

★ ★ ★
GLEN CHRISTIANSEN
INTERNATIONAL SWIMMING CAMPS
TENERIFE TOP TRAINING
METHOD®



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GLEN CHRISTIANSEN SWIM CAMPS

INTERNATIONAL KIDS AND YOUTH SWIMMING CAMP

22nd JUNE - 5th JULY 2015

starting from **111,00 €** /day for 2 adults and 1 child under 14 years participating in the camp

INTERNATIONAL KIDS AND YOUTH SWIMMING CAMP

17th - 24th OCTOBER 2015

starting from **190,00 €** /day for 2 adults and 1 child under 14 years participating in the camp

INTERNATIONAL YOUTH & MASTERS CAMP

25th October – 31st October 2015, starting from **190,00 €** / day for 2 adults and 1 child over 14 years participating in the camp

INTERNATIONAL MASTERS SWIMMING CAMP

12th - 26th FEBRUARY 2016 (arrival and departure flexible)
starting from **99,00 €** +7% tax /day for 1 adult in triple room

INDIVIDUAL CAMP

06th - 13th MARCH 2016
starting from **99,00 €** +7% tax /day for 1 adult in triple room





FEATURES

- Accommodation in Hotel Jardín Caleta***
- Full board pension (breakfast, lunch, dinner) with mineral water included in lunch and dinner
- Daily use of T3 pool according to training schedule Glen Christiansen
- Daily use of T3 gym according to training schedule Glen Christiansen
- Use of T3 flume channel according to training schedule Glen Christiansen
- All Lectures Glen Christiansen
- Technical Analyze Glen Christiansen
- Towel service in T3 (one towel per day per person)
- Water supply (1,5 l mineral water per person per day)





PROFILE

Coach Glen has over 40 years experience in world class swimming and coaching. His personal success began as a former world number one ranked swimmer and participant in the Olympic Games. He was the Swedish national Olympic coach in Atlanta 1996 and personally coached over 4 Olympians including medalists at the games. Glen has continued swimming at a world class level in Masters Swimming, became World Masters Champion 15 times and European Masters Champion 11 times including being Open Water Champion. Now, Glen has expanded his coaching career to providing expert coaching for aspiring triathletes and Masters Swimmers who either seek to achieve personal success or become world class athletes.

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