



**Thursday:**

No activities

Arrival Barcelona or Girona.

Transfer to La Fosca for welcome reception

**Friday: swim + run discovering the region of Girona**

7.30-8.00 am sunrise wake up flow at the beach (or sleep in!)

8am Breakfast

9am departure to the training location of the day

10 - 11am pool swimming focusing on technique

11-12am open water. Options to do from 500m to 3000m

Coffee break & swimming feedback

12.30-1.30pm injury prevention strength training

2-4 pm lunch & rest

4-6 pm trail running technique + 8km + stretching

6.30 pm transfer back to the hotel

8.30 pm dinner at the hotel

**Saturday: the long swimrun adventure, from A to B**

7.30-8.00 am sunrise wake up flow at the beach (or sleep in!)

8 am Breakfast

9 am departure from the hotel to the start of our adventure. Briefing of the day and the different options (half or full route).

10am - 2pm swimrun

2pm. Long Lunch at point B

Afternoon: depending on the weather and how we feel there will be several options

- going back to the hotel and relax
- Visiting a nearby village
- More open water swimming
- Running technique recording & feedback
- 1,5 h slow recovery yoga specific for swimrunners

8.30 pm. dinner at the hotel

**Sunday: swimrun from the doorstep!**

7.30-8 am sunrise wake up flow at the beach (or sleep in!)

8 am Breakfast

9.30 am More swimrun! We will do a loop from the hotel of 2 -3 hours with the option to go halfway if you're tired or have an earlier flight.

1 pm. Lunch or picknick to take with you will be available at the hotel.

Transfer from the hotel to the airport will be arranged. If possible, get a flight that leaves at 6pm or later. There is also the option to stay an extra night in Barcelona (we can help you to book good value accommodation).