

SvR Swim Academy – Mallorca Step 1 Camp

Mallorca Swim Camp



By Double Olympic Champion
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About the Mallorca Step 1 Camp

Dates

- **1–7 June 2026**
- **28 September – 4 October 2026**

Who it's for

The Step 1 Camp is for swimmers who have never joined one of my camps or Masterclasses before.

It's the perfect place to start. I'll guide you through the fundamentals of good technique, focusing on rotation, stroke efficiency, and open-water confidence.

During the week, we'll combine pool sessions and open-water training in a relaxed and supportive environment.

I coach all sessions myself and keep the groups small, so I can give everyone personal feedback and help you swim smoother, more efficient, and with more control.

By the end of the camp, you'll have a stronger stroke, better body position, and more confidence in open water, the ideal base before joining my Step 2 Camp or taking on your next race.

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About the Location

Located on Mallorca's southern coastline, Colònia de Sant Jordi is a charming beach town known for its crystal-clear waters, white sandy beaches, and relaxed Mediterranean atmosphere. You'll train in iconic spots like Es Trenc and Es Carbó, both perfect for open-water swimming.

In spring, the sea temperature ranges between 20–24°C and the air between 22–28 °C, while in autumn the water stays pleasantly warm around 23–27 °C, with air temperatures between 24–31 °C.

The Best Centre Pool, a world-class 50 m Olympic outdoor facility just steps from the sea, provides ideal conditions for technique work, endurance training, and video analysis, making it the perfect base for a high-quality swim camp.



Training Holiday or Triathlon Camp – Your Choice

Shape the camp to your own goals. With only one coached swim per day, you have time to rest, explore Mallorca, enjoy group meals, or add more training. Whether you want a relaxed swim holiday or a triathlon-focused week, the flexibility is yours.

Daily Pool Access Included

Free daily access to the Best Centre's 50 m pool during public hours is included, ideal for extra swims, revisiting drills, or training at your own pace.

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What to expect

- 7 Q&A and Briefings – Short, interactive talks before each swim to outline the focus and answer your questions.
- 7 Land Warm-Ups – Focused on mobility, activation, and injury prevention.
- Small Group Coaching – Max 10 swimmers for individual attention.
- 4 Pool Sessions – Technique refinement, endurance & zones, sprint training, and filmed for video analysis.
- 3 Open Water Sessions – Sighting, drafting, buoy turns, group positioning and beautiful swims.
- 2 Social Coffee Moments – Post-swim gatherings to relax and get to know each other, often where new friendships start.

Daily Program

Day 1 Welcome & Technique (Pool)

14:30 Group 1 / 17:00 Group 2

👤 Q&A + Briefing (15 min)

Welcome, introductions, goal setting, and an open dialogue about the week ahead.

🧘 Warm-up (30 min)

Light stretching & mobility using mats.

🏊 Pool Session (~1h30)

Relaxed technique with focus on alignment, rotation, longer strokes, and balance. Including filming for later video analysis.

Day 2 Sighting & Buoy Turns (Open Water)

09:30 Group 1 / 15:30 Group 2

👤 Q&A (15 min)

Session overview, focus of the day and how to transfer pool skills into open water.

🧘 Warm-up (30 min)

On-beach shoulder prevention activation.

🏊 Open Water Swim (~1h15)

At Es Dolç Beach, we'll focus on sighting & buoy turns, with relaxed swimming in between to practice and build confidence in open water.

☕ Post-Swim:

Coffee & Connection at Es Dolç.

Day 3 Endurance & Efficiency (Pool)

09:30 Group 2 / 15:30 Group 1

👤 Q&A (15 min)

Technique focus and endurance goals.

🧘 Warm-up (30 min)

Shoulder activation and mobility.

🏊 Pool Session (~1h30)

Stroke refinement & endurance.

Day 4 Drafting (Open Water)

9:30 Group 1 / 15:30 Group 2

👤 Q&A (15 min)

Group positioning and drafting strategies.

🧘 Warm-up (30 min) Beach-based activation.

🏊 Open Water Swim (~1h15–1h30)

Es Trenc & Platja Estanys: Group positioning & hip drafting.

Daily Program

Day 5 Technique & Zones (Pool)

9:30 Group 2 / 15:30 Group 1

👤 Q&A Briefing (15 min)

Understanding how each pace feels and how to swim efficiently within them.

🧘 Warm-up (30 min)
Mats & TheraBand activation.

🏊 Pool Session (~1h30)
Practice different zones, from easy to fast, focusing on efficiency.

