



**Enjoy the
main lake of
Armenia!**

**August 11-16th, 2026
Lake Sevan, Armenia**

We will visit:

Blue Sevan Hotel



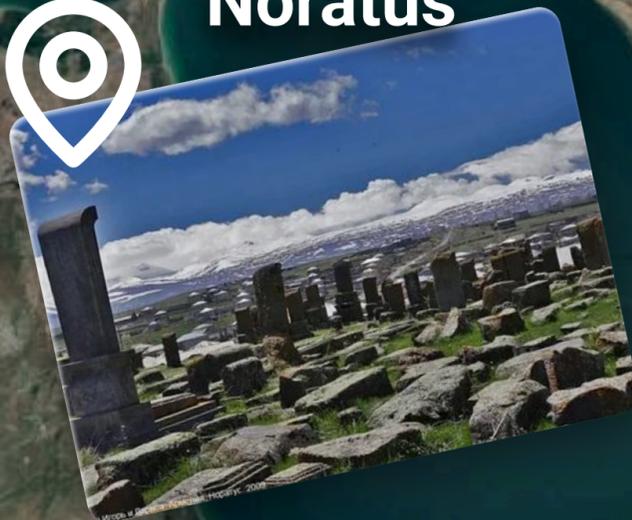
Sevanavank



Hayravank



Noratus



Yerevan



X-WATERS Sevan Camp

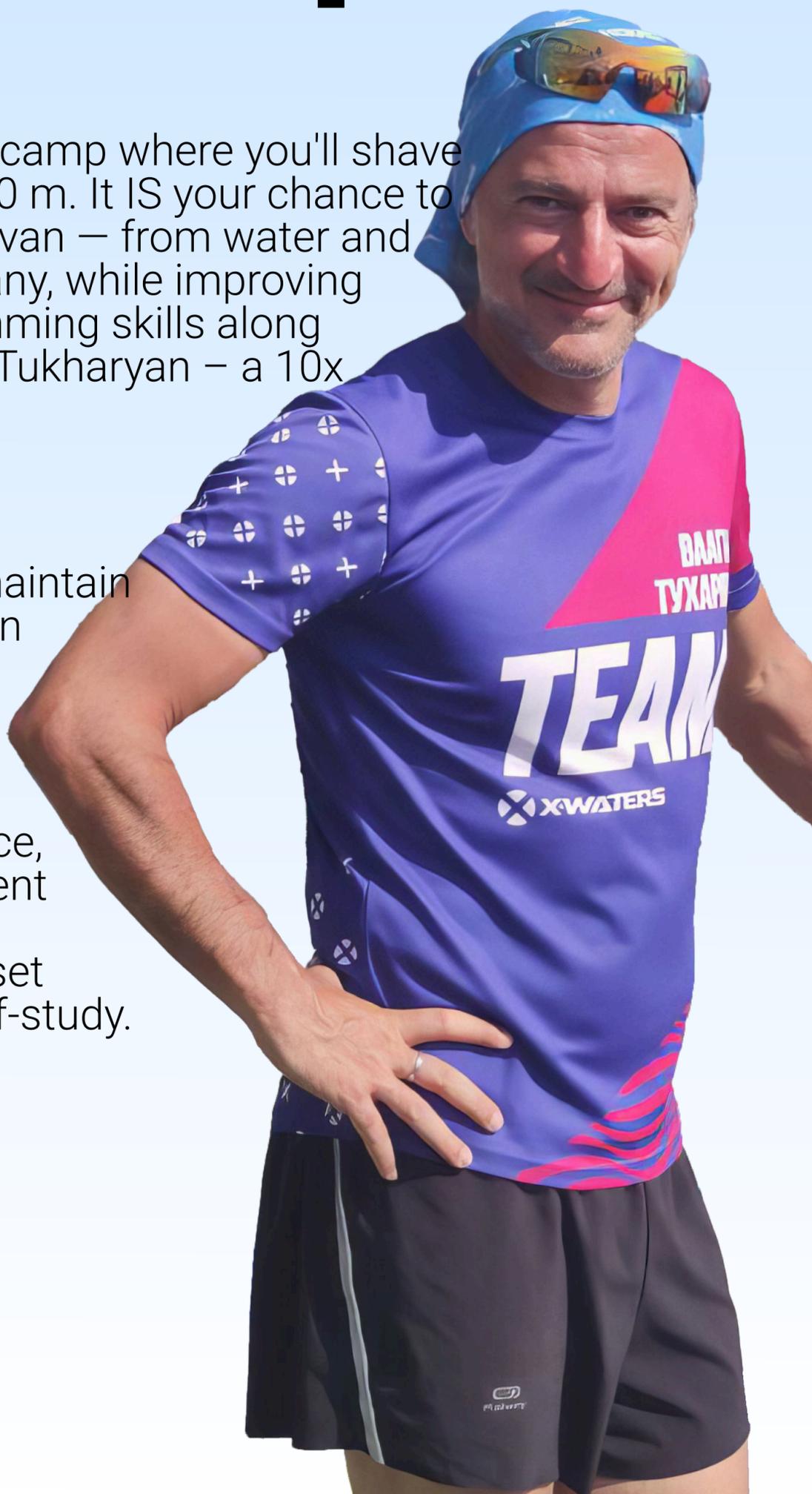
This is NOT a training camp where you'll shave 5 seconds off your 100 m. It IS your chance to experience the real Sevan – from water and land – in great company, while improving your open-water swimming skills along the way led by Vaagn Tikharyan – a 10x Ironman athlete!

Who it's for:

swimmers who can maintain a pace of no more than 30 minutes per 1 k.

The camp goals:

to increase the distance, speed and feel confident in the open water. You will receive a full set of unique tools for self-study.



You will lay a firm foundation: from body control in the water (balance, streamlining, glide) to complete technique with breathing and the basic skills needed for starting in open water. You will learn to swim smarter and more efficiently: navigate, precisely dose your effort, maintain pace, breathe effectively, and recover.

Agenda

Tuesday, August 11th – Yerevan

Acquaintance and walking around Yerevan. We meet in the city center, walk, chat, share goals and plans for the camp.

A visit to the “Megerian Carpet” factory is a journey into the world of Armenian traditions and craftsmanship. Here, each pattern tells a story, and each thread keeps the warmth of the craftsmen's hands.

After the excursion, there is a **delicious Armenian dinner** with national dishes and cozy atmosphere.

This is the day filled with the beauty, culture and tastes of Armenia.



Wednesday, August 12th – Sevan

Departure from Yerevan to Sevan, **accommodation at the Blue Sevan Hotel.**

Artanish. Training No. 1 in the picturesque Artanisha Bay: warm-up on land, adaptation to open water and a wetsuit, practicing navigation skills.

