

EPIC ADVENTURE SWIM RACE™

#16 PREPARATION SWIM CAMP

29 SEPT - 1 OCT 2026



Two day dedicated preparation camp immediately before #16 hosted by **Simon Griffiths, founder of Outdoor Swimmer Magazine & Anna Karin Lundin, Simcoach** 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

FIND OUT MORE...



HOSTED BY SIMON GRIFFITHS

Simon's mission is to help people make the most of the water. He's the founder and publisher of **Outdoor Swimmer** magazine and the author of **Swim Wild & Free: A Practical Guide to Swimming Outdoors 365 Days a Year**. In 2025 he launched **Renaissance Swimmer**, a new project to inspire people to embrace the full range of swimming activities, from winter dipping and wild swimming to pool racing and marathon swimming. In addition, he offers one-to-one swimming development support through **Swim Mentoring**.

Simon was part of the team that created the STA's International Open Water Coach course. He swims year-round in the Thames, trains with his local masters club, races in the pool and open water, and does the occasional swimrun too.



ULTRASWIM 33.3
#10 MONTENEGRO

33.3KM | 4 DAYS

HOSTED BY ANNA KARIN LUNDIN

Anna-Karin Lundin is a former Swedish Olympian from the 1988 Seoul Olympics. Based in Gothenburg, Sweden, she is also the founder of **Simcoachen** and helps swimmers reach their highest potential. Founded in 2011, Simcoachen has transformed more than 4,000 people in their swimming. Anna-Karin brings her rich expertise and experience to her camps. Whether you are a beginner, master swimmer, or triathlete, you'll leave with invaluable knowledge.

She has coached swimmers of all levels since 2012; from complete beginners to triathlete pros and open water swimmers.



ULTRASWIM 33.3[®]
#10 MONTENEGRO

33.3KM | 4 DAYS

5-Star Review: 2025 #10Montenegro prep-camp:

