

World Masters Swim Camp T3 Tenerife 15-22/11-2009

Participate in the World Masters swim camp in Tenerife and train with one of the world most experienced Masters coaches Glen Christiansen for a week. Glen will give you technique advices, great training and ideas about how to get in shape for the World Masters, or other competitions. You will get an unique chance to swim in T3's swim Flume and get your technique analyzed. We can coach in English, German, Japanese and the Scandinavian languages.

Time: 15th to 22nd of November 2009

Place: T3 50m.pool. Please look at: www.topswimming.com

Coach: **Glen Christiansen:**

Olympic coach in Atlanta 1996. Ranked # 1 in the world in 1981 in 100m breaststroke.

13 times World Masters Champion. Over 50 world masters records broken. Former head coach Olympic performance centre in Hamburg, Germany.

Glen has coached swimmers world record holder and world champion in distance swimming and sprints. 1500 freestyle Jörg Hoffmann, world champion in backstroke Antje Buschschulte and European champion in 50m freestyle Linda Olofsson and World champion Therese Alshammar

Price: 651 Euro p.P in a triple apartment, 735 euro p.P in a double apartment (price includes Hotel Jardin Caleta with full board, all trainings, seminars, one Swim flume analyze and a World Masters Camp T-shirt & swimcap)

Information and entry: info@topswimming.com

Program:

Monday 16/11: 08.00 Breakfast 09.30 - 11.30 Swim training. "Get to know each other" + Stretching
12.00 Lunch

16.00 - 17.30 Swim training. Focus on speed

18.00 Welcome Dinner + Information

Tuesday 17/11: 08.00 Breakfast 09.30-11.30 Swim Training. Focus on technique. Swim flume analyze.

12.00 Lunch

16.00 - 18.00 Swim training. Focus on starts and turns.

18.00 Dinner + Theory: How to plan your training

Wednesday 18/11: 08.00 Breakfast 08.45 - 09.30 Weight training (volunteer/freiwilliges)

09.30 - 11.30 Swim training. Focus on Conditioning/Aerob

12.00 Lunch

Afternoon Free or/and sightseeing (Ausflug)

Thursday 19/11: 08.00 Breakfast 09.30-11.30 Swim training. Focus on pace work & Technique

12.00 Lunch

15.30-16.30 Theory: How to prepare for a competition by Glen Christiansen.

16.30-17.30 Swim training. Speed. Time trials.

18.00 Dinner + Analyzing of Swim Flume results.

Friday 20/11: 08.00 Breakfast 08.45 - 09.30 Weight training (volunteer/freiwilliges)

09.30 - 11.30 Swim training. Focus on Technique & Aerob/Recovery

12.00 Lunch

16.00 - 18.00 Swim training. Focus on Pace and Technique

18.00 Dinner

Saturday 21/11: 08.00 Breakfast 09.30 - 11.30 Swim training. Focus on Speed

12.00 Lunch

16.00 - 18.00 Swim training. Focus on Anaerob.

18.00 Goodbye Dinner.

Sunday 22/11: 08.00 Breakfast 08.45 - 09.30 Weight training (volunteer/freiwillig)

09.30 - 11.30 Swim training. Focus on Aerob.

12.00 Lunch