

***“Swim better, swim faster”***  
***With Olympic Coach Glen Christiansen***  
**Hamburg, Germany 4 - 5 June 2017**

Swim with one of the most experienced Masters coaches in the world: **Glen Christiansen**. Glen will help you improve your technique and give you ideas on how to improve your and your competition results. The camp is open to all who from “hobby – swimmers” to elite swimmers. Glen will adapt your training according to your level but will still challenge you.



**When:** 4 - 5 June 2017

**Where:** **Holmes Place Bahrenfeld, Hamburg**

**Gasstraße 2 22761 Hamburg**

25m indoor pool

Coach: ***Glen Christiansen***

Olympic coach in Atlanta 1996 Former #1 in the world in 100m Breaststroke  
15 times World Masters Champion (50m-100m-200m Breast, 200m IM)  
Winner of several Open Water races in Sweden, Germany, Japan. Nordic  
Masters Champion 3km.  
Former Headcoach at the Olympic Performance center, OSP in Hamburg  
Founder of Swimming without borders

**Program:**

**Sunday June 4th:**

**10.00 – 12.00 Swim Technique and filming**

**12.00 – 13.00 Time for Lunch**

**13.00 – 14.00 Seminar**

**15.00 – 17.00 Swim speed and turns**

**Monday June 5th:**

**10.00 – 12.00 Swim. Endurance und pacing.**

**12.00 – 13.00 Time for Lunch**

**13.00 – 14.00 Land training for Swimmers**

**15.00 – 17.00 Swim. Speed and technique**

**Cost:** 180 Euro for persons who are not Holmes Place Members  
There is a discount for Holmes Place Members  
**Inclusive in Price:** Access Holmes Place 2 days, all training sessions, Seminar,  
Video filming and analyze, swim cap  
Max 12 participants

**Information and entry:** [christiansen@swimstars.de](mailto:christiansen@swimstars.de)  
+ 49176-32288559

**In cooperation with HOLMES PLACE**  
<http://holmesplace.de/bahrenfeld.c/de/>

Looking forward to see you!  
[www.glen-christiansen.se](http://www.glen-christiansen.se)