Amazing Swim Prep Camp in Montenegro with Simon & Jay

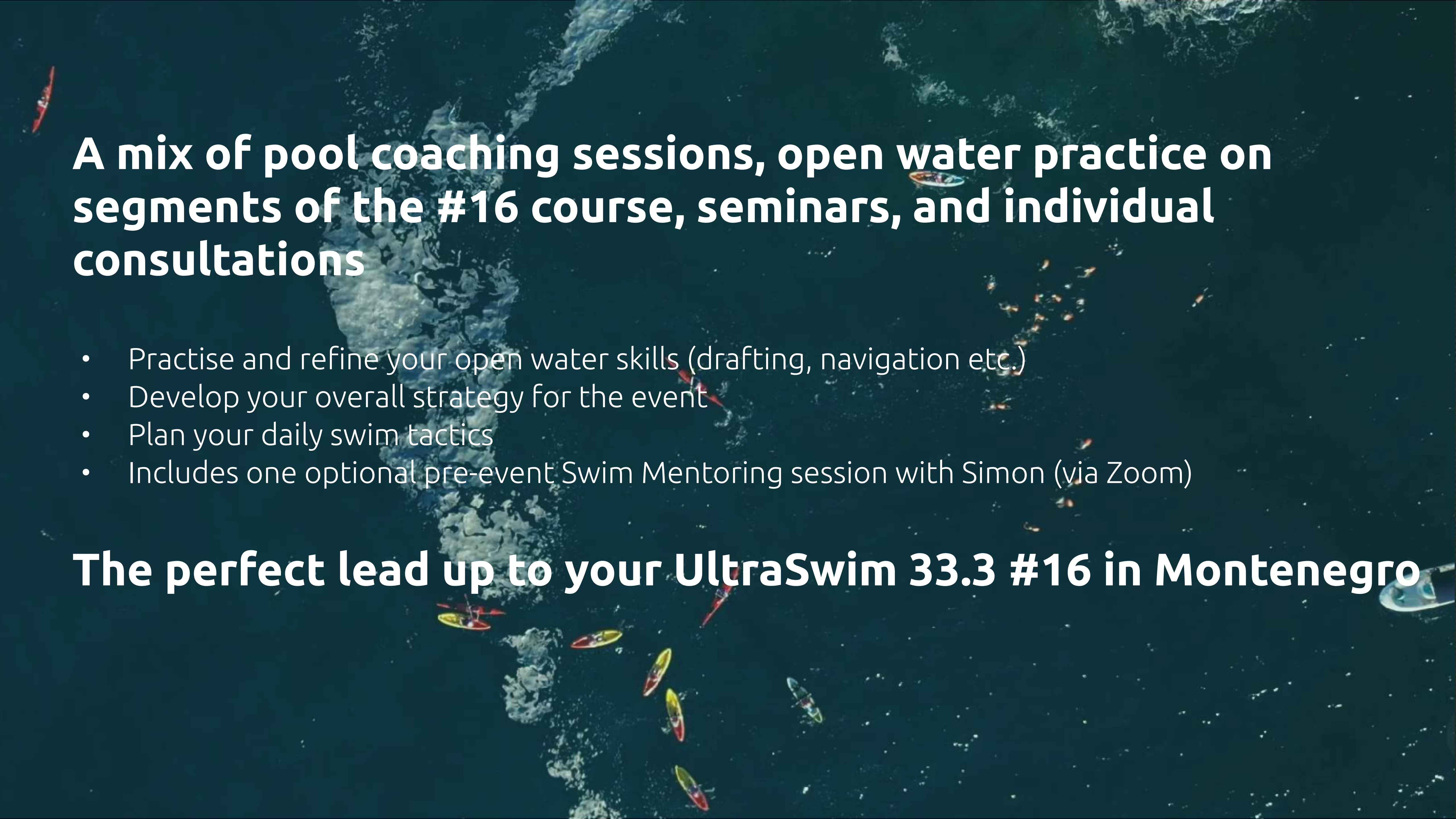
I attended the Swimming Preparation Camp in Montenegro six days ago, and I'm still buzzing from the experience! Coaches Simon and Jay delivered outstanding practical advice and wisdom that resonated with our entire group, from beginners to seasoned swimmers. Their tips on stroke mechanics, mental prep, and recovery were spot-on and easy to apply, set against Montenegro's stunning Adriatic backdrop.

What blew me away was their individualized analysis—way beyond expectations. Each of us got personalized video feedback and tailored drills, pinpointing issues like my shoulder form and boosting others' drafting and breathing. This one-on-one attention made all the difference. Simon's technical expertise and Jay's motivational vibe created a perfect balance, fostering a supportive, high-energy atmosphere.

Montenegro's clear and warm water is incredible, but Simon and Jay's dedication made this camp unforgettable. If you want to elevate your swimming, this is the place to be.

Huge thanks, guys—can't wait for our next one!

Andrew & Karen

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 pool coaching sessions, open water practice on segments of the #16 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
- Includes one optional pre-event Swim Mentoring session with Simon (via Zoom)

The perfect lead up to your UltraSwim 33.3 #16 in Montenegro



€490/swimmer + hotel/food.

Plus extra nights:

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 29th September morning in time for a 14:00 kickoff.

ULTRA & ULTRA+

Arrive at Dubrovnik or Tivat airport latest by **12:00 on the Tuesday 29th September** for transfer to the hotel or arrive on the Monday 28th and stay one night in Dubrovnik city and join us back at the airport for transfers departing at 12:00

