

Welcome to participate in our **SwimRun WorkShop** in the beautiful archipelago of the Åland Islands! We will be learning everything about swimrunning, while enjoying our time at **Käringsund Resort & Conference**, in the western part of Åland.

Workshop objective:

To prepare you for your first Åland swimrun race

Coaching method:

Everything you learn in the classroom we practice outside in stunning nature

Minimum requirements:

You should be able to swim freestyle and run for a period of time

Focus is on:

technique, strength and intensity



Coaches:



Jasmina



Thomas

What's included in the package for 280 €

- 4 hrs of theory / 8 hrs of practice
- Accommodation in a double room for two nights
- Breakfast, lunch and dinner
- Use of resort facilities & amenities, (kindergarten @ 5euros/hr)
- Free Use of demo equipment provided by our partners:
SWIMRUNNERS™ & HEAD SWIMMING
- Free samples of Nosht Energy
- Marked course sections and surveillance along swim sections
- 15% discount on participation fee for Åland SwimRun 2020



Detailed information and registration can be found on the following website:
www.swimrun.ax

For questions related to the organization of the event, please contact:
la Colérus from Åland Swimrun
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For Workshop content related questions, please contact:
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