
ÖTILLÖ®
SWIMRUN
TRAINING CAMP MALLORCA
TRAINING WEEK · MARCH 28 – APRIL 4
SWIMMING COACHED BY OLYMPIC SWIMMER ANNA-KARIN LUNDIN (@SIMCOACHEN)
ON-COURSE AND RUNNING TRAININGS WITH ELITE ATHLETE AND SPORTS PHYSIO BEN THIESMEYER

PEAK EARLY, RACE FRESH

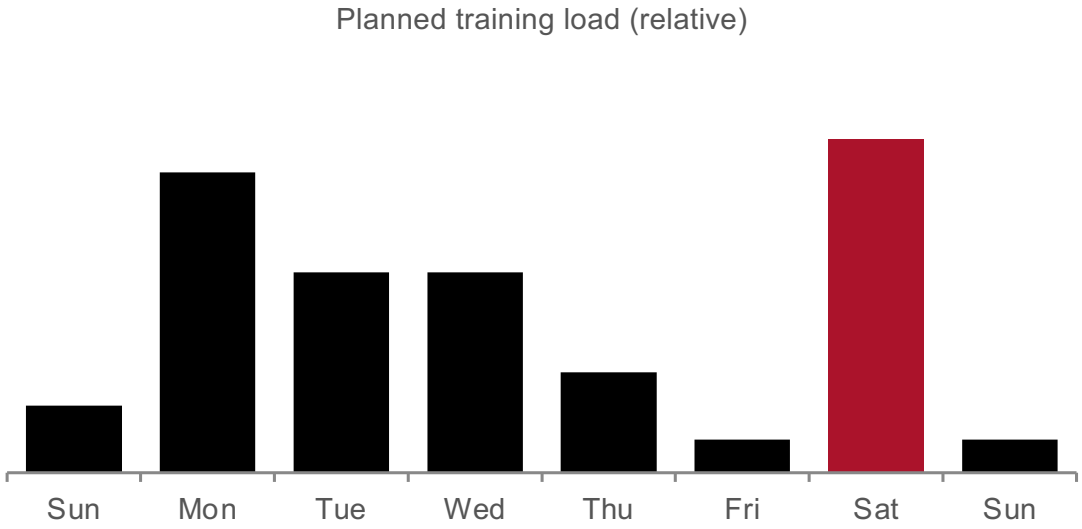
WEEK PLAN: WORKLOAD COMES EARLY IN THE WEEK, SO YOU CAN TAPER FOR THE SATURDAY RACE!

7 - 32KM
ÖTILLÖ courses

19 - 918M
elevation gain

APRIL 3
race day

20
Limited spots *minimum 10 pax



Two small groups
Group 1 swims with Anna-Karin while group 2 runs, then swap.

Feedback while you swim
Bone-conduction headsets for live coaching.

On the real course
Two sessions on parts of the Mallorca course.

www.otilloswimrun.com

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DAYS 1 – 4: BUILD

TECHNIQUE,COURSE CHECK AND A LOT OF SWIMMING.

SUN 28 MAR

ARRIVAL

Arrival and check-in

17:00–18:30 Open water, all groups: sighting technique.

EVENING Welcome meeting and dinner together.

MON 29 MAR

TECHNIQUE

09:00–10:30 Pool, group 1: stroke technique.

10:30–12:00 Pool, group 2: stroke technique.

PM Swimrun on course part 1, 2–2.5 h.

TUE 30 MAR

SWIM ANALYSIS

09:00–10:30 Pool, group 2: swim analysis.

10:30–12:00 Pool, group 1: swim analysis.

AFTER LUNCH Review: catch and pull.

PM 60 min trail run, uphill/downhill technique.

WED 31 MAR

PADDLES

09:00–10:30 Pool, group 1: paddle technique.

10:30–12:00 Pool, group 2: paddle technique.

PM Swimrun on course part 2, 2–2.5 h at easy pace: tether, drafting, team communication.

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DAYS 5 – 8: TAPER AND RACE

LOAD DROPS FROM THURSDAY SO YOU RACE FRESH ON SATURDAY.

THU 1 APR

REDUCED LOAD

09:00–10:30 Pool, group 1: technique and sighting.

10:30–12:00 Pool, group 2: technique and sighting.

15:00 Active release & mobility session

17:00 Open water: starts, entries and exits, 45 min.

FRI 2 APR

PREPARE

10:00 Optional easy swim – the group chooses open water or pool – or a shake-out run.

PM Gear check and official race briefing.

SAT 3 APR

RACE DAY

ÖTILLÖ Swimrun Mallorca , choice of distance.

PM Evening together.

SUN 4 APR

WRAP-UP

AM Easy recovery swim and short analysis.

PM Departure.

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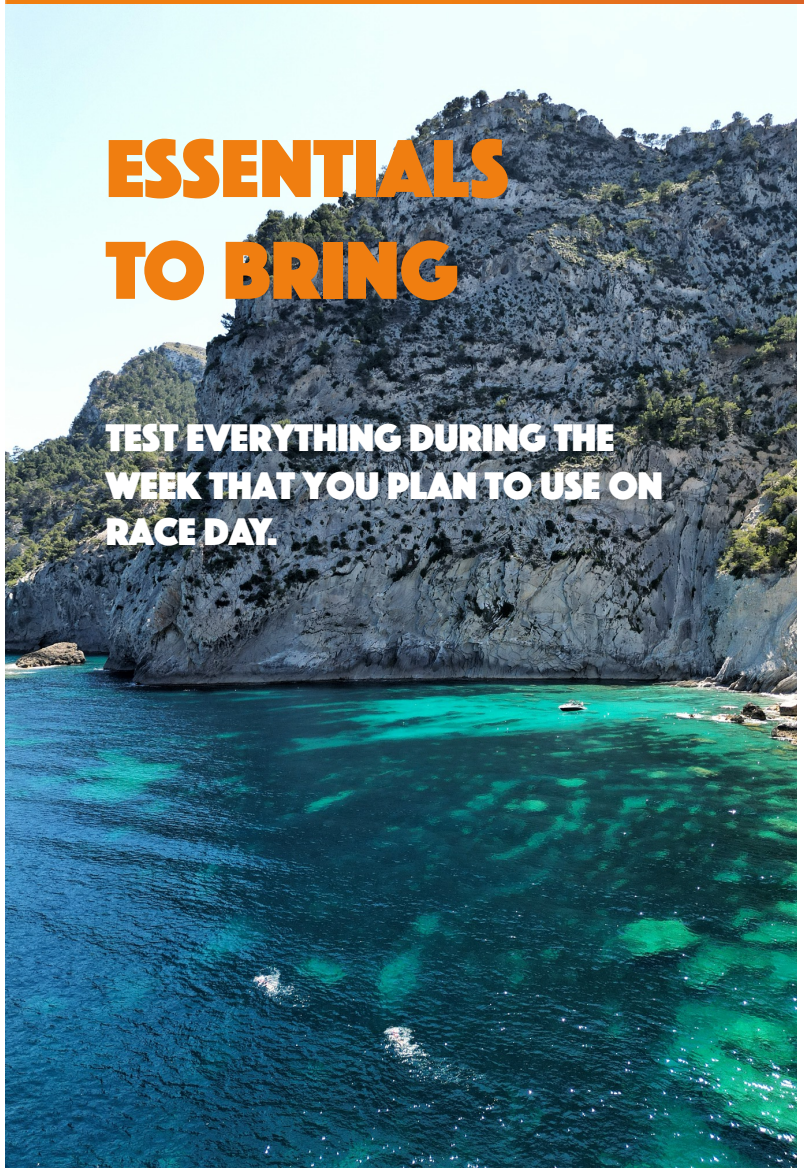

ESSENTIALS TO BRING

TEST EVERYTHING DURING THE WEEK THAT YOU PLAN TO USE ON RACE DAY.

01 **SWIMRUN WETSUIT**

Swim cap provided by ÖTILLÖ

02 **GOGGLES**

Clear and tinted

03 **PADDLES & PULL BUOY**

For pool and open water

04 **2 X RUNNING SHOES**

Built for water and trail

05 **POOL SWIMWEAR**

For the pool sessions

06 **RACE NUTRITION**

Your own race fuel

Times and sessions may be adjusted for weather and water conditions.

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