

Training Retreats 2020

Join us in Loutro for the special swim addition to our Crete camps.



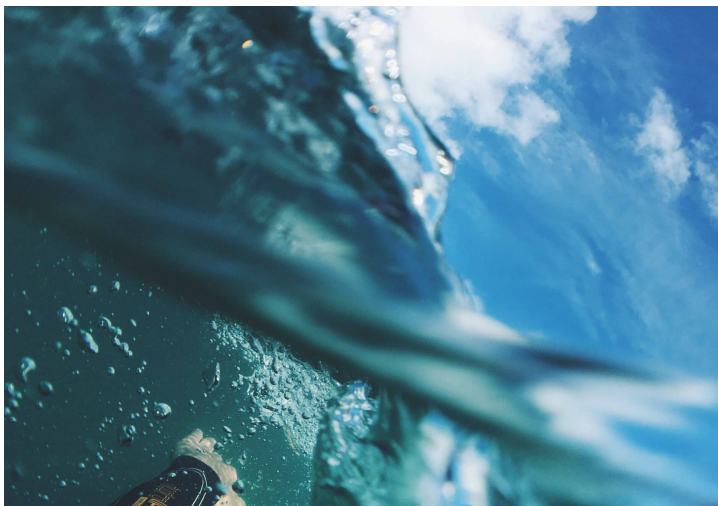
May 8th - 10th
Sept 25th - 27th



Swimming Masterclass - Open water Technique

Learn the building blocks of swimming and associated drills to develop key areas of your stroke.
Build open water confidence, learn race event pacing, how to draft in the water.

Led by Paul, British Swimming Association,
British Triathlon Association Master Coach.



Join us for a special 2 day add on to our Crete Training Retreats. Loutro is a small fishing village only reachable by boat, offers the perfect location to unwind and relax. With a beautiful sheltered bay Loutro is also an ideal location to focus on open water swim skills.

On Friday, Saturday and Sunday we will offer intensive swim clinics to hone those all important swim skills, sighting breathing and stroke dynamics.



ucanfitness

www.ucanfitness.co
www.hanutri.com



**£400pp.
£660 for a shared room.**