



EPIC ADVENTURE SWIM RACES™

33.3KM | 4 DAYS

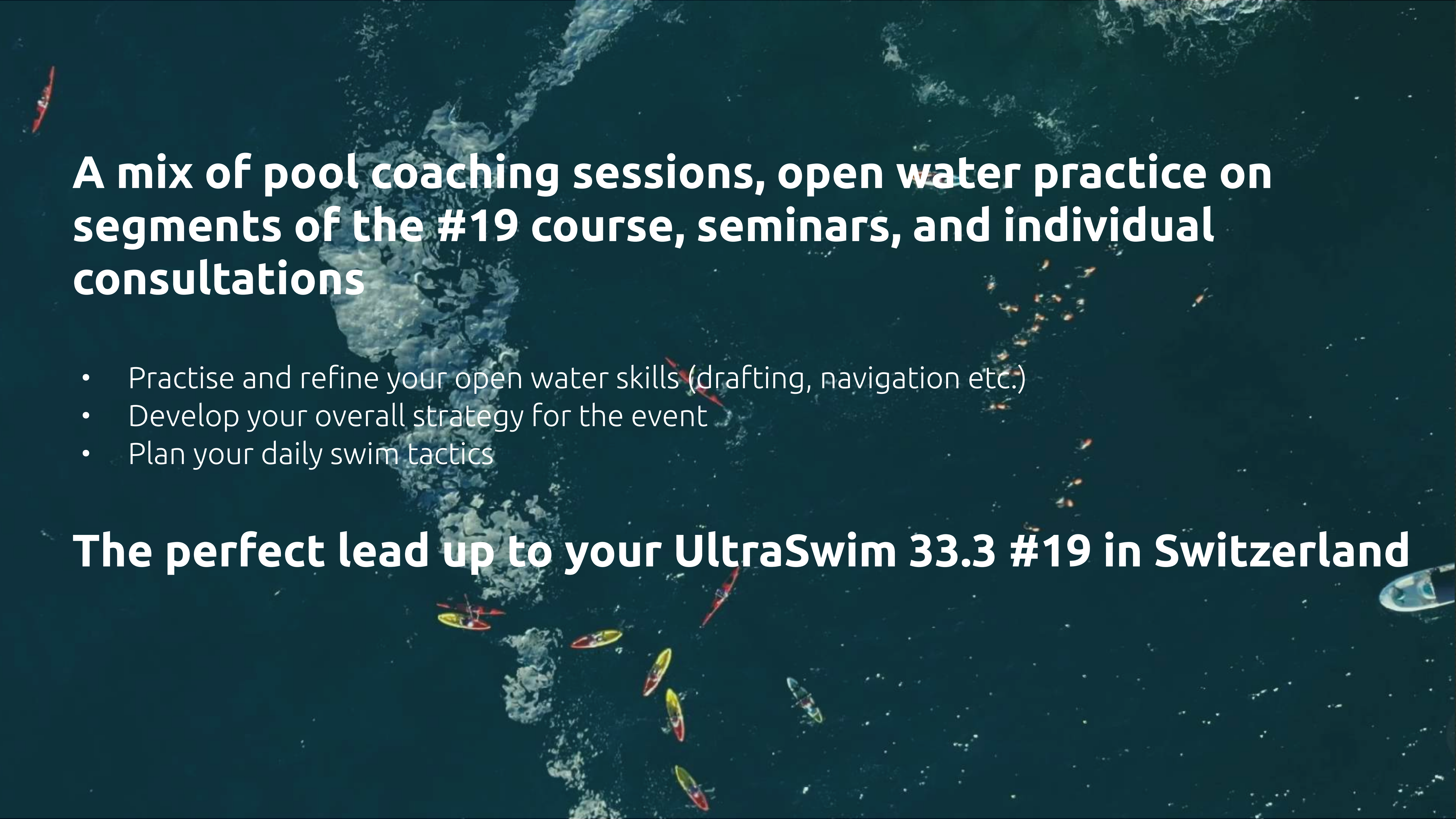
#19 SWITZERLAND
PREP-CAMP 20 - 22 JULY



Two day dedicated preparation camp immediately before #19 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 triathlon swim leg. Numerous athletes are visible in the water, each with a brightly colored swim cap (red, yellow, blue, green). They are spread out across the frame, with some appearing as small dots and others as more distinct shapes. The water is a deep blue, and there's a white wake or disturbance in the water near the center-left. The text is overlaid on the top left of the image.

A mix of pool coaching sessions, open water practice on segments of the #19 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 #19 in Switzerland



€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

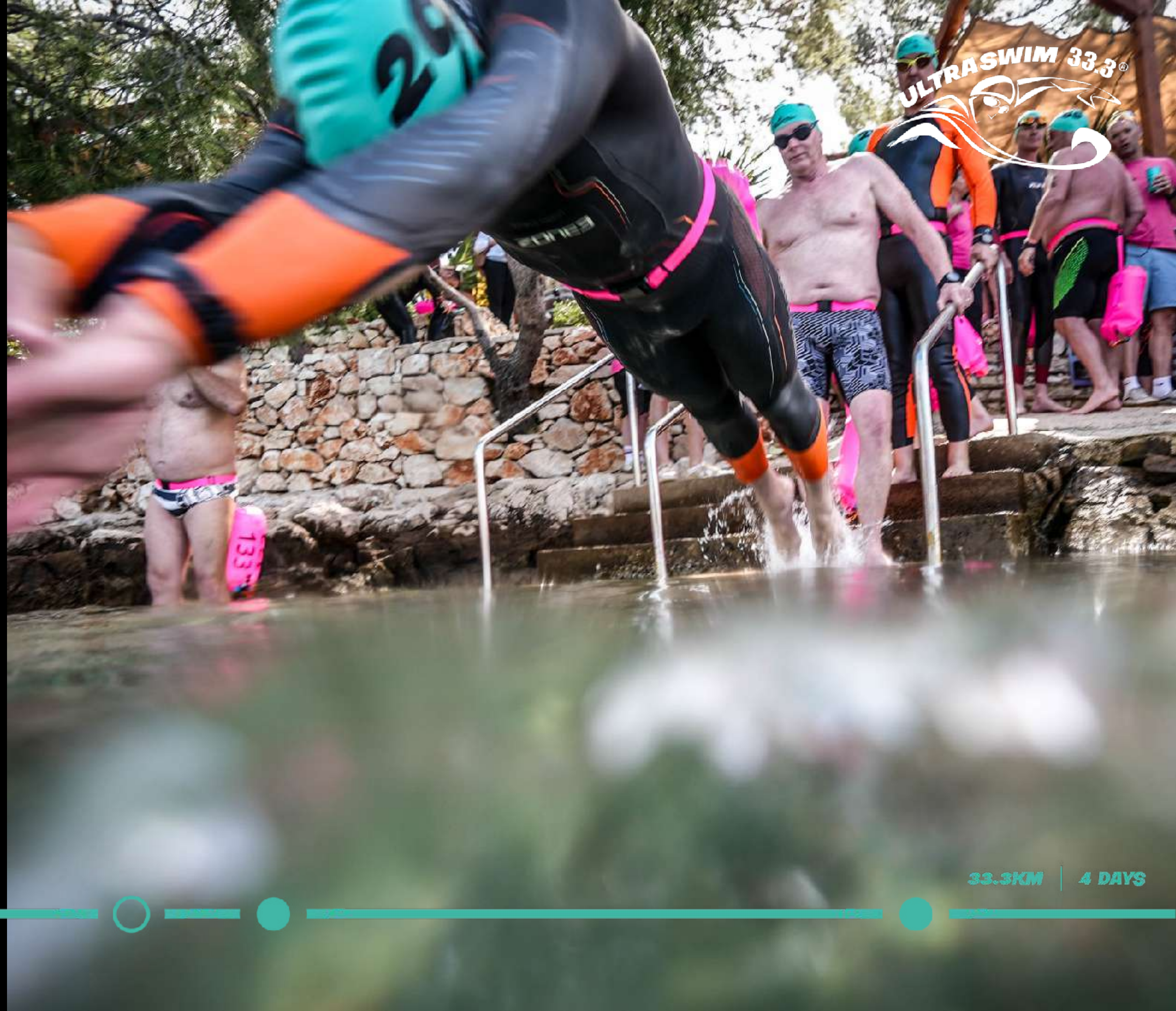
Finish 1200 on Thursday 22 July

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**



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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**

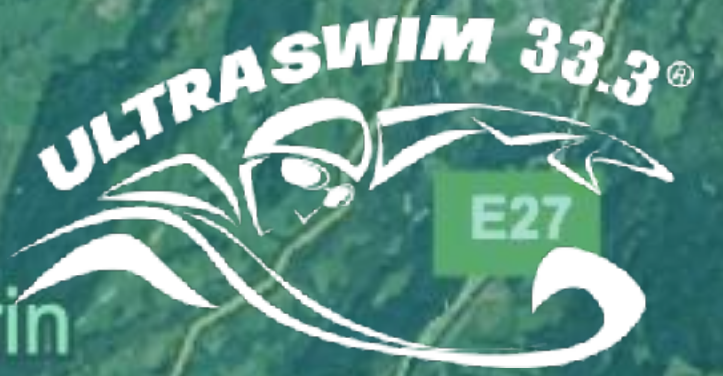


33.3KM | 4 DAYS

RACECOURSE RECCE

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**



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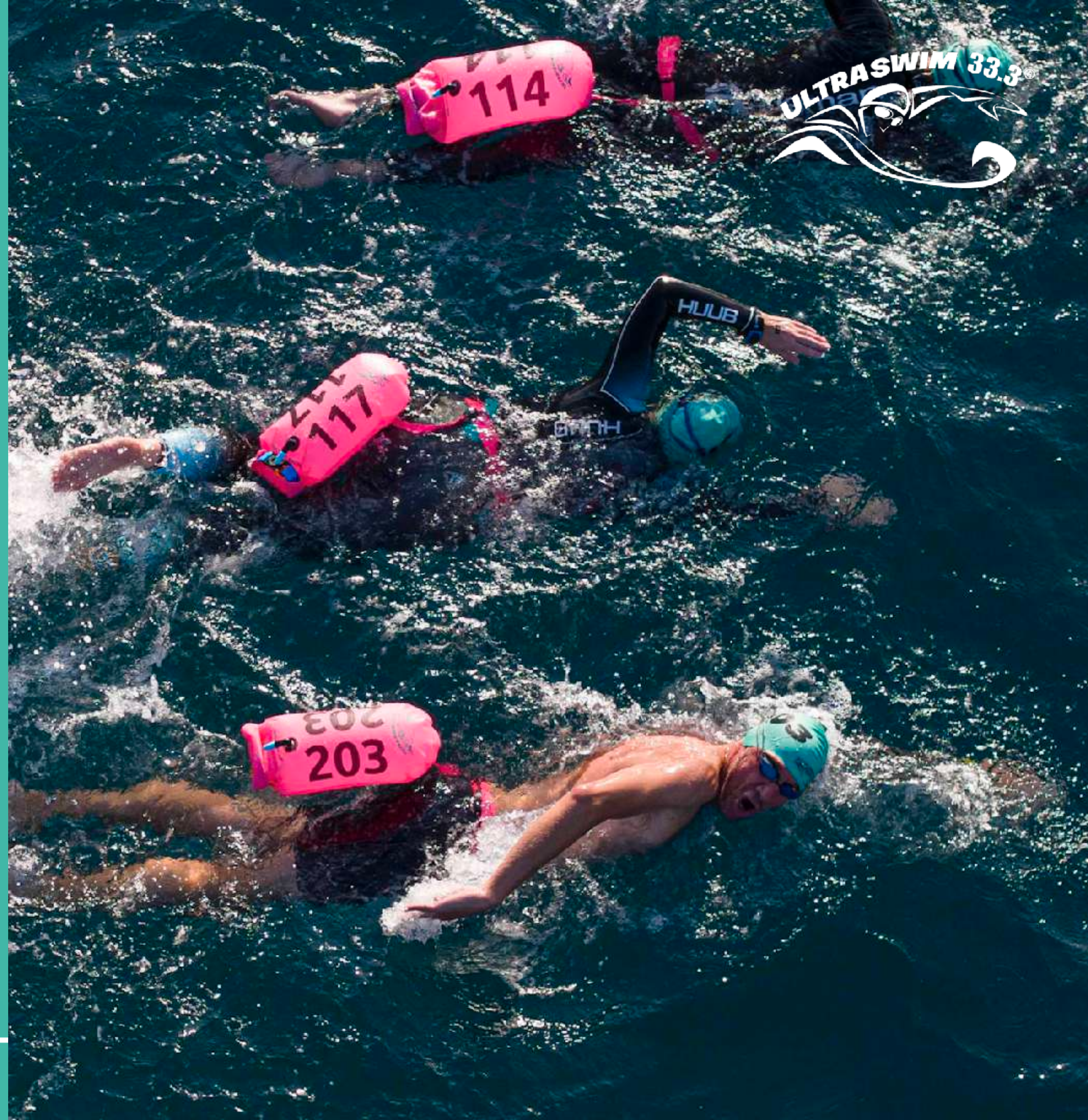
NUTRITION AND RECOVERY ADVICE SPECIFIC TO MULTI-DAY CHALLENGES

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**

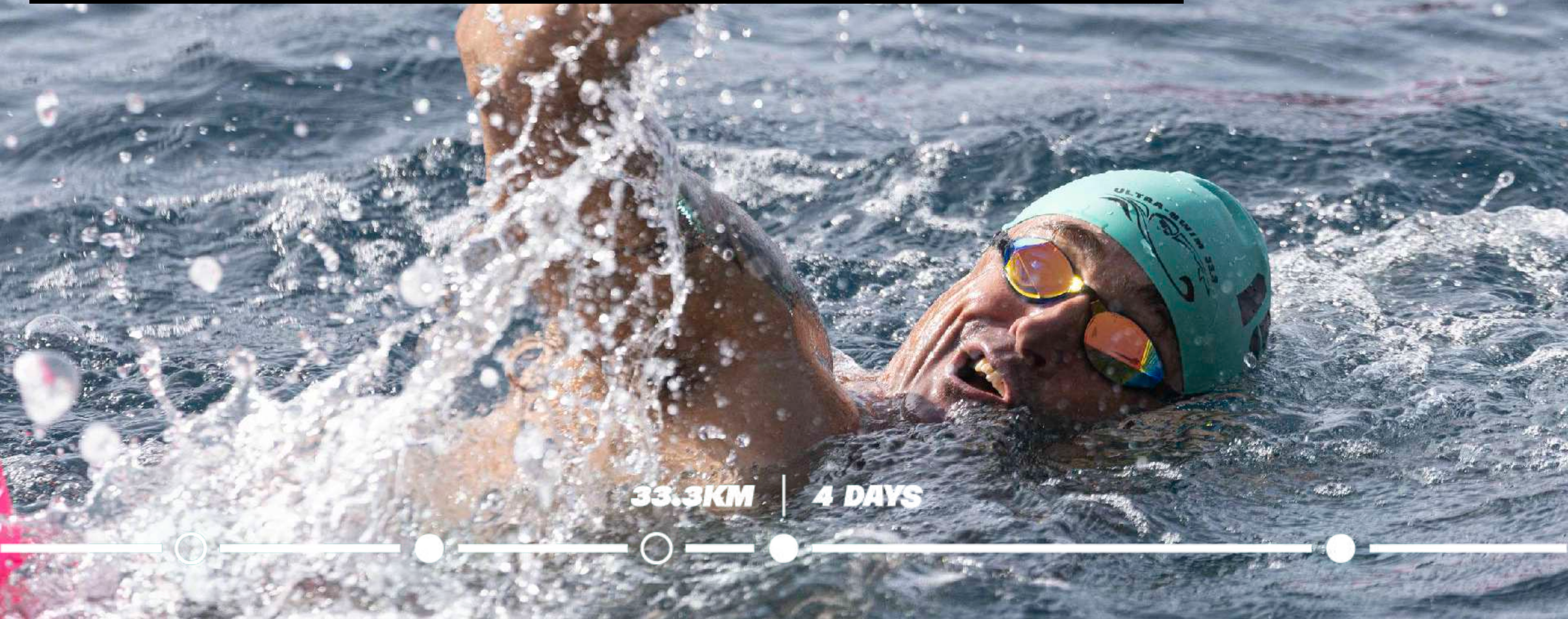
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RACE DAY DETAIL PREP
THE CHECKLISTS
THE DETAILS NOT TO FORGET



