

	Wednesday 22nd March	Thursday 23rd March	Friday 24th March	Saturday 25th March	Sunday 26th March	Monday 27th March	Tuesday 28th March	Wednesday 29th March
7.30 - 8.30		7.30 - 8.30 Beach Workout with Keri-anne & David			VIP Entry to Cross Channel Swim Nevis to St Kitts and breakfast party on St Kitts Optional	7.30 - 8.30 Beach Workout with Keri-anne & David		
10.00 - 11.00		10.00 - 11.00 Introduction to Straight-line Swimming™		10.00 - 11.00 Straight-line Swimming™ Part 3 (in the pool)		10.00 - 11.00 Performance Planning with David		10.00 - 11.00 End of retreat talk
12.30 - 13.30			12.30 - 13.30 Lunch Workshop with demonstrations			12.30 - 13.30 Lunch Workshop with demonstrations		
15.00 - 16.00	15.30 Arrival to The Four Season Resort, Nevis		15.00 - 16.00 Introduction to Open Water Swimming	15.00 - 16.00 Sea Safari from Mangos past Pinneys beach with Keri-anne 1.5km Optional		15.00 - 16.00 Sea Skills session	15.00 - 16.00 Sea Safari to Paradise beach with Keri-anne 1.5km Optional	
16.00 - 17.00		16.00 - 17.00 Straight-line Swimming™ Part 1&2 (in the pool)						
19.30 - 22.00		19.30 Olympians Dinner						