



EPIC ADVENTURE SWIM RACES™

33.3KM | 4 DAYS

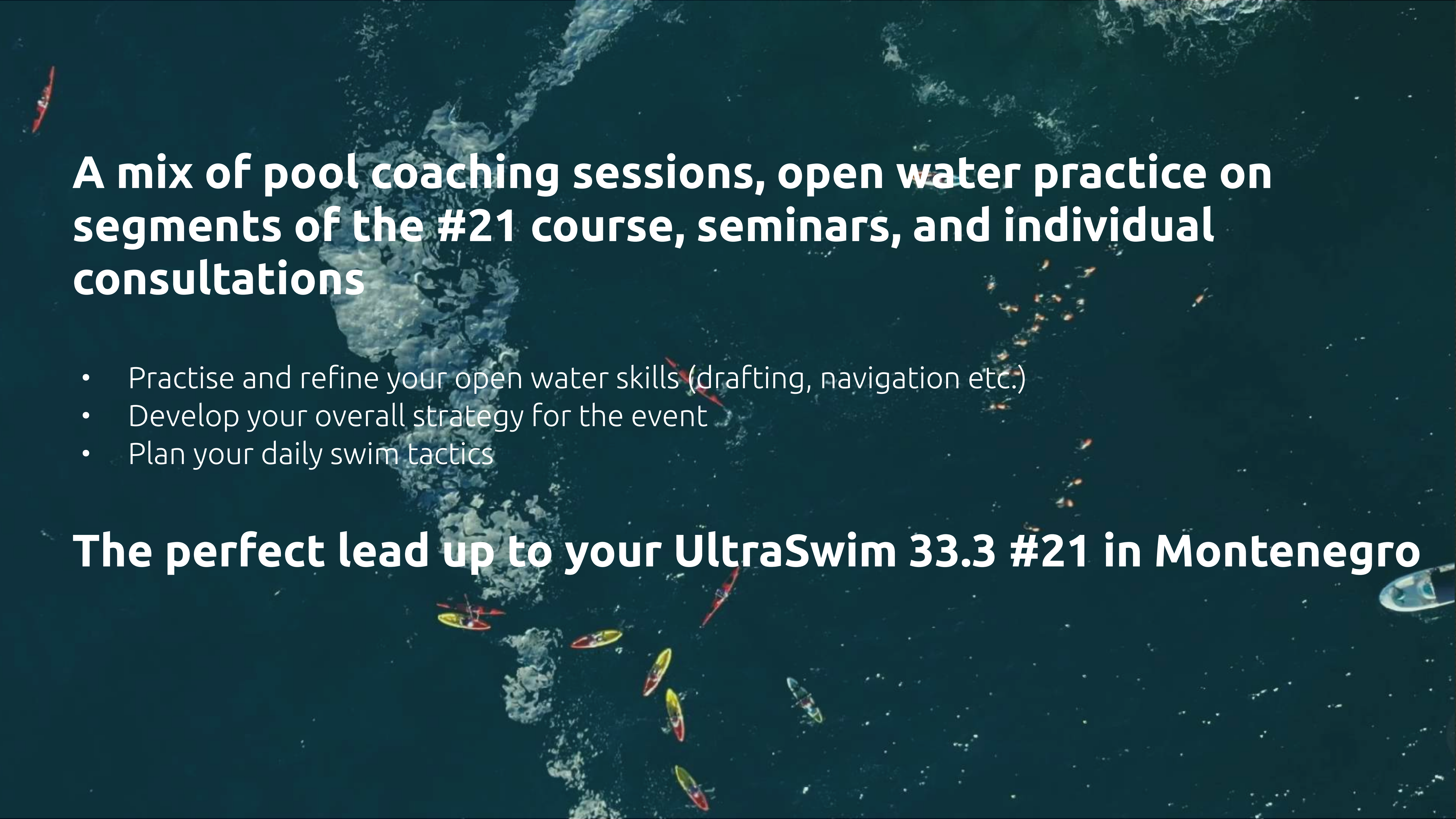
#21 MONTENEGRO
PREP-CAMP 28-30 SEPT 2027



Two day dedicated preparation camp immediately before #21 hosted and supported by world class experts from coaching, nutrition, physio.

