



Christchurch Training Camp 04 – 07 January 2024



What you need to know

Christchurch is located in the South Island of New Zealand, and provides a mecca of swimming locations.

This camp is a great way to kick off the New Year and get your swimming mojo on for the year ahead! You will swim in a variety of locations around Christchurch across the four days, including outdoor pools, indoor pool with flume and fresh water lakes.

If you are looking to understand more about your swimming, work on fitness, build confidence, or maybe are tackling a triathlon or 2-5km open water swim, or are simply looking for a weekend of focused training and coaching 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, coached pool swims where we can look at your technique and pace, a dryland session for swim theory and a stretching session.

This camp really is a great option if you are keen for a focused weekend of supported and challenging swim sessions to develop your swimming, and share experiences with other open water swimmers.

To ensure you get the most out of the camp, we ask that you can already competently swim 1500m continuously in the pool. Please contact us if you have any questions about this. 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.

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 our website; www.fitandabel.com

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 Sparks Lake (a private lake) & Lake Tahī
- BBQ venue & BBQ meat (plus vege options) provided for Saturday.

** 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

4:00pm: Meet and greet, and coached swim at Waltham Pool.

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

FRIDAY

6:00am: Lake Tahī

– coached open water swim

2:00pm: RSC Clinic – split into 2 groups.
Group 1: Dryland. Group 2: Flume swim.

3:30pm: Group stretching clinic, 1hr
at RealSwim Centre, Kaiapoi.

6:00pm: Group dinner, optional attendance, at Le Soleil, Kaiapoi. 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