



EPIC ADVENTURE SWIM RACES™

33.3KM | 4 DAYS

#18GREECE[MILOS]

PREP-CAMP 31 MAY - 2 JUNE



The preparation camp is lead by Ultra swimmer **Marieke Blomme**, who set the overall record along the Belgian coast line (67km) and swam Lake Geneva (70km). Co-Founder of the Belgian Coast Swim (16km) and OSC (the only open water sea swim club in Belgium)

www.ommeweg.be





Two day dedicated preparation camp immediately before #18 lead by **Marieke Blomme** 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 the ocean. The swimmers are seen as small, colorful shapes (red, yellow, blue) against the dark blue water. A large, white, turbulent wake from a boat is visible in the upper left quadrant, creating a diagonal line across the frame. The overall scene is dynamic and captures a moment of intense physical activity.

A mix of open water coaching sessions, swims on segments of the #18 course, land-based group seminars, and individual consultations.

- Practice 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 #18 in Milos

For upto 15 swimmers



€490/swimmer + hotel/food.

Plus extra nights from.

ULTRA - twin share from €125 / single occupancy €250

ULTRA+[4*] - twin share from €185 / single occupant €370

ULTRA+[5*] - single occupancy €430

(Lunch included on Tuesday 1 June)

Timing - arrive in Milos MONDAY 31 May morning in time for a 1400 start.

ULTRA & ULTRA+

Arrive at Milos latest **by 12:00 on MONDAY 31 May** for transfer to the hotel or arrive on Sunday 30 May, relax and enjoy Milos!

Finish 1200 on Wednesday 2 June.

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!

**SO HERE IS WHAT TO
EXPECT OVER THE 2
DAY 33.3
PREPARATION CAMP**



ULTRASWIM 33.3®

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OPEN WATER SESSIONS

**PRACTICE
OPEN WATER
SKILLS -
REVIEW
YOUR
SWIMMING
TECHNIQUE**



33.3KM | 4 DAYS

Coaching and underwater filming for technique development



33.3KM | **4 DAYS**



PERSONAL FEEDBACK



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!

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**VISIT
WITHOUT THE
PRESSURE OF
THE EVENT
ITSELF SOME
OF THE
ICONIC SPOTS
ON THE #18
RACECOURSE**



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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



OPENWATER SWIMMING AND ROUNDING THE BUOY



ULTRASWIM 33.3®

ULTRA-SWIM 33.3

33.3KM | 4 DAYS



33.3KM | 4 DAYS

ROUGH WEATHER TECHNIQUE

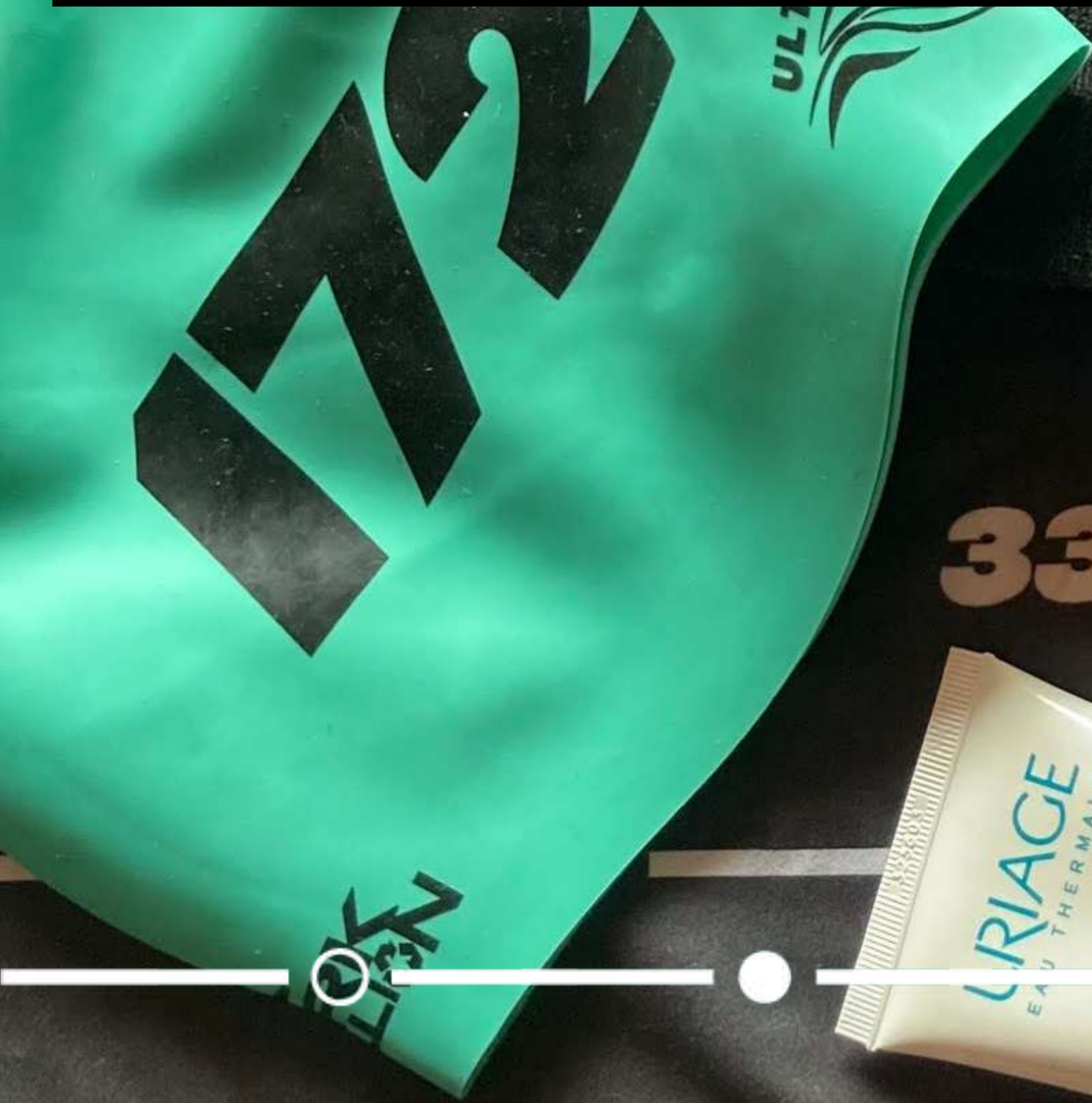
33.3KM | 4 DAYS



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



33.3KM | 4 DAYS

STRETCH AND RECOVERY

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 'ULTRA-SWIM 33.3' logos, and a black wetsuit with blue accents. The swimmer behind them is also wearing a teal swim cap and a black wetsuit. The background shows a blue ocean and white, rocky cliffs under a bright sky. A semi-transparent black box with white text is overlaid on the bottom half of the image.

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 #18GREECE[MILOS]**

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

