

EPIC ADVENTURE SWIM RACE™



33.3KM | 4 DAYS

#19SWITZERLAND
PREP-CAMP 20 - 22 JULY



**Two day dedicated preparation camp
immediately before #19 hosted By Tom
Jenkinson and Jesper Holmberg
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



HOSTED BY TOM JENKINSON

Meet Coach Tom – Affiliate Coach
Tom Jenkinson is one of our UltraSwim 33.3 Affiliate Coaches and brings a wealth of coaching experience, enthusiasm and open-water expertise to the UltraSwim community. In 2027, Tom will be hosting our **Switzerland Prep Camp**, helping swimmers prepare both physically and mentally for the unique challenge of completing 33.3km across four days. The camp will provide an opportunity to build confidence, refine technique, understand pacing and fuelling, and connect with other swimmers preparing for their UltraSwim journey — all under Tom's expert guidance and support.



33.3KM | 4 DAYS

JESPER HOLMBURG

Jesper Holmberg is a Swedish open-water swimmer who knows what it takes to perform when the challenge gets tough.

At #14SWITZERLAND event in 2026,
Jesper took on the full 33.3 km across four
days in the Skins category, taking the
podium with a combined time of **9:09:12**.

His consistency throughout the four days was a great example of the endurance, pace and resilience that the UltraSwim 33.3 format demands.

Having experienced the event from the swimmer's perspective, Jesper brings a unique understanding of what it takes to prepare for four days of open-water swimming — both physically and mentally.



33.3KW | 4 DAYS

***SLOW IS
SMOOTH,
SMOOTH
IS FAST***

Read Toms Blogs [HERE](#)

The Long Game

What my fourth UltraSwim taught me about skill, stress and the strange equality of water



Tom Jenkinson
Aug 9, 2026



33.3KM | 4 DAYS

A mix of open water, pool session and a visit segments of the #19 course, seminars, and individual consultation

- 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 #19 in Switzerland

*In the water with Jesper Holberg #14 winner



€490/swimmer + hotel/food.

Plus extra nights From:

ULTRA - twin share from CHF 150 / single occupancy CHF 300

ULTRA+[4*] - twin share from CHF 215 / single occupant CHF 430

ULTRA+[5*] - single occupancy CHF 550

(Lunch included on Wednesday 21 July at one of the #19 event finish line destinations)

Timing - arrive in Geneva Airport Tuesday 20 July morning by latest 12:00 in time for a 14:00 kickoff.

ULTRA & ULTRA+

Arrive at Geneva airport latest **by 12:00 on Tuesday 20 July** for train to Lausanne or arrive on the Monday 19 July and explore the local area - Geneva / Lausanne

Finish 1200 on Thursday 22 July

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 & 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 SESSION