**Familiarise yourself with the course
Acclimatise to event conditions
Refine your open water skills
Develop your strategy and tactics for the upcoming challenge
Boost your confidence and get you "event ready"**

33.3KM | 4 DAYS

An aerial photograph of a large group of triathletes swimming in a dark blue body of water. The athletes are wearing brightly colored swim caps and wetsuits, creating a trail of white wake behind them. The text is overlaid on the upper left portion of the image.

A mix of pool coaching sessions, open water practice on segments of the #21 course, seminars, and individual consultations

- Practise and refine your open water skills (drafting, navigation etc.)
- Develop your overall strategy for the event
- Plan your daily swim tactics

The perfect lead up to your UltraSwim 33.3 #21 in Montenegro



€490/swimmer + hotel/food.

Plus extra nights from :

ULTRA - twin share from €110 / single occupancy €220

ULTRA+[4*] - twin share from €140 / single occupant €280

ULTRA+[5*] - single occupancy €380

(Lunch included on Wednesday 30th September at one of the #16 event finish line destinations)

Timing - arrive in Dubrovnik or Tivat Tuesday 28th September morning in time for a 1400 start.

ULTRA & ULTRA+

Arrive at Dubrovnik or Tivat airport latest **by 12:00 on the Tuesday 28th September** for transfer to the hotel or arrive on the Monday 27 and stay one night in Dubrovnik city and join us back at the airport for transfers departing at 12:00

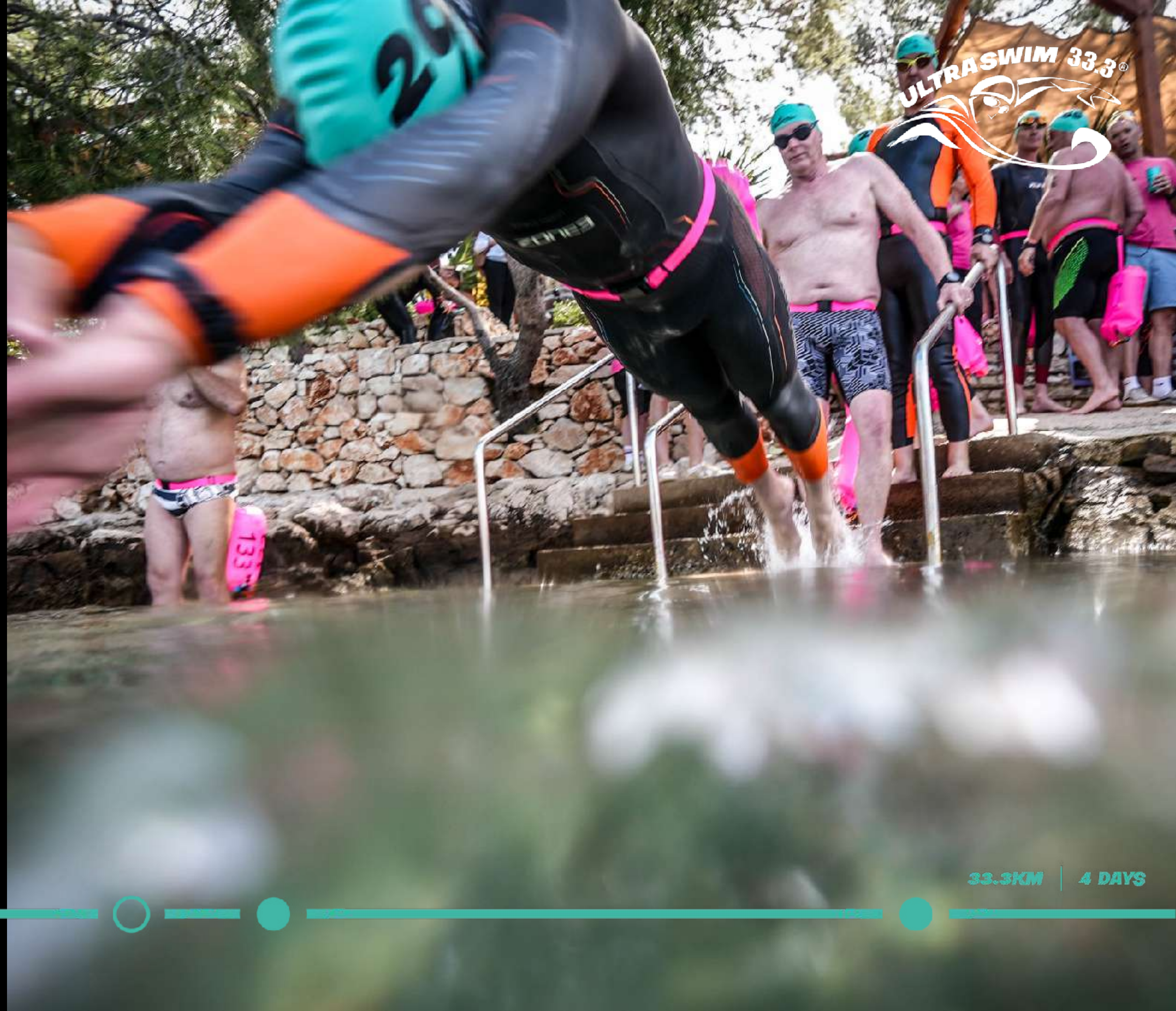
Finishes at lunchtime on Thursday 30 September.

YOU'RE GOING TO LOVE OUR SWIM CAMP IF ONE (OR MORE?) OF THESE APPLY TO YOU?



- ☑ You're NEW to UltraSwim 33.3 and want that extra boost of knowledge and preparation right before the event to help your confidence about what is coming up!
- ☑ You've already done an UltraSwim 33.3, so you know the event, but you want to take the opportunity to hone your skills and be fully focused in on the event
- ☑ You want to improve your knowledge on nutrition for a multi-day event with our experts from PRECISION FUEL and HYDRATION - and a great chance to test their products if you haven't before the event.
- ☑ You want a tune up of your technique, giving you a focus for the event on what to try to maintain even when you are getting tired
- ☑ You've done lots of pool swimming, but not sure how to adapt your technique in different open water conditions - our events can throw anything at you...
- ☑ You will really benefit from a pre-event full mind and body check from our experts - you've maybe a niggling injury that you'd also like to get checked out to see how to prevent it becoming more of a pain!
- ☑ You want to spend some extra quality time at the event, with amazing people!

**WHAT TO EXPECT
DURING THE 2-DAY
33.3 PREPARATION
CAMP**



33.3KM | 4 DAYS

POOL SESSIONS

**PRACTICE
OPEN WATER
SKILLS IN THE
CONTROLLED
ENVIRONMENT
OF THE POOL
REVIEW YOUR
SWIMMING
TECHNIQUE**



33.3 SWIM | 4 DAYS

**1:1 FULL
BODY AND
MIND CHECK
FROM OUR
EVENT
EXPERT
PHYSIO AND
MENTORING
TEAM**



33.3KM | 4 DAYS



RACECOURSE RECCE BY BOAT

Study the landmarks, the turning points, the start and finish lines

Navigating coastlines while swimming, reading weather forecasts. How to plan your epic adventure swim!

**VISIT SOME
OF THE
ICONIC SPOTS
ON THE #21
RACECOURSE
WITHOUT THE
PRESSURE OF
THE EVENT**



33.3KM | 4 DAYS

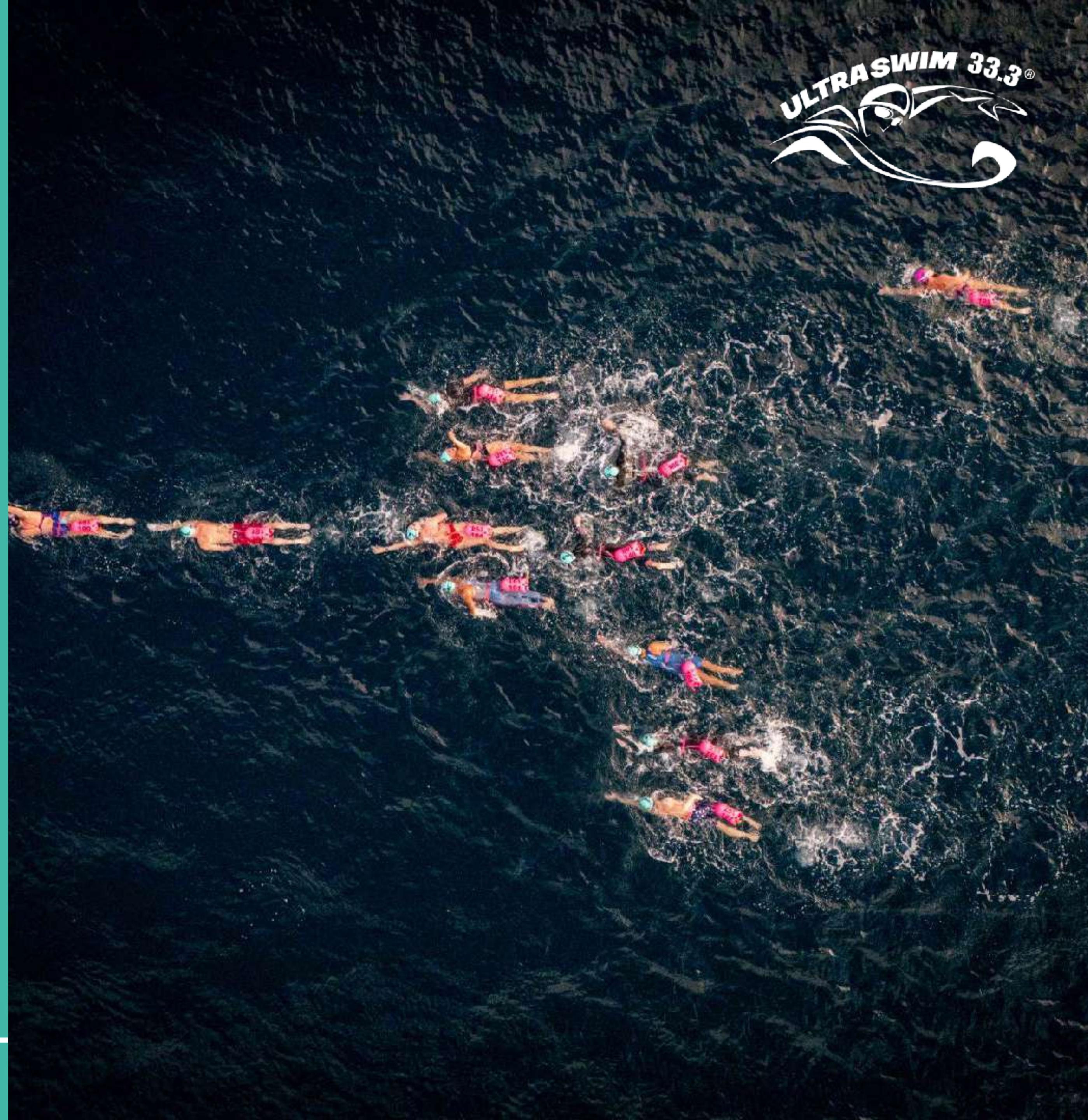
NUTRITION AND RECOVERY ADVICE SPECIFIC TO MULTI-DAY CHALLENGES

33.3KM | 4 DAYS



SWIMMING IN A GROUP / DRAFTING / WORKING AS A TEAM

33.3KM | 4 DAYS



SIGHTING



33.3 KM | 4 DAYS

