



WILD
SWIMRUN

- we inspire live dream -



SWIMRUNCUPEN
STOCKHOLM



WILD CAMP STOCKHOLM 4-5 MAY

”Swimrun Kick-off 2019”

Let's meet for a social Swimrun weekend to mark the start of the Nordic 2019 Swimrun season. We run, swim, train, eat, drink and laugh. Join for the full weekend or for just a day at the Island of Love, Utö.

There will be two training groups, one for those with more experience and used to longer and harder distances and one for those who are newer to the sport or do shorter distances and wish to get more individual coaching.

WELCOME!

WILD Swimrun & SWIMRUNCUPEN - Stockholm



SATURDAY

AM

TRANSPORT: STOCKHOLM – UTÖ Gruvbyn

By car or public transport from Stockholm Central to Årsta Brygga. Then ferry to Utö Gruvbyn.

WELCOME + MORNING "FIKA"

We fuel up on the ferry. WILD Guides will tell you about the day.

TRAINING: SWIMRUN

ENDURANCE Group: Either run or bike down to Ålö. Swimrunning around Ålö. A WILD Guide will lead the way, no individual coaching.

SPRINT Group: Running technique + Swimrun

- **RUNNING DRILLS & SKILLS session:** We go through the basics of running. How to run uphill and downhill in tricky terrain and of course those drills to better our running. Individual feedback.

- **SWIMRUN:** We make our way around Gruvbyn and Rävstavik for some trail and rock running and shorter swims.

LUNCH at Utö Vårdshus

PM

TRAINING: STRETCH + MOBILITY

We take care of the body.

SAUNA & RELAX

We relax and enjoy each others company.

EVENING

WELCOME DRINK + DINNER at Utö Vårdshus

We enjoy a three-course meal and drinks of your choice.



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SUNDAY

- 8.00 **STRETCH & MOBILITY (optional)**
We wake our body and mind.
- 8.30 **BREAKFAST**
We enjoy the lovely breakfast buffet at Utö Vårdshus.
- 10.00 **TRAINING: SWIMRUN**
We set out along the new beautiful trail north on Utö and Swimrun to Långbäling and back. It's short swims that are manageable for everyone. One or two groups.
- 13.00 **LUNCH at Utö Vårdshus**
- 14.00 **TRAINING: STRENGTH + PREHAB**
A session focused on building Swimrun specific strength and exercises to keep our shoulders, hips, knees and feet happy. You will be given a program of exercises to take with you home.
- TRANSPORT: UTÖ - STOCKHOLM**
All fun things come to an end. We make our way home.


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WHAT DO I GET?

- 1 night in shared dorm at Utö Vårdshus (upgrade to cabin possible)
- Fullboard - Breakfast, lunch x2, snacks and dinner on Saturday (excl. beverages other than water)
- Welcome drink
- WILD Guides to lead the way and coaching on some sessions
- Possibility to test gear and materials
- Discounts if you wish to buy new equipment
- Goodiebag from our partners

Price 2 150 SEK*

IF YOU WISH
TO JOIN FOR
JUST ONE DAY,
EMAIL US.

SIGN UP:

www.wildwomenswimrun.com/camps

WHAT DON'T I GET?

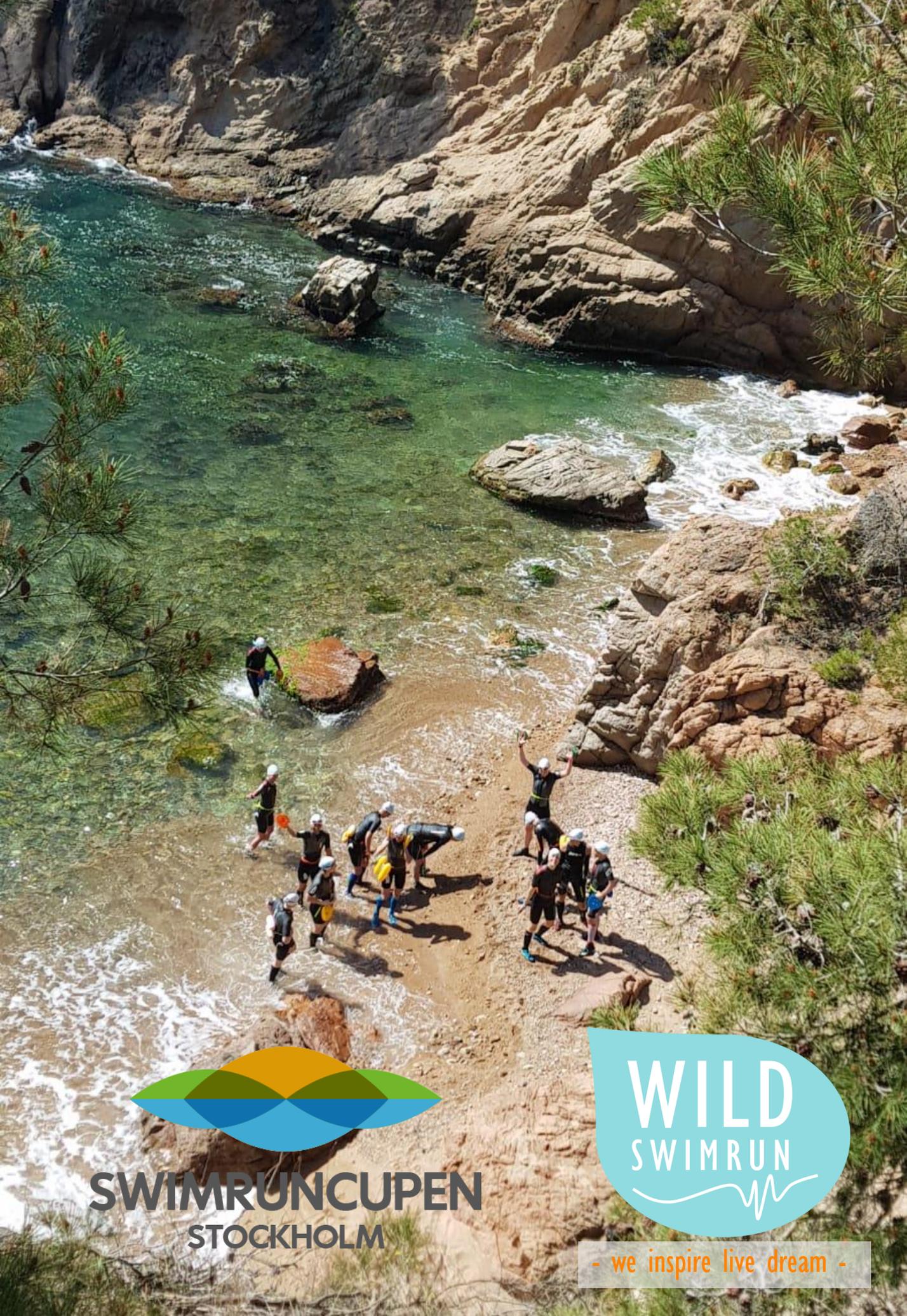
- Transport to and from Utö
- Beverages other than water during meals (Welcome drink included)
- Extra snacks (we provide during planned activities)


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*Cancellation before 20190430 for full refund. After 50% refund until 20190503

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