



CAMP OVERVIEW

Ready to take on a new open water challenge? Whether you're preparing for an upcoming 10km swim race, a marathon swim event, or simply want to put your skills to test, this open water swim coaching camp has everything you'll need. Expand your training alongside like-minded swimmers, hone your physical and mental attributes and prepare for the challenges ahead as you push to 10km... and beyond! Backed by a team of experienced marathon swimmers, specially chosen to support and inspire you at every turn, our coaching camp includes video analysis of your swim technique, as well as key coaching points to improve your overall performance in the water. Q&A sessions with your SwimTrek coaches also give you a fantastic opportunity to discuss your progress and focus on future training needs.

In addition, we will of course support you to complete the given distance, using circuit-style routes, while delving into in-depth filming, video analysis and seminars to cover the following units*:

| Practical | Theory |
|------------------------------------|--------------------------------|
| Unit 1 | Unit 7 |
| Breathing | Event planning and preparation |
| Unit 2 | Unit 8 |
| Body Position and Alignment | Nutrition |
| Unit 3 | Unit 9 |
| Catch and Propulsion | Mental Strength |
| Unit 4 | Unit 10 |
| Sighting | Medical Conditions |
| Unit 5 | |
| Open Water Skills and Race Tactics | |
| Unit 6 | |
| Practicalities of feeding | |

*We *aim* to cover as much applicable content as possible for each swimmer. You will be provided with additional resources and material to support the camp, but delivery may vary based on conditions and itinerary.

After building up the swim distances over the first few days, you will have the chance to complete a full



marathon (10km) swim to truly gauge the improvement that you've made throughout your time in the water.

Our accommodation in Croatia overlooks the marina and is close to our coastal swim locations, which helps to optimise the mix of coaching and relaxation time throughout your trip.

WHO IS THIS CAMP FOR?

This coaching camp is ideal for swimmers who are planning to take part in an open water 10km marathon or swim event of up to 15km, or those who are looking to challenge themselves in a safe and supportive open water environment.

Whether your marathon swim is in cold or warm water - in the sea or a lake - this camp is a perfect opportunity to improve both your stroke and endurance, expanding your skills under the watchful eye of our experienced coaches. The camp features long and short open water swims, with full safety cover. It also incorporates technical analysis and a nutrition seminar over the course of your stay.

Swimmers should also have a basic understanding of open water swimming and be capable of completing the average swim distance of around 4 km prior to the start of the trip. The average daily swim distance is around 7km (split over a minimum of two swims).

We have given this trip a 'Challenging' grading. These trips are for experienced open water swimmers who want to push themselves.

If you are training for an endurance Long Distance event, like an English Channel solo swim, or similar ultra-marathon, please check out our: [Channel and Long Distance Training Camp Dalmatian Coast](#).

LOCATION SUMMARIES

Prvić Luka (near Šibenik)

We will be based on this car-free island contains two beautiful traditional Mediterranean towns. Almost invisible from the mainland, they have preserved their peace and original appearance for generations. Our swims for the week will explore the neighbouring islands of the Šibenik archipelago.

CAMP SCHEDULE

| | |
|--------------|---|
| Start Point | Hotel Maestral, Prvić Luka |
| Start Time | 17:00 on Day 1 |
| Finish Point | Hotel Maestral, Prvić Luka www.hotelmaestral.com |
| Finish Time | 11:00 on Day 6 |

Please note that the below daily itineraries are an example of the swims that may take place during



your coaching camp, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek coaches and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

We meet in the late afternoon, where you will have a chance to relax before our pre-trip briefing and short acclimatisation swim. We will return to the hotel for a welcome drink and to discuss in detail the plans for the week ahead. You are welcome to join us for dinner in the hotel before heading off for an early night to prepare for tomorrow's swims and the challenging days ahead.

Day 2 - Daily Swim Distance: Up to 6km

Today, we will be coaching you through 6km of swimming, with a 4km swim in the morning and a 2km swim in the afternoon. Our initial swim takes us along the coast to the sheltered bay of Šepurine and will be the base for a technique videoing session. The coaches will video your stroke above and below the water. After lunch, you will complete your afternoon swim before returning to the hotel for dinner and video feedback.

Day 3 - Daily Swim Distance: Up to 7km

Today, we travel to Kaprije for a big day of swimming. We build our endurance with a 5km morning swim and a further 2km after a well-earned lunch on the boat.

Day 4 - Daily Swim Distance: Up to 4km

Today, we head along to coast of Zlarin, with its rugged coastline and fertile interior. In the afternoon, we will head back to Prvić Luka where there may be an opportunity for a short afternoon swim before returning to the hotel. This is followed by an evening seminar.

Day 5 - Daily Swim Distance: Up to 10km

The Big One! After the preparation, practice, advice and training of the past few days, this swim gives you the opportunity to bring it all together and complete a marathon swim of 10km. To optimise your experience, the precise swim location will be selected based on prevailing weather conditions. We will provide full safety boat cover, with nutritional support during your swim. Once you've fully showered and recovered, time will be set aside for a full Q&A session with your SwimTrek coaches.

