



# IRON SWIM

## CAMP TENERIFE

### TOURS:

14-21 AUGUST 2021  
21-28 AUGUST 2021

### LOCATION:

TENERIFE TOP TRAINING  
LA CALETA DE ADEJE,  
TENERIFE

### ACCOMMODATION:



3-STAR HOTELS

### ACCOMMODATION:



ROOMS FOR 1, 2 OR  
3 PEOPLE ON REQUEST

### BOARD:



ALL  
INCLUSIVE



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## CONTENTS OF THE TRAINING CAMP PACKAGE:

Two swimming trainings a day in outstanding conditions with professional swimming coaches.

**Based on Katinka Hosszú's swimming program.**

Dryland workout: Two hours a day with excellent onshore coaches.

**Based on Katinka Hosszú's land training program.**

### Leisure activities within the sports complex:

- swimming
- beach volleyball
- fitness
- football
- rugby
- tennis
- cross training

### Leisure and relaxation optional programs!

## THE PARTICIPATION FEE INCLUDES:

- flight ticket
- local transfer
- accommodation in 3 star all-inclusive hotels
- swimming/dryland training
- the recreational activities referred to above in the sports facility

**Participation fee:** 2500 Euros / week / person

**Family discount (for 3 people):**  
2000 Euros / week / person

**Sibling discount:** 2200 Euros / week / person

**Pre-booking discount:**  
10% for applications on 31 July 2021

The participation fee does not include:

- travel insurance
- higher category room price
- optional programs
- travel in business class
- single supplement
- PCR tests, if it will be a condition of travel during the period indicated.

## INQUIRE:

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