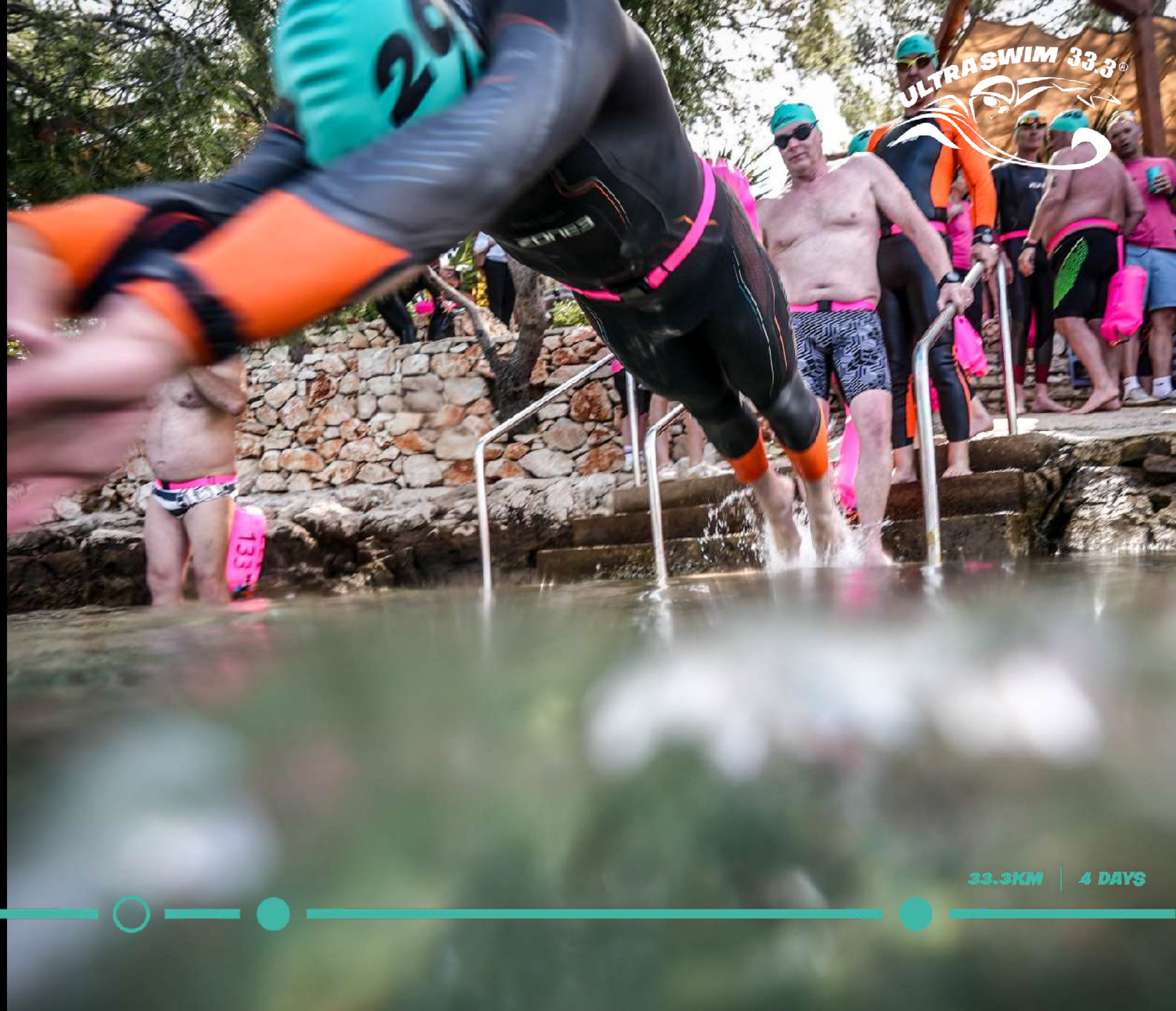
Finishes at lunchtime on Thursday 01st October.

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 - Montenegro 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
OVER THE 2-DAY
33.3 PREPARATION
CAMP**



