

## Christchurch Training Camp

06 – 09 January 2022



Christchurch Harbour

### What you need to know

Christchurch is located in the South Island of New Zealand with many great swimming locations.

This camp is a great way to kick off the new year and incorporates many different swimming options around the area.

We will cover saltwater, fresh water & pool swimming.

There will be set course swims where you will be swimming around buoys to challenge and improve your navigation & sighting, an adventure point to point swim (weather dependant) and a coached pool swim where we can look at your technique and pace.

This camp really is a great option if you are keen for a solid weekend of training with a total of five open water swims, two pool swims and two dryland clinics across the four days.

All open water swims are tow float compulsory. In order to protect our waterways, we will require you to didymo clean your gear between freshwater swims.

### Water Temperature

Water temperature will be dependent on the weather in the lead up to the camp.

Sea temperatures will vary between 16 and 19C degrees Celsius.

Lake temperatures will vary between 19 and 22 degrees Celsius.

Pool temperatures will be 26-27 degrees Celsius.

### How to book

We recommend booking early, this camp sells quickly with a large number of returnees keen to boost their swimming training mid-summer. You can book via the following link:

<https://goteamup.com/p/403516-fit-and-abel-nz-ltd/courses/54678/>

### Cost: \$595

This covers:

- Swim planning, course set up and swim safety for five swims
- on water support and managed feeding station (where applicable)
- two dry land clinics (including external yoga teacher)
- access to the RealSwim Centre (RSC), Kaiapoi
- access to Waltham Pool
- two experienced, expert coaches and one camp manager
- Friday lunch at RealSwim Centre
- access to the local yacht club and facilities
- access to Sparks Lake (a private lake) & Lake Tahī
- BBQ venue & BBQ meat (plus vegetarian options) provided for Saturday night evening meal.

Transport, accommodation & other meals not included.

## Schedule

The schedule for this camp will change dependant on weather and at the judgement of the crew.

Safety is our number one priority.

### Thursday

**3.30pm:** Meet and greet at Naval Point Yacht Club, pre swim brief, followed by a short acclimatisation swim.

**6:00pm:** Group dinner, optional attendance, at Fisherman's Wharf Lyttleton. Pay your own way.

### Friday

**7:00am:** 2hr coached pool swim at Waltham Pool.

**11:15am:** RSC Clinic – split into 2 groups. Group 1: Dryland. Group 2: Flume swim.

**12:45pm:** Lunch provided by Fit&Abel at RealSwim Centre, Kaiapoi.

**3:00pm:** Course set swim at Sparks Lake, Oxford (up to 2hrs).

### Saturday

**6.30am:** Quail Island Swim (weather dependant).

**12.45 pm:** Group yoga clinic, 1hr at RealSwim Centre, Kaiapoi.

**2:30pm:** RSC Clinic – split into 2 groups. Group 1: Dryland. Group 2: Flume swim.

**5:00pm:** BBQ dinner at RealSwim Centre. BBQ meat provided.

### Sunday

**5:30am:** Up to 3hr set course swim, Lake Tahī, Sawyers Arms Road.

**1:00pm:** up to 2hr set course swim, Sparks Lake, Oxford.