Day 6

There's time for one more morning swim session before the camp ends. We swim as a group, and this is an excellent time to work on your technique and swap any final information with your fellow guests and SwimTrek coaches.



TRIP GRADING

We have given this trip a 'Challenging' grading. These trips are for experienced open water swimmers who want to push themselves.

Swimming Distances

| Swim | Distance | Swim | Distance |
|----------|----------|---------------|----------|
| Sepurine | 4km | Prvić Coastal | 2km |
| Kaprije | 5km | Kaprije | 2km |
| Zlarin | 4km | Prvić Luka | 1km |
| TBC | 10km | Prvić | 800m |

Coaching Sessions

Due to the nature of this training and the wide range of distances that will be covered by different members of the group, most of our swims take place around a series of circuits in local bays. Circuit swims allow you to always complete your training at your individual pace with full safety cover, as well as enabling you to feed as and when you require.

Your coaches on this trip are all highly experienced long distance swimmers and/or swim coaches. Q&A sessions with your SwimTrek coaches give you a fantastic opportunity to discuss your progress and focus on future training needs and they are an incredibly valuable part of the trip.

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as jellyfish, sea lice, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, however if you suffer from anaphylaxis, please consult the office prior to booking.

Temperatures

| Month | Water Temperature* | Air Temperature* |
|-------|--------------------|-------------------|
| May | 18-20°C / 64-68°F | 17-21°C / 63-70°F |

* Please note that these temperatures are indicative and should be used as a guide only.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. Therefore, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek coaches as quickly as possible.



CAMP INFORMATION

Group Size

This coaching camp has a maximum group size of 14 with a coach/swimmer ratio of approximately 1:5. The group will be accompanied by SwimTrek coaches for coaching and safety support at all times.

Boat Support

Boat support on this camp includes one main boat and two inflatable boats to be piloted by your SwimTrek coaches and a local boat pilot.

Please note that this boat support is subject to change without notice and cannot be guaranteed.

Equipment Checklist

For your basic, essential packing list, please visit our [Packing List](#) on our website. For **additional, location specific** items, please see the table below:

| ✓ | ITEM | ✓ | ITEM |
|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | Swimming Costume (x 4) | <input type="checkbox"/> | Small pack towels |
| <input type="checkbox"/> | Swimming Goggles (x 2) | <input type="checkbox"/> | Waterproof Daypack |
| <input type="checkbox"/> | Waterproof Trousers / Jacket | <input type="checkbox"/> | Warm clothing including thermals, fleece, and trousers/sweatpants |
| <input type="checkbox"/> | Gloves and Warm Socks | <input type="checkbox"/> | Waterproof Watch |
| <input type="checkbox"/> | Swim Earplugs | <input type="checkbox"/> | Any Specific Nutritional Needs |
| <input type="checkbox"/> | High Factor, water resistant sun cream | | |

We recommend bringing several swim costumes and recommend taking 2 or 3 with you per day to ensure you have a clean, dry costume for each swim..

SwimTrek will supply swim hats, water and warm carbohydrate drinks and fill up each individual guest's personal drink bottles where required.

SwimTrek will also supply a variety of snacks, but if you have a specific feeding plan, snacks or equipment that you wish to train with, please bring these with you. Where possible, our coaches will use your specific equipment to help you practice feeding during your long swim.

If you would like to use a wetsuit, rash vest or fins during your swims, please ensure that you bring these



with you.

GETTING THERE

The easiest way to get to Prvić Luka is to fly into Split airport and take the private transfer which is organised through the Hotel Maestral.

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out our [SwimTrek flight tips](#) page on the website.

Whilst we have outlined various travel options below, they are subject to change and should be used as a guide only. We suggest that you use the following websites to search for alternative flight and ferry options for this trip.

Whichever route you choose to take, we recommend confirming your flights and other travel arrangements as early as possible to avoid price rises and availability issues.

From Split Airport

Private Transfer to Prvić Luka

To arrange a private transfer from Split Airport to your accommodation at Hotel Maestral, please contact the hotel directly by emailing your arrival information to: info@hotelmaestral.com. This service includes a car and taxi boat transfer, with a journey time of approximately 1 hour 15 minutes, dependent on traffic. The rates are indicated below and are payable on location.

| NUMBER OF PASSENGERS | PRICE PER PASSENGER (EURO) |
|----------------------|-------------------------------|
| 1 | 110 EUR |
| 2 | 55 EUR |
| 3 | 50 EUR |
| 4 | 45 EUR |
| 5+ | 40 EUR |

Public Transport to Šibenik

Public transport from Split Airport to Šibenik involves catching two different buses. Please note that the information below should be used as a guide only and is subject to change.

