

SWIM SMOOTH CRETE EXPERIENCE

27 SEPTEMBER - 3 OCTOBER 2026

Day 1 - Arrival & Foundation

Your week begins with a seamless transition from travel into coaching.

- Meet & Greet + Pool Walkthrough
- Pool Session: Video Recording (50m Olympic Pool)
- Comprehensive Video Analysis (Dry Side)

This is where everything starts. We capture your stroke on day one and provide detailed analysis that shapes your entire week.

Day 2 - Stroke Correction in Action

From insight to implementation.

- Optional Sunrise Open Water Swim
- Pool Session: Stroke Correction Process
- Open Water Excursion (Secret Beach)

You'll begin applying your personalised corrections immediately, with both pool precision and open water context.

Day 3 - Technique to Endurance

Building confidence and control.

- Optional Sunrise Open Water Swim
- Pool Session: Technique + Endurance
- Training Planning Session & Q&A

We start to layer endurance onto improved technique, while giving you a clear framework for training beyond the camp.

Day 4 - Red Mist Endurance

A standout day for many swimmers.

- Optional Sunrise Open Water Swim
- Pool Session: Red Mist Endurance (Lane Swim)
- Pre-Dinner Open Water Session

This is where pacing, control, and resilience come together. A key Swim Smooth experience session.

Day 5 - CSS & Race Preparation

Sharpening performance.

- Optional Sunrise Open Water Swim
- Pool Session: CSS + Red Mist Integration
- (Includes optional video capture for comparison)
- Surprise Excursion

We bring structure to your pacing using CSS and RM cycles, helping you understand exactly how to train and race more effectively.

Day 6 - Consolidation & Personalisation

Bringing everything together.

- Optional Sunrise Open Water Swim
- Pool Session: CSS Development
- 1-to-1 Individual Debrief Sessions

Your personalised feedback session ensures you leave with absolute clarity on your stroke, training, and next steps.

Final Morning - Farewell Swim

A fitting finish.

- Optional Farewell Sunrise Swim
- Camp Conclusion

*Program is subject to be adjusted.

What Makes This Week Unique

- 1-to-1 Video Analysis + Stroke Correction integrated into a full coaching journey
- Structured progression from technique → endurance → pacing → performance
- Blend of pool and open water sessions to develop real-world skills
- Individual coaching attention throughout, not just group sessions

Above all, the week is designed to be immersive, supportive, and highly individualised. Every swimmer progresses at their own pace, with a clear plan to take forward long after the camp finishes.