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



33.3KM | 4 DAYS

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

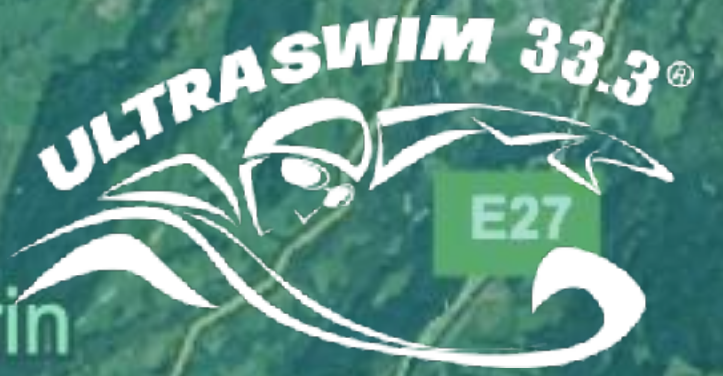


33.3KM | 4 DAYS

RACECOURSE RECCE

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 #19
RACECOURSE
WITHOUT THE
PRESSURE OF
THE EVENT**

ULTRASWIM 33.3®



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



33.3KM | 4 DAYS



MARK ROUNDING



ULTRASWIM 33.3®

33.3HOW | 4 DAYS



33.3KM | 4 DAYS

ROUGH WEATHER TECHNIQUE

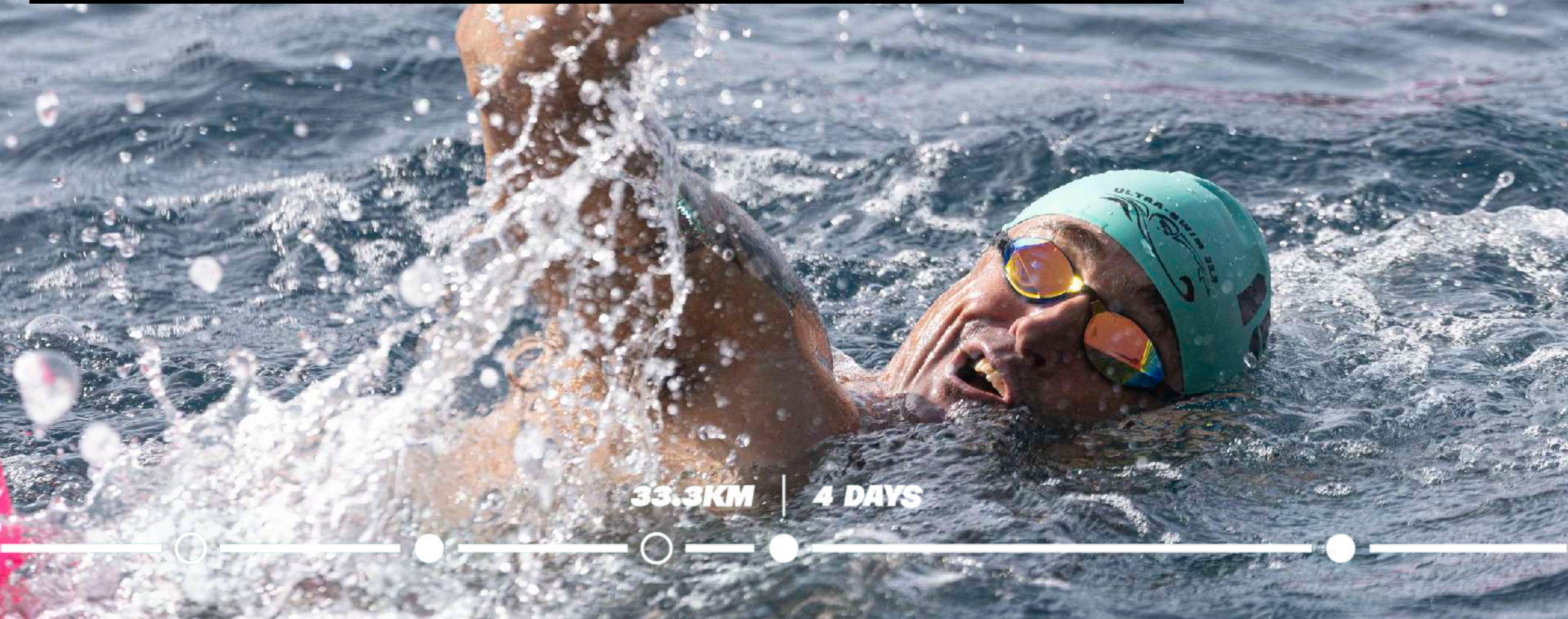


33.3KM | 4 DAYS

**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 three women in wetsuits and swim caps standing by a rocky shoreline. The woman in the center is wearing a black wetsuit with a white logo and is looking down at a small object in her hands. The woman on the left is wearing a black wetsuit with teal and pink accents and is looking towards the center. The woman on the right is wearing a black wetsuit with pink and teal accents and is looking down at the same object. They are all smiling and appear to be in a friendly conversation. The background shows a rocky shore with some seaweed and water.

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

**ENHANCE YOUR 33.3 EXPERIENCE WITH THE
33.3 CAMP AT #19SWITZERLAND**

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

