

# SIMCOACHEN ENDURANCE SWIM CAMP

## Day 1: Arrival & Start Easy

Arrival and check-in

Light afternoon swim

Camp briefing + welcome dinner

## Day 2: Technique and Threshold

<b>Morning</b>	Swim session 1, 1 h
	Horizontal & lateral balance
	Threshold test
	Filming of all swimmers
<b>Midday</b>	Video analysis & lecture
	Individual focus points
	How technique connects to endurance
	How to use a TempoTrainer
<b>Afternoon</b>	Swim session 2, 1 h
	Targeted drills based on video
	Using a TempoTrainer for the first time

## Day 3: Technique and Endurance Day

<b>Morning</b>	Single longer swim session, 1,5 h
	Slower than threshold and steady endurance
	Holding technique under load
<b>Midday</b>	Free time / recovery
	Optional gym, massage or rest
<b>Afternoon</b>	Single Technique session: 1 h

## Day 4: Day Trip & Active Recovery

<b>Morning</b>	Day trip / exploration
	Focus on recovery, movement and enjoyment

## Day 5: Technique Reload

<b>Morning</b>	Swim session 1, 1,5 h
	Catch Clinic
<b>Midday</b>	Rest
<b>Afternoon</b>	Swim session 2, 1 h with threshold training

## Day 6: Find your SPM

<b>Morning</b>	Swim session
	We investigate what your best stroke rate is
	Finding rhythm, flow and relaxed speed and working on that stroke rate
<b>Midday</b>	Elephant sanctuary visit
<b>Evening</b>	Wrap-up talk
	Key takeaways
	How to continue training at home

## Day 7: Final Swim & Departure

Easy morning swim / Full on Red Mist (optional)

Departure

