided.

#### Sunday 6 December

**7:00am:** Up to 4hr set course swim



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