

SvR Swim Academy – Mallorca Step 2 Camp

Mallorca Swim Camp

By Double Olympic Champion
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About the Mallorca Step 2 Camp

Dates

- 19–24 May 2026
- 26–31 May 202
- 6–11 October 2026

Who it's for

The Step 2 Camp is for swimmers who have already joined one of my camps or Masterclasses before.

It's designed for those who are familiar with my coaching approach and want to build on what they learned in Step 1 or during a Masterclass.

During this camp, we take everything one step further, focusing on advanced technique work, open-water tactics, and race-specific preparation.

You'll train in both the pool and open water, combining focused drills, endurance sets, and tactical sessions such as sighting, drafting, and turns under pressure.

I coach every session myself and tailor the feedback to your level, helping you fine-tune your stroke and pacing for real race conditions. Small groups allow me to give detailed corrections so you can swim faster, more efficiently, and with greater control.

By the end of the week, you'll feel stronger, sharper, and race-ready, with the confidence and skills to perform at your best in open-water or triathlon events.

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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

- 6 Q&A and Briefings – Short, interactive talks before each swim to outline the focus and answer your questions.
- 6 Land Warm-Ups – Focused on mobility, activation, core and injury prevention.
- Small Group Coaching – Max 10 swimmers for individual attention.
- 3 Pool Sessions – Technique refinement, endurance & zones, sprint training, and filmed for video analysis.
- 3 Open Water Sessions – Sighting, drafting, buoy turns, group positioning and longer 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, open dialogue about the week ahead.

🧘 Warm-up (30 min)

Light stretching and shoulder activation using mats & TheraBand.

🏊 Pool Session (~1h30)

Relaxed technique focus: body line improvement, stroke lengthening, rotation drills. Filming towards the end for technique analysis + review.

Day 2 Sighting & Drafting (Open Water)

09:30 Group 1 / 15:30 Group 2

🧠 Q&A (15 min)

Session overview personal questions.

🧘 Warm-up (30 min)

On-beach mobility and activation.

🌊 Open Water Swim (~1h30)

Es Dolç Beach: sighting, straight-line swimming, drafting, buoy turns, and open water comfort.

☕ 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 (~1h40)

Stroke refinement, endurance and training different swimming zones.

Daily Program

Day 4 Buoy Turns, Hip Drafting & Zone 1-4 (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 (~1h30) Es Trenc & Platja Estanys: buoy turns, group positioning, hip drafting and swimming Zone 1-4.

Day 5 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 (~1h45)
Technique refinement with sprints, final filming + review.

Day 6 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 (~1h30) Final group swim at 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 - 6-Day Camp (5 nights)

Room Type:	Half Board (HB)	Full Board (FB)
Twin Sea View	€1,439	€1,482
Single Sea View	€1,569	€1,611

Prices for Non-Swimming Guests Hotel Romántica - (5 Nights)

Room Type:	Half Board (HB)	Full Board (FB)
Twin Sea View	€589	€632

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	€118	€126
Single Sea View	€144	€152

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 place, please send me an email including the following details:

- **Which camp date you would like to join:**
 - 19–24 May 2026
 - 26–31 May 2026
 - 6–11 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



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<https://svrouwendaal.com/>



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