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



33.3KM

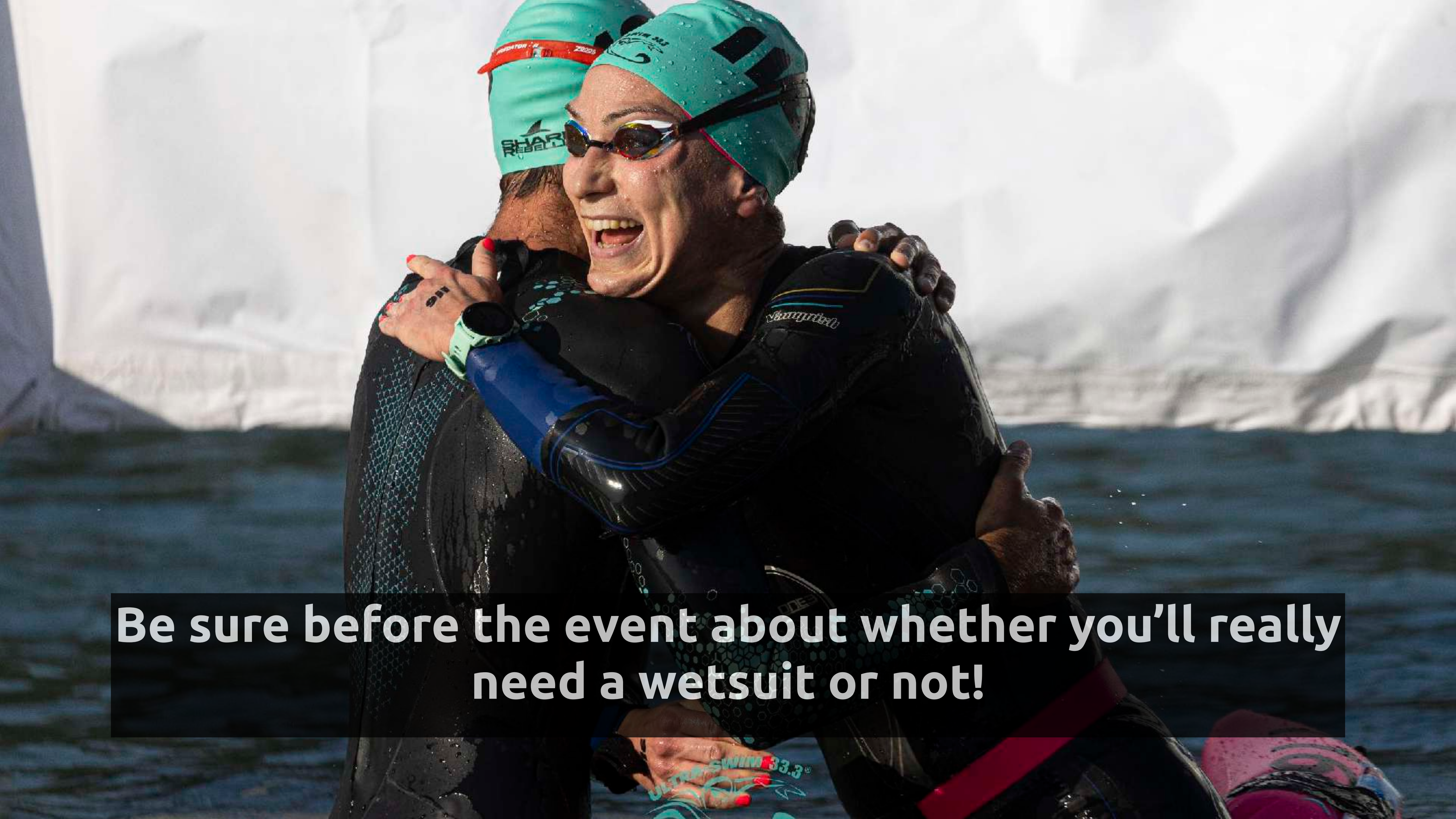
4 DAYS



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 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 holding a blue water bottle. The swimmer behind her is also wearing a teal swim cap and a black wetsuit. The background shows a body of water and a white, rocky or icy shoreline under bright sunlight.

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 #19SWITZERLAND**

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

