

Tresco Island Triscaple Swimming Retreat - Sample Itinerary  
(subject to change)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
7.00 - 8.00	Travel		7.30 - 8.00 Sea dips around the island <i>Optional</i>			
8.00 - 8.45			<i>Pre arranged 1:1's through day</i>	<i>Pre arranged 1:1's through day</i>	8.00 - 8.45 *AM Open water Swim for all guests and Islanders <i>Optional</i>	
9.00 - 10.30		9.00 - 10.30 Introduction to Cold Water Swimming & Straight-Line Swimming <i>Open Water</i>	9.00 - 10.30 Straight-Line Swimming <i>Open Water</i>	9.00 - 10.30 Straight-Line Swimming Sea Skills <i>Open Water</i>	Free Time to explore the island	9.00 - 10.30 Performance Planning Session <i>Location tbc</i>
11.30 - 13.00		Free Time to explore the island	Free Time to explore the island	Free Time to explore the island	11.30 - 13.00 Sea Safari <i>Location tbc</i>	Travel
16.00 - 17.30		16.00 - 17.00 Straight-Line Swimming <i>Indoor Swimming Pool</i>	17.30 - 18.30 *PM Open water Swim for all guests and Islanders <i>Optional</i>		Free Time to explore the island	
19.00	19.00 Champions Dinner <i>Location tbc</i>				19.00 Celebration Dinner <i>Location tbc</i>	