ULTRASWIM 33.3®

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 #10
RACECOURSE
WITHOUT THE
PRESSURE OF
THE EVENT**



33.3KM | 4 DAYS

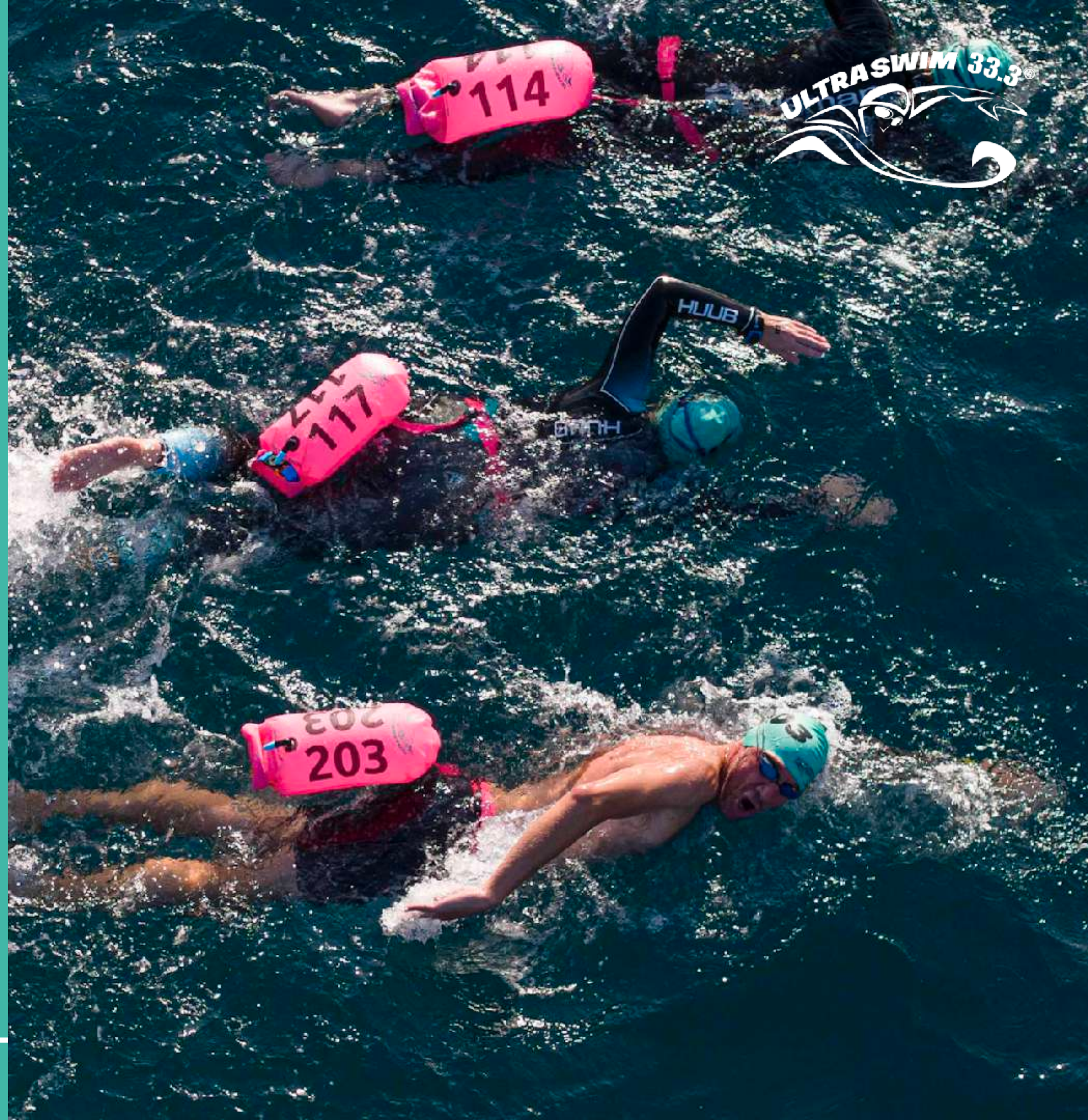
NUTRITION AND RECOVERY ADVICE SPECIFIC TO MULTI-DAY CHALLENGES

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**

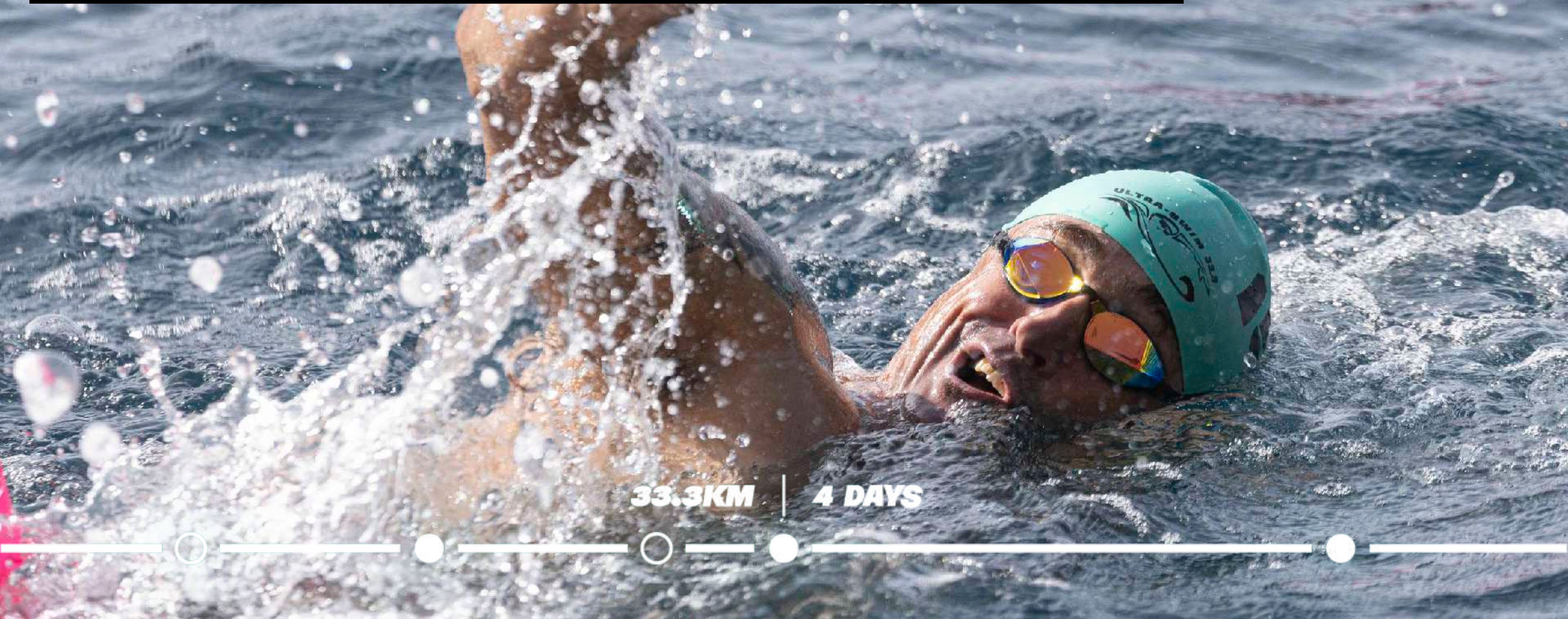
33.3KM | 4 DAYS



RACE DAY DETAIL PREP
THE CHECKLISTS
THE DETAILS NOT TO FORGET



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