MARK ROUNDING



33.3KM | 4 DAYS



33.3KM | 4 DAYS

**ROUGH WEATHER TECHNIQUE
FULL SAFETY COVER WHILST
OPEN WATER SWIMMING**

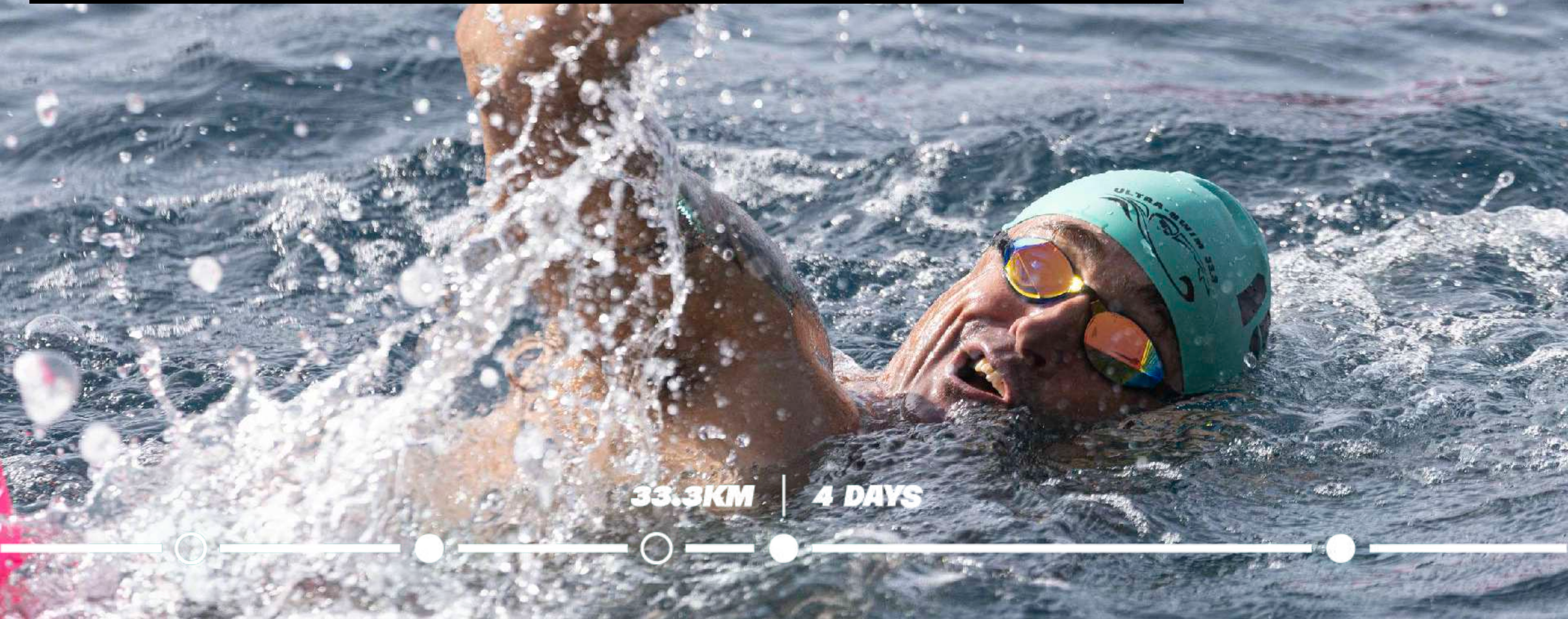
33.3KM | 4 DAYS



RACE DAY DETAIL PREP
THE CHECKLISTS
THE DETAILS NOT TO FORGET



PREPARING YOUR KIT - HATS, CREAMS, GOGGLES, SPARES, THE SMALL DETAILS THAT MATTER!



