



Christchurch Training Camp 05 – 08 January 2023



Christchurch Harbour

What you need to know

Christchurch is located in the South Island of New Zealand, and provides a mecca of swimming locations available to all swimmers; fresh water, salt water and pool swimming.

This camp is a great way to kick off the New Year and incorporate all three of these critical swimming environments to work on your swimming skills, and experience what each has to offer. If you are looking to understand more about your swimming and are tackling a triathlon, 2-5km open water swim, or are simply looking for a weekend of training to get your year started with a bang, then this is the camp for you!

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 four open water swims, two pool swims and two dryland clinics across the four days.

To ensure you get the most out of the camp, we ask that you can already competently swim 1500m continuous in the pool. All open water swims are tow float compulsory.

Water Temperature

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

Sea temperatures will vary between 16 and 19 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/71238/>

Cost: \$595

This covers:

- Swim planning, course set up and swim safety for all swims
- on water support and managed feeding station (where applicable)
- two dry land clinics
- access to the RealSwim Centre (RSC), Kaiapoi and 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 vege options) provided for Saturday.

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: Quail Island Swim (weather dependant).

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

3:00pm: Group stretching clinic, 1hr at RealSwim Centre, Kaiapoi.

6:00pm: Group dinner, optional attendance, at Five Peaks. Pay your own way.

Saturday

7:30am: 2hr coached pool swim at Waltham Pool.

11:30am: 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 (90mins)

5:00pm: BBQ dinner at Sparks Lake. BBQ meat provided.

Sunday

7:00am: Up to 2hr set course swim, Lake Tahī, Sawyers Arms Road.

9:30am: Brunch wrap up at Raeward Fresh, Harewood (optional & pay your own way).



info@fitandabel.com

** Transport, accommodation & other meals not included.