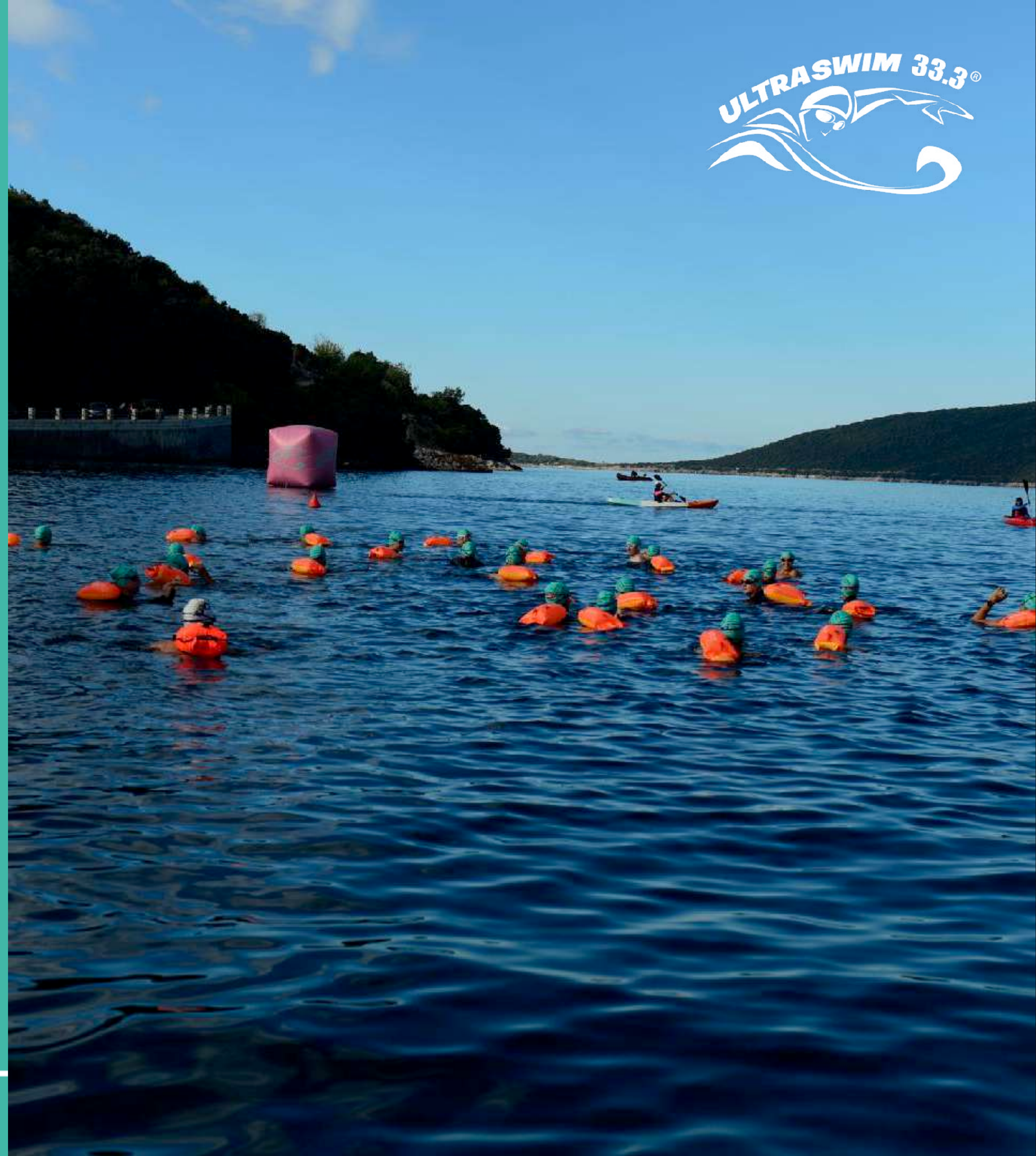
33.3KM | 4 DAYS

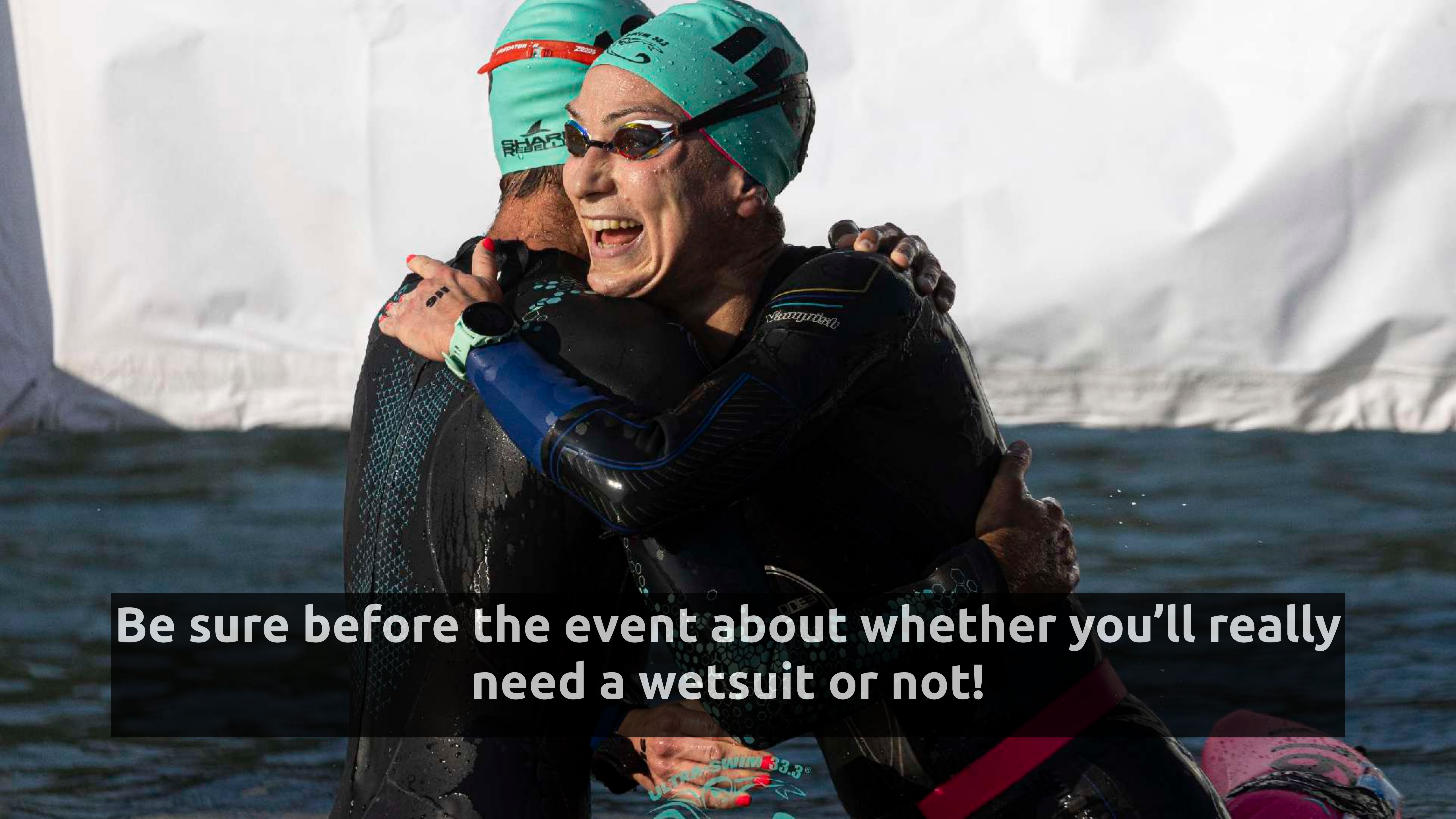




START LINE TIPS!

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

Get 15% off the Renaissance Swimmer Project

Simon recently launched "Renaissance Swimmer", a project for curious, thoughtful swimmers. It aims to inspire people to embrace the full range of swimming activities, from winter dipping and wild swimming to pool racing and marathon swimming - and to enjoy all the health, fitness and wellbeing benefits which derive from these activities.

The Renaissance Swimmer project takes the Renaissance Period ideals of continuously learning, exploring and improving, and applies these to swimming.

To create Renaissance Swimmer, Simon has pulled on more than 50 years of swimming experience and 15 years of thinking and writing about swimming. The project consists of 16 lessons and practical challenges to help you unleash your full potential in the water.

On signing up, you get full access to the entire contents for the project plus you will receive a 16-week email series to keep you motivated on your swimming journey.

Sign up today to get 15% off the standard price of £29.95 using code UltraSwim15.



<https://renaissanceswimmer.com/>

33.3KM | 4 DAYS



33.3KM || 4 DAYS

**ENHANCE YOUR 33.3 EXPERIENCE WITH THE
33.3 CAMP AT #16MONTENEGRO**

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