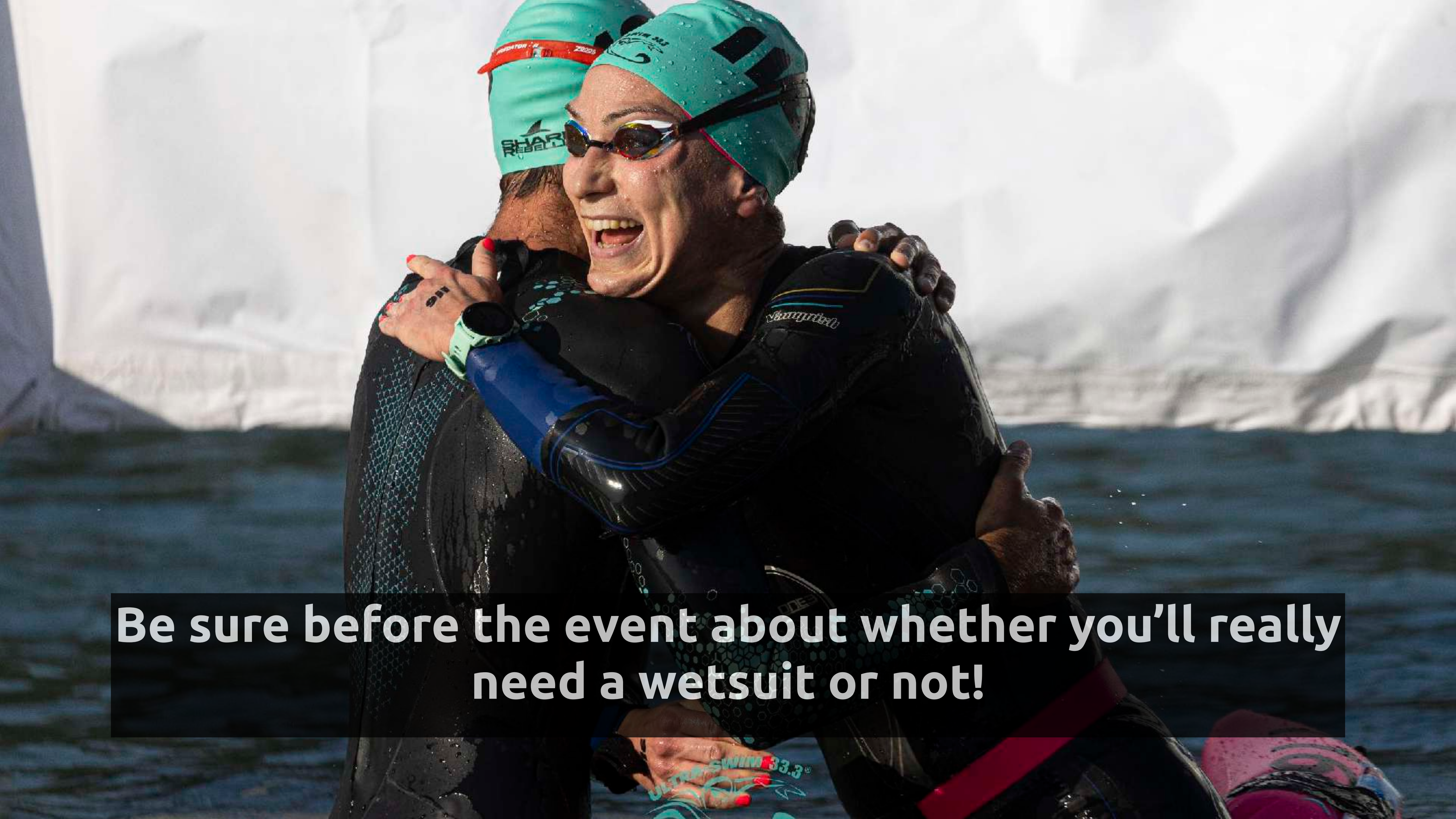
33.3KM | 4 DAYS



START LINE TIPS!

33.3KM | 4 DAYS



A photograph of two swimmers in wetsuits and swim caps hugging in the ocean. The swimmer in the foreground is wearing a teal swim cap with 'SHARK REBEL' and '2009' on it, and is smiling broadly. The swimmer behind them is also wearing a teal swim cap. They are both wearing black wetsuits. The background shows a body of water and a white, rocky or icy shoreline.

Be sure before the event about whether you'll really need a wetsuit or not!

**YOU'RE
GOING TO
MAKE A LOT
OF NEW
FRIENDS
DURING THE
EVENT - WHY
NOT START
A COUPLE
OF DAYS
EARLIER!**



33.3KM | 4 DAYS



33.3KM || 4 DAYS

**ENHANCE YOUR 33.3 EXPERIENCE WITH THE
33.3 CAMP AT #2IMONTENEGRO**

**ANY QUESTIONS EPICSWIMS@ULTRASWIM333.COM
LIMITED SPACES ON THIS ONE SO GET IN TOUCH IF INTERESTED!**

