



Experience exclusive swim camps with Dr. Christian Tröger at Schloss Elmau and improve your swimming technique under the guidance of a double world champion. Based on his many years of experience and passion for the sport of swimming, Dr. Tröger offers a unique training program that is specifically tailored to enhance your technique, endurance, and performance.

Participation in the trail running week (Swim Camp) is included during your stay at Schloss Elmau and is also possible on individual days after consultation.



SWIM CAMP CONTENT

- Experience the natural beauty of the region up close
- Targeted training for more fun, economy, dynamism and ease
- Tips & tricks with individual coaching

Tours and training content will be adapted to the individual skill level of the participants on site.
Minimum age 16 (after consultation)

SWIM CAMP PACKAGE

5 nights, including breakfast, spa, yoga, fit & active program and concert tickets

Improve your swimming technique and increase your endurance with the expertise of an experienced swimming professional!

PROGRAM

WED

19.30
Get Together
with Dr. Christian Tröger
at the Tea Lounge



SAT

8.00
Morning Session (Group 1)
in the Rooftop Pool Retreat

9.00
Morning Session (Group 2)
in the Rooftop Pool Retreat

10.00
Breakfast at the La Salle

11.30
Video Analysis
Group 2 in the Nature Pool

15.00
Yoga Session (optional)
at the Badehaus Yogaraum

From 18.00
Dinner

THU

8.00
Morning Session
at the Rooftop Badehaus

9.30
Breakfast at the La Salle

11.00
Video Analysis
Group 1 in the Nature Pool

14.30
Stability Training
Focus Swimming

From 18.00
Dinner

SUN

8.00
Morning Session (Group 1)
in the Nature Pool

9.00
Morning Session (Group 2)
in the Nature Pool

10.00
Breakfast at the La Salle

14.30
Open water swimming
in Ferchensee Lake

19.00
Final get-together & Dinner
at the Retreat
with an Aperitif

FRI

8.00
Morning Session (Group 1)
in the Rooftop Pool Retreat

9.00
Morning Session (Group 2)
in the Rooftop Pool Retreat

10.00
Breakfast at the La Salle

15.00
Pull Rope Training

16.00
Focus on water position
and repetition

From 18.00
Dinner

20.30
Q&A at the Silentium

MON

8.00
Final Swim (Gruppe 1)
in the Rooftop Pool Retreat

8.00
Final Swim (Gruppe 2)
in the Rooftop Pool Retreat

10.00
Frühstück im La Salle

Afterwards
Individual departure

Program subject to change