From Split Airport, you will need to take the number 37 bus to Trogir, which takes approximately 10 minutes. From Trogir, you will need to board another bus to Šibenik, which takes approximately 1 - 1.5 hours. For up-to-date schedules, availability and the latest route options for this journey please visit:

- Split Airport to Trogir: www.promet-split.hr/vozni-red/urbano-podrucje/linijaid/1974
- Trogir to Šibenik: www.arriva.com.hr/en-us/home



Ferry from Šibenik to Prvić Luka

The ferry ticket office is just 50m from Šibenik bus station, to your left when facing towards the sea. The journey time is approximately 30 minutes and Prvić Luka is usually the second stop, however, we recommend you check this locally. For up-to-date schedules, tickets and further ferry information, please visit: www.jadrolinija.hr/en/ferry-croatia.

Zadar Airport

Private Transfer to Prvić Luka

To arrange a private transfer from Zadar Airport to your accommodation at Hotel Maestral, please contact the hotel directly by emailing your arrival information to: info@hotelmaestral.com. This service includes a car and taxi boat transfer, with a journey time of approximately 1 hour and 15 minutes - dependent on traffic. The rates are indicated below and are payable on location.

| NUMBER OF PASSENGERS | PRICE PER PASSENGER (EURO) |
|----------------------|----------------------------|
| 1 | 110 EUR |
| 2 | 55 EUR |
| 3 | 50 EUR |
| 4 | 45 EUR |
| 5+ | 40 EUR |

Public Transport to Šibenik

Public transport from Zadar Airport to Šibenik involves catching two different buses. Please note that the information below should be used as a guide only and is subject to change.

From Zadar Airport, you will need to take the airport bus to the main bus station in Zadar city centre, which takes approximately 20 minutes. From Zadar city centre, you will then need to take another bus to Šibenik, with a journey time of approximately 1.5 hours.

For up-to-date schedules, availability and the latest route options for this journey please visit:

- Zadar Airport to Zadar: <https://getbybus.com/en/blog/airport-bus-zadar/>
- Zadar to Šibenik: www.buscroatia.com/bus-station-zadar/

Ferry from Šibenik to Prvić Luka

The ferry ticket office is just 50m from Šibenik bus station, to your left when facing towards the sea. The journey time is approximately 30 minutes and Prvić Luka is usually the second stop, however, we recommend you check this locally. For up-to-date schedules, tickets and further ferry information, please visit: www.jadrolinija.hr/en/ferry-croatia



ACCOMMODATION

Our accommodation for this trip is in Hotel Maestral, one of the region's finest locally owned hotels. The hotel is perfectly situated directly on the waterfront and offers a range of twin-share rooms with en suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.

Pre/Post Trip Accommodation and Trip Extension Options

If you require any additional nights' accommodation before or after the trip, this can be arranged directly through the Hotel Maestral.

Email: info@hotelmaestral.com

Tel: +385 22 448 300

Food and Drink

Breakfast and lunch are included on this training camp.

For more information, please visit our [food and drink](#) page on the website.

TRAVEL ADVICE

For more information on any of the following sections please visit the [Travel Advice](#) page of our website.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as drinks, entertainment, souvenirs, etc. The local currency is the Euro €. There is one ATM available in Prvić Luka where you can draw local currency out, it is located 100m down the road from our hotel. It is advised to draw local currency out before arriving on the island, you can exchange currency at the post office and there is a cash machine in Šibenik.

Please note a tourist tax will need to be paid on location and will be up to €2.20 per person per night.

In some countries, tipping (gratuities) is not part of the culture - in others it has become an expected norm. We believe that tipping is done entirely at your own discretion. If you have been provided with excellent it may be something you wish to do. Your SwimTrek coaches can advise on local norms for service providers like boat crew, waiters or taxis. Nothing is expected for your SwimTrek coaches, but many groups like to present something to the coaches at the end of the trip.

Passports and Visas

Croatia is part of the European Union. Non-residents of Croatia require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of most countries, including all E.U. member states, U.S., Canada, Australia and New Zealand do not require a visa to enter Croatia. Please note that visa regulations are subject to change, and we advise that you



check your own visa requirements prior to travel.

As of 1 January 2023, Croatia became part of the Schengen area. Travellers from other Schengen countries do not require a visa to travel to Croatia. Generally, citizens of European countries, regardless of whether their countries are Member States of the EU or not, do not need a visa to come to Croatia but do require a full passport, valid for six months beyond the expected length of stay. The only exceptions to this rule are the Russian Federation, Belarus and the Republic of Turkey. Visa regulations are subject to change, and we advise that you check your own visa requirements prior to travel.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

For more information, please visit our [Responsible Travel](#) page on the website.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information, please visit our [Travel Insurance](#) page on the website.

Health Information and Recommended Vaccinations

Here at SwimTrek we pride ourselves on our focus on safety and the well-being of all our guests. As we operate in some beautiful and remote locations medical facilities are not always easily accessible. SwimTrek coaches, and many staff working for our local partners, are first aid trained. However, we ask that you read our [Travel Health](#) page to ensure that you are informed about general Travel and Swim Health precautions

Internet Access, Electricity and Travel Plugs

There is complimentary Wi-Fi internet access across the hotel and room

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu