



EPIC ADVENTURE SWIM RACES™

33.3KM | 4 DAYS

#20SKOPELOS PREP CAMP
PREP-CAMP 14-16 SEPT



**Two day dedicated preparation camp immediately before #20 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"

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An aerial photograph of a large group of triathletes swimming in a dark blue body of water. The athletes are wearing colorful swim caps and are spread out across the frame, with some visible splashes and wake behind them. The text is overlaid on the upper left portion of the image.

A mix of coaching sessions, open water practice on segments of the #20 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 #20GREECE [Skopelos]



€490/swimmer + hotel/food.

Plus extra nights From:

ULTRA - twin share from €115 / single occupancy €330

ULTRA+[4*] - twin share from €165 / single occupant €330

ULTRA+[5*] - single occupancy €410

(Lunch included at one of the #20 event finish line destinations)

ULTRA+

Timing - arrive in Skiathos Airport Tuesday 14 September morning by latest 10:00 in time for water taxi over to Skopelos for a 14:00 kickoff.

ULTRA

Make your way to Skopelos - Skopelos town or Glossa (see our travel book for more detailed information). Transfers to the hotels available from each port at 12:00.

Finish 1200 on Thursday 16 Sept - for main event registration and warm up swim.

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**



ULTRASWIM 33.3®

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

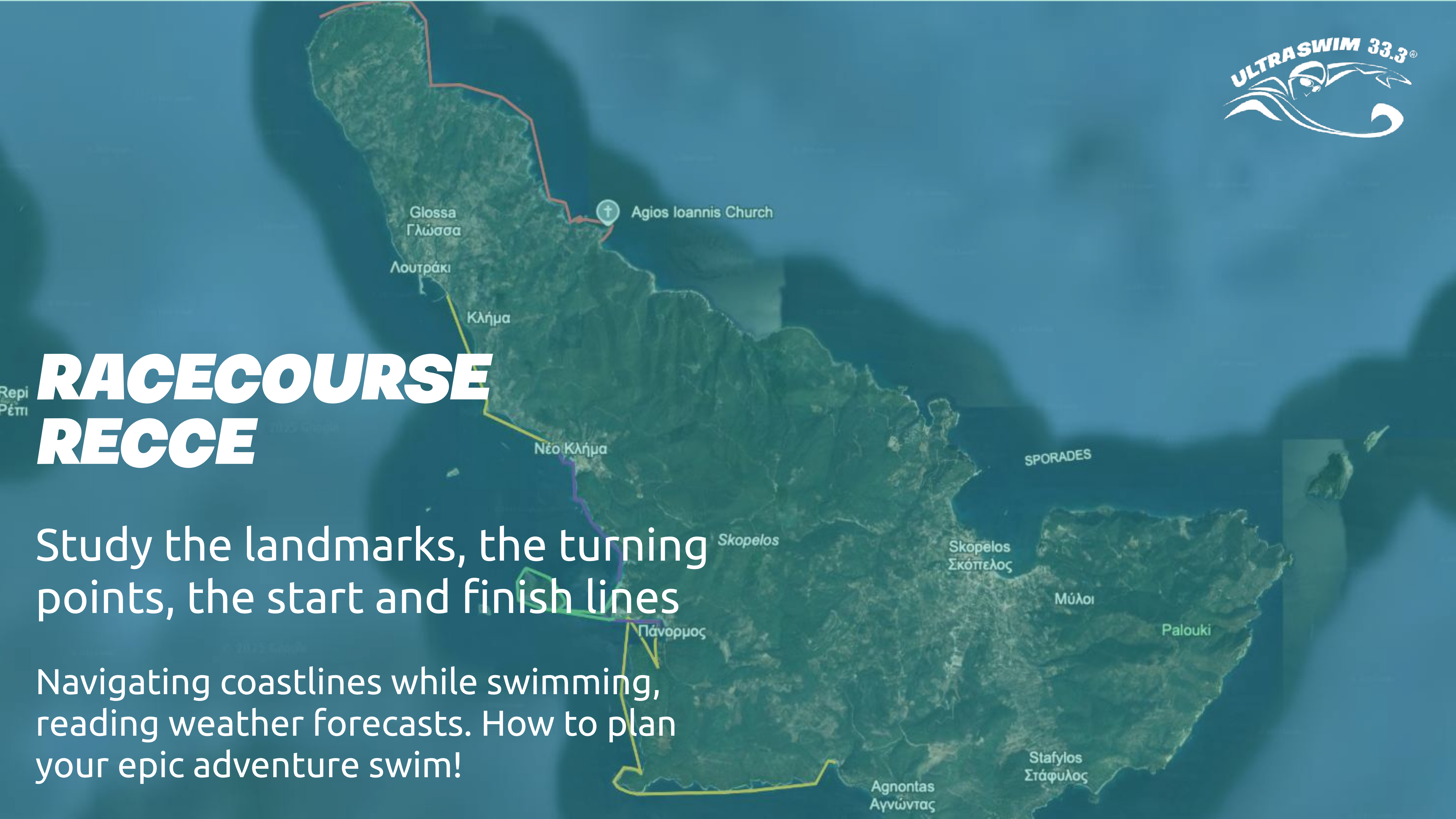


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RACECOURSE RECCE

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 #20
RACECOURSE
WITHOUT THE
PRESSURE OF
THE EVENT**



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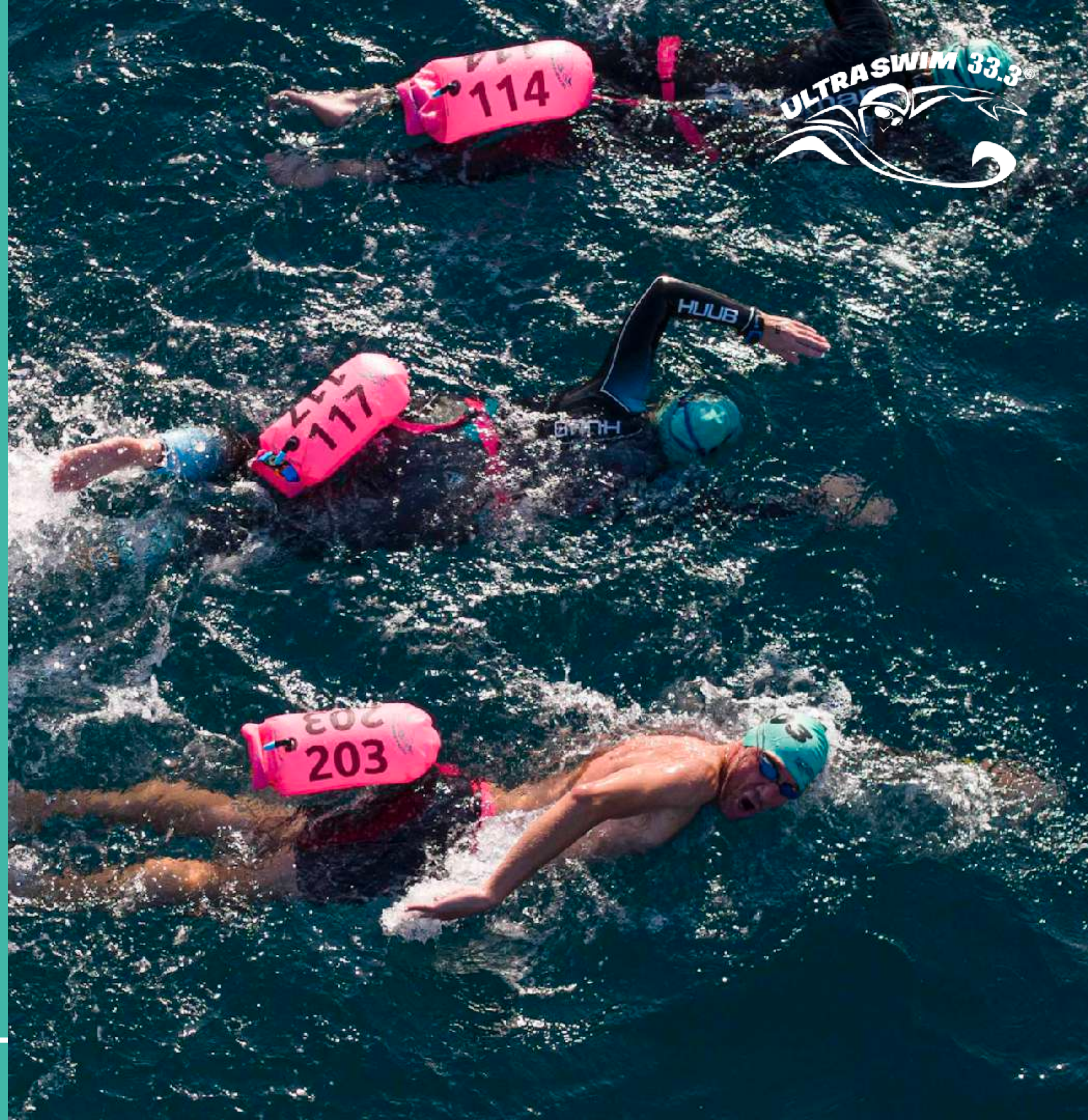
NUTRITION AND RECOVERY ADVICE SPECIFIC TO MULTI-DAY CHALLENGES

33.3KM | 4 DAYS



SWIMMING IN A GROUP / DRAFTING / WORKING AS A TEAM

33.3KM | 4 DAYS



SIGHTING



33.3KM | 4 DAYS



MARK ROUNDING



33.3KM | 4 DAYS

33.3KM | 4 DAYS

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

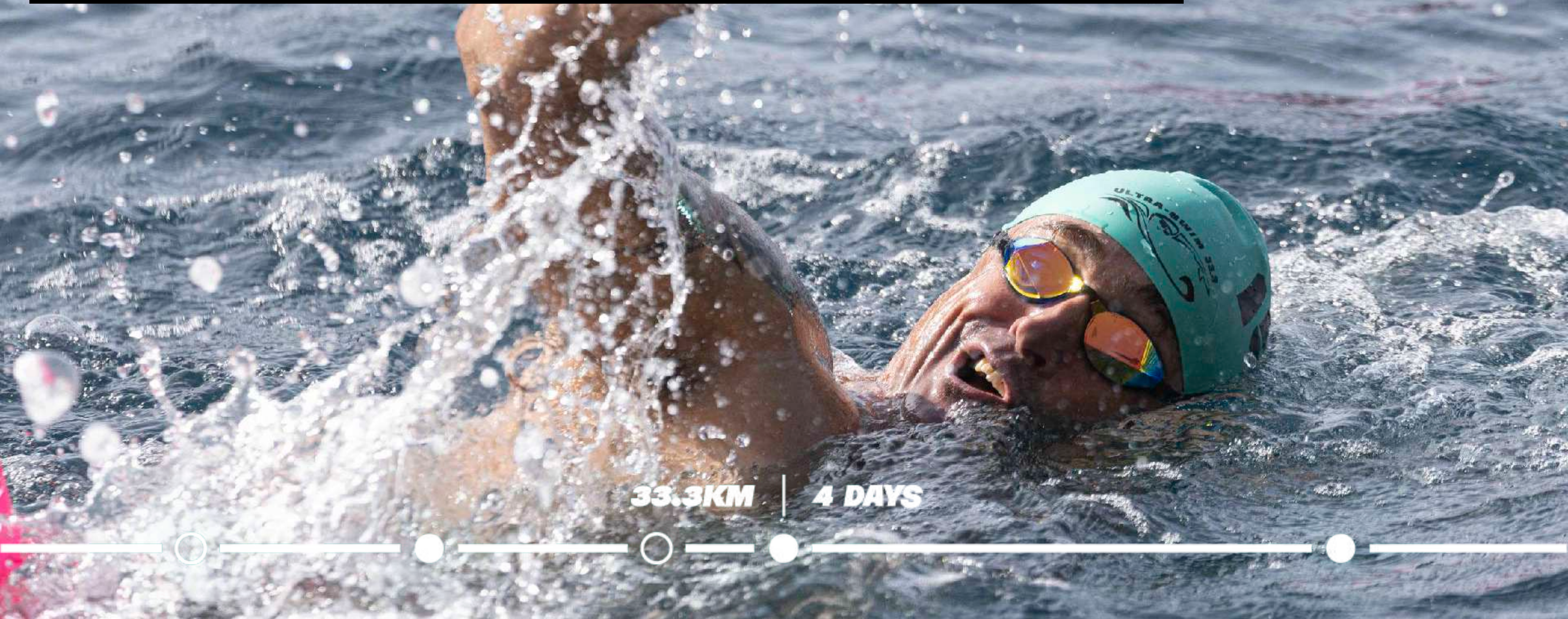
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RACE DAY DETAIL PREP
THE CHECKLISTS
THE DETAILS NOT TO FORGET



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



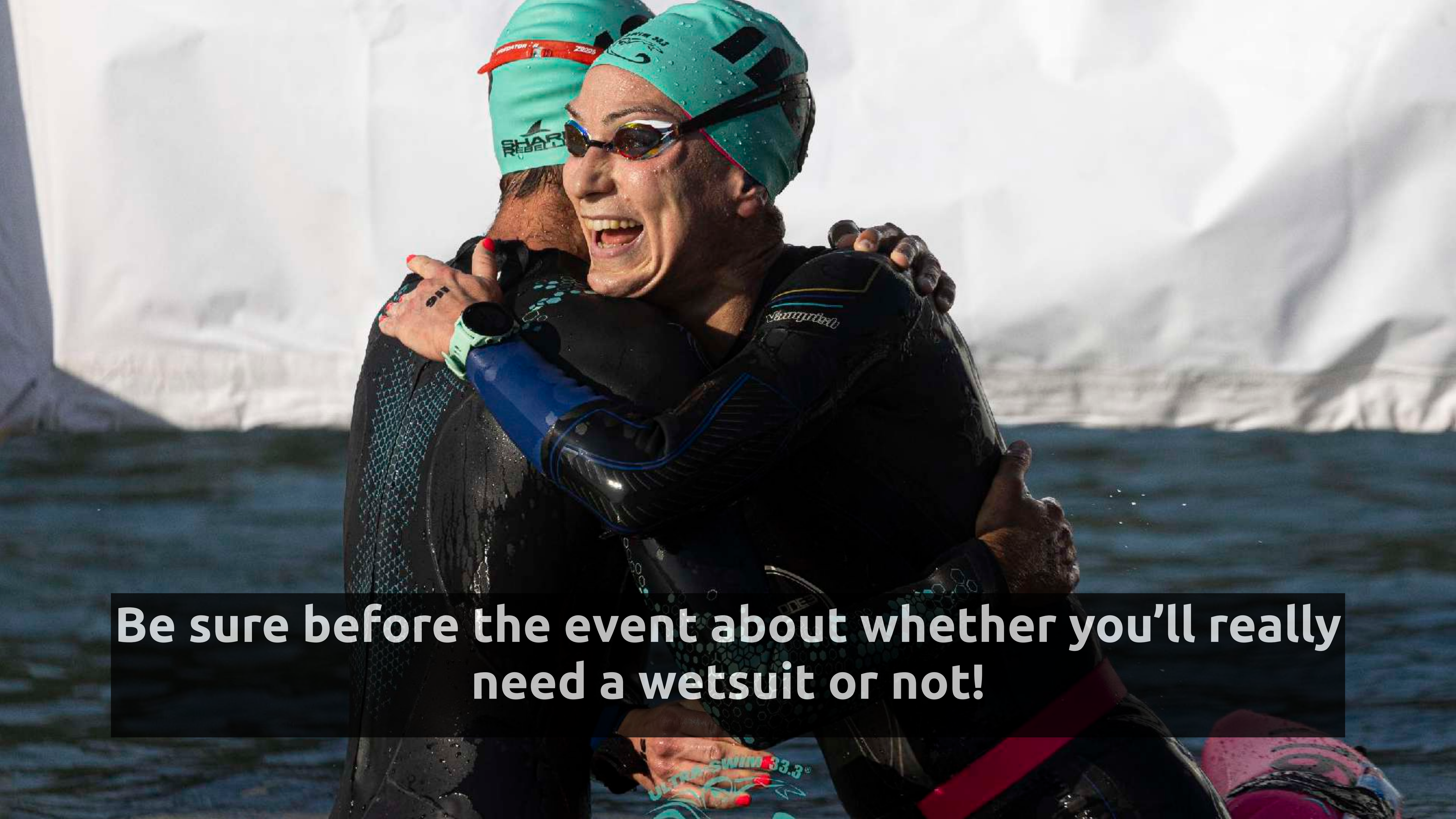
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START LINE TIPS!

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A photograph of two triathletes in the ocean, wearing wetsuits and swim caps. The person in the foreground is a woman with a joyful expression, wearing a teal swim cap with 'SHARK REBEL' and '2009' on it, and a black wetsuit with blue accents. She is hugging another person whose back is to the camera. The background shows a calm sea and a white, rocky coastline under a bright sky. A semi-transparent black box with white text is overlaid at the bottom.

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!**



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**ENHANCE YOUR 33.3 EXPERIENCE WITH THE
33.3 CAMP AT #20GREECE[SKOPELOS]**

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