Day 6 Technique & Sprint Work + Progress Review (Pool)

9:30 Group 2 / 15:30 Group 1

👤 Q&A Briefing (15 min)

Sprint and high-intensity focus.

🧘 Warm-up (30 min)
Mats & TheraBand activation.

🏊 Pool Session (~1h30)
Technique refinement with sprints, final filming + review.

Day 7 Open Water Adventure & Goodbye at Es Carbó

08:30 Start | Finish ~11:30

Both groups coming together

👤 Q&A Briefing (15 min)

Final swim plan.

🧘 Warm-up (30 min)
On-beach prep.

🏊 Open Water Swim (~1h15–1h30)
Final group swim to Es Carbó, putting into practice all the skills learned while enjoying the water with new teammates.

☕ Post-swim – Coffee & cake picnic.

Accommodation - Universal Hotel Romántica, Colònia de Sant Jordi

Your stay during the SvR Swim Academy Camp is at the elegant 4-star Romántica Hotel, beautifully set on the seafront in the coastal village of Colònia de Sant Jordi, Mallorca.

Fully renovated in April 2025, this stylish hotel offers modern comfort, sea views, and the relaxed Mediterranean atmosphere that makes Mallorca so special. It's just a short walk from Es Trenc, one of the island's most iconic beaches, and within easy walking distance from the Best Swim Centre, where your pool sessions take place.



Note: If you are interested in upgrading to a Suite, please send me an email. I will be happy to check availability and request the pricing for you.

For more details about the hotel, you can also visit their website:

<https://www.universalbeachhotels.com/fr/hoteles/universal-hotel-romantica>



All rooms include:

- Private bathroom with shower
- Air conditioning
- Free Wi-Fi
- Balcony or terrace
- Daily cleaning service



Choose from:

- Twin or Single with sea view rooms.
- Half board or full board meal options

Mallorca Swim Camp Pricing

Prices Including Coaching (per person) Hotel Romántica - 7-Day Camp (6 nights)

Room Type:	Half Board (HB)	Full Board (FB)
Twin Sea View	€1,267	€1,318
Single Sea View	€1,422	€1,473

Prices for Non-Swimming Guests Hotel Romántica - (6 Nights)

Room Type:	Half Board (HB)	Full Board (FB)
Twin Sea View	€587	€638

Note: A non-swimming guest is someone who accompanies a swimming participant on the trip. At least one swimming guest is required to book the camp.

Optional Extra Night Prices (Per Person) Hotel Romántica - Extra Night

Room Type:	Half Board (HB)	Full Board (FB)
Twin Sea View	€98	€106
Single Sea View	€124	€132

Note: You can add as many extra nights as you like, either before, after, or both. Just let me know your preference and I will arrange it for you.



Practical Information

Training Groups

During the camp, I will work with two groups of maximum 10 swimmers each. You'll be placed in the group that matches your ability, so both groups train at a similar level.

Beginner Group:

- 100 m pace: ~2:00–2:30. A relaxed group focusing on smooth technique, confidence, and steady endurance.

Train with similar-level athletes to build strength and efficiency together.

Intermediate Group:

- 100 m pace: ~1:30–1:55. A slightly faster group swimming the same sessions at a stronger pace, with focus on efficiency and control.

Train with similar-level athletes to stay challenged and motivated throughout the week.

Languages

- I speak English, French, Dutch, and German. Sessions can be given in one language or a mix, whatever makes you most comfortable.

Airport

- Nearest airport: Palma de Mallorca International (PMI). Transfer time to Colònia de Sant Jordi is around 40 minutes.

Getting There

- Taxi: approx. €75 per car (www.taxipmi.com)
- Shared shuttle: approx. €15 per person (www.shuttletransunion.com)
- Public bus: 1.5–2.5 hrs

Tourist Tax

- ~€2.20 per person/night, payable directly to the hotel.

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To secure your spot, please send me an email including the following details:

- Which camp date you would like to join:
 - 1 to 7 June 2026
 - 28 September to 4 October 2026
- Your room preference: Twin or Single sea-view room
- Your choice: Half Board or Full Board
- Whether you'd like to: arrive earlier, stay longer, or both
- If you're bringing a non-swimmer: yes or no

To help me classify you into the right group, could you also let me know:

- Your comfortable 100m freestyle time. (zone 2)
- How long your typical swim session lasts.

Once I have your details, I'll prepare your complete booking package and send you one clear invoice.

To confirm your place, simply pay a 25% deposit, the remaining balance will be due 8 weeks before your camp begins.

Contact Me

-  sharonvanrouwendaal@gmail.com
-  <https://svrouwendaal.com/>
-  [svrouwendaal](https://www.instagram.com/svrouwendaal)

