

World Masters –international swim camps in Tenerife 2009 -2010

Camp 1: 15 nov 2009 –22 nov 2009 price in triple apartment 651€ / double apartment 735 €, reservation before [22.09.2009](mailto:info@topswimming.com)

Camp 2: 27 dec 2009 –03 jan 2010 price in triple apartment 748€ / double apartment 826 €, reservation before [30.09.2009](mailto:info@topswimming.com)

Camp 3: 14 feb 2010 –21 feb 2010 price in triple apartment 700€ / double apartment 770 €, reservation before [30.11.2009](mailto:info@topswimming.com)

Participate in the World Masters camp in Tenerife (T3 50m pool, look at www.topswimming.com) 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 2010 or other competitions. You will get an unique chance to swim in T3's swim Flume and get your technique analyzed. Prices includes Hotel Jardin Caleta with full board, all trainings, seminars, one Swim flume analyze and a World Masters Camp T-shirt & swimcap). Camp 1 is confirmed, camp 2 and 3 if we have totally 20 participants from different countries. We coach in English, German, Japanese and the Scandinavian languages.

Reservations/Entries directly to info@topswimming.com
MSM GmbH, Marion Hillebrand, Waldstrasse 36, 82335 Berg, Deutschland
Information martti.laajus@fonet.fi or gc1769@gmail.com



**XIII FINA World Masters
Championships 2010
Göteborg & Borås Sweden**

Coach Glen Christiansen (www.glen-christiansen.com)

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 topswimmers; world record holder and world champion in distance swimming and sprints. Therese Alshammar, Jörg Hoffmann, Antje Buschschulte and Linda Olofsson.

Program (camp 1):

daily breakfast 8.00, lunch 12.00 and dinner 18.00

Monday 16/11: 09.30 Swim, "Get to know each other" + Stretching, 16.00 Swim training. Focus on speed, 19.00 Welcome +Information

Tuesday 17/11: 09.30 Swim, Focus on technique. Swim flume analyze, 16.00 Swim training. Focus on starts and turns, 19.00 Theory: How to plan your training

Wednesday 18/11: 08.45 Weight training (volunteer), 09.30 Swim training. Focus on Conditioning/Aerob, Afternoon Free or/and sightseeing

Thursday 19/11: 09.30 Swim, Focus on pace work & Technique, 15.30 Theory: How to prepare for a competition, 16.30 Swim, Speed, Time trials, 19.00 Analyzing of Swim Flume

Friday 20/11: 08.45 Weight training (volunteer), 09.30 Swim, Focus on Technique & Aerob/Recovery, 16.00 Swim training, Focus on Pace and Technique

Saturday 21/11: 09.30 Swim, Focus on Speed, 16.00 Swim, Focus on Anaerob, 18.00 Goodbye Dinner.

Sunday 22/11: Weight training (volunteer), 09.30 Swim, Focus on Aerob, 12.00 Goodbye Lunch

