

SCHLOSS ELMAU

27 – 29 AUGUST 2025  
**SWIM LAKE SPECIAL**  
with Dr. Christian Tröger

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 lots of fun.

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

3 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!

## TUE

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



## FRI

10.00  
**Breakfast & Final Get-Together**  
at the Retreat

Afterwards  
**Individual departure**

## PROGRAM

## WED

8.00  
**Morgen Session**  
at the Badehaus

9.30  
**Breakfast at the La Salle**

11.30  
**Q&A at the Al Camino Bar**

15.30  
**Second Session:**  
Tips for correct  
orientation and behavior  
in open water  
Nature Spa Pool

From 18.00  
**Dinner**

## THU

8.00  
**Breakfast at the La Salle**

10.00  
**Departure to two lakes**

From 19.00  
**Dinner**



Program subject to change