



BEST CENTRE SPORTS
Mallorca



WILD Mallorca 4-7/6

- Swimrun Weekend for beginners -

Curious about Swimrun? Maybe new to swimming and especially Open Water swimming? Then come and join us at the **BEST Centre Sports** on their paradise island. We will help you feel confident in the water and introduce you to the amazing sport of Swimrun. Swimrun World Champion Fanny Kuhn will ensure you get all the tips and tricks needed to feel confident and take your swimming to the next level. Maria Rohman will get you flying up and down those hills that always seem to be part of Swimrun. But most importantly, we will all have lots of fun with new friends!

DAY 1 THURSDAY – ARRIVAL

Afternoon arrival, presentation, swimrun theory + dinner together

DAY 2 FRIDAY – TECHNIQUE FOCUS

Pool + OW Swim at BEST Centre + Equipment workshop + Running Technique

DAY 3 SATURDAY – OW SWIM + SWIMRUN + STRENGTH + STRETCH

Swimrun Transitions / Technique / Teamwork + Specific strength for Swimrun

DAY 4 SUNDAY – SWIMRUN ADVENTURE

OW Swimming + Swimrun from A to B along the coast near Colonia ST. Jordi.

**SIGN UP/
MORE
INFO:**

www.wildwomenswimrun.com/camps

PRICE: € 495

Included in the price: 3 nights in shared twin room at the Bluewater Hotel, 3 breakfasts, 3 dinners, 3 lunches, snacks, water, airport transport, WILD Guides, training sessions, gear loan **Excluded:** flights, beverages other than water, food other than set menu.

WELCOME!
Fanny & Maria