



Get the training and inspiration you need in Tenerife

I have been swimming Masters for over 25 years, won 14 World Championships, broken over 50 world records and coached Masters all over the world. I swam the Olympic Games 1980, and have also been an Olympic coach. This is my passion and my work, join me on one of my camps together with other swimmers from all over the world in all ages and levels!

The T3 training centre is located in La Caleta, a picturesque fishing village on Costa Adeje, in the South of Tenerife, Canary Islands, Spain.

The pool-area has two temperature-controlled outdoor swimming pools with a constant temperature of 27°C

- Pool 25m x 12.5m & 6 lanes
- Olympic pool 50m x 25m & 10 lane



In accordance to this you will have a great opportunity to improve your technique by swimming in the unique “Swim-Flume”, get in shape for the summer and get to know other adult swimmers from different countries.

The gym facilities and equipment are a dream come true, enjoy spectacular views while improving your physical condition in an environment of total comfort.

I will be there to coach you, share my experiences as a coach and swimmer and hold seminars on training, racing and all you you need to know to be a happy and successful swimmer and triathlete.





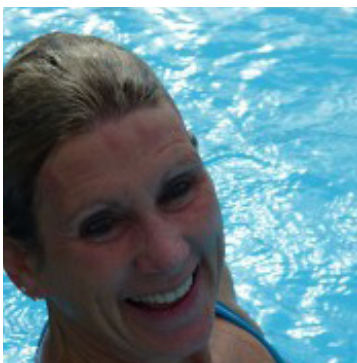
Boarding is at a nearby hotel called Jardin La Caleta, delightfully situated about 40 meters from the sea. The aparthotel is located within walking distance, right on the front of La Enramada beach.

All rooms are equipped with independent lounge and sofa bed, kitchen with hob, toaster, etc, bathroom, satellite TV, phone, safety deposit box (at an extra charge paid locally), and terrace or balcony. The Jardin Caleta provides maid service 5 times a week.



Price per person/day

89 Euro in Triple Apartment, full board.
101 Euro in Double Apartment, full board
118 Euro in Single Apartment, full board.



It's a perfect venue for training, as all of us competitive sports people know you need tons of self motivation to get out there and train, and that is where Glen comes in – his very nature makes you want to achieve – he inspires and drives you further than you thought you could go. He is a professional swimming coach, not only is he a world record holder in a number of events, but his enthusiastic, gregarious and competitive nature have on purpose in mind – to make you swim better. At this he succeeds!

Claire Wilsson

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
- Daily use of T3 gym according to training schedule
- Use of T3 flume channel according to training schedule
- Lectures
- Technical analyze
- Towel service in T3 (clean towel with each training session)
- Water supply (1,5 l mineral water per person per day)

You can decide yourself when you want to come. I can only take on 15 swimmers at a time, so book a cheap flight and enjoy some great days with me!

