



International Masters Swim Camps

**Are you ready for some
swimming in the sun?**

I am doing a " **Flex Camp**" on Tenerife in February!
(www.tenerifetoptraining.com)

You come when you can within the period
7th to 20th of February.

I will only take on 12 swimmers a day and the daily
schedule looks like this:

07.30 Easy jogging on the beach (only if you want to :-)

08.00... Breakfast

10.00 Training in the gym (Stretching, Weights,
Training for abdominals and lower back)

10.30 Swim training

13.00 Lunch

16.30 Swim training

19.00 Dinner

20.00 "Get together"..... :-)

I will also give seminars on following subjects: Weight
training for Swimmers, Age and Performance, Mental
training for a swimmer, Nutrition, How to lose weight
and stay fit, Preparing for Competition....

Glen Christiansen

World master swim camp – flex

07.02.2011 – 20.02.2011

Price per person per day

In triple room 89,00 €

In double room 101,00 €

In single room 118,00 €

This price includes the following:

- Accommodation in Hotel Jardín Caleta, 3***
- Full board pension (Breakfast, Lunch, Dinner) including mineral water or soft drink with 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 (clean towel with each training session)
- Water supply (1,5 l mineral water per person per day)

Prices for accompanying people:

In double room for the accompanying person Price per day 8 days

Accommodation with breakfast 31,00 € 248,00 €

Accommodation with half board 34,00 € 272,00 €

Accommodation with full board 39,00 € 312,00 €

In triple room for the accompanying person Price per day 8 days

Accommodation with breakfast 28,00 € 224,00 €

Accommodation with half board 31,00 € 248,00 €

Accommodation with full board 36,00 € 288,00 €

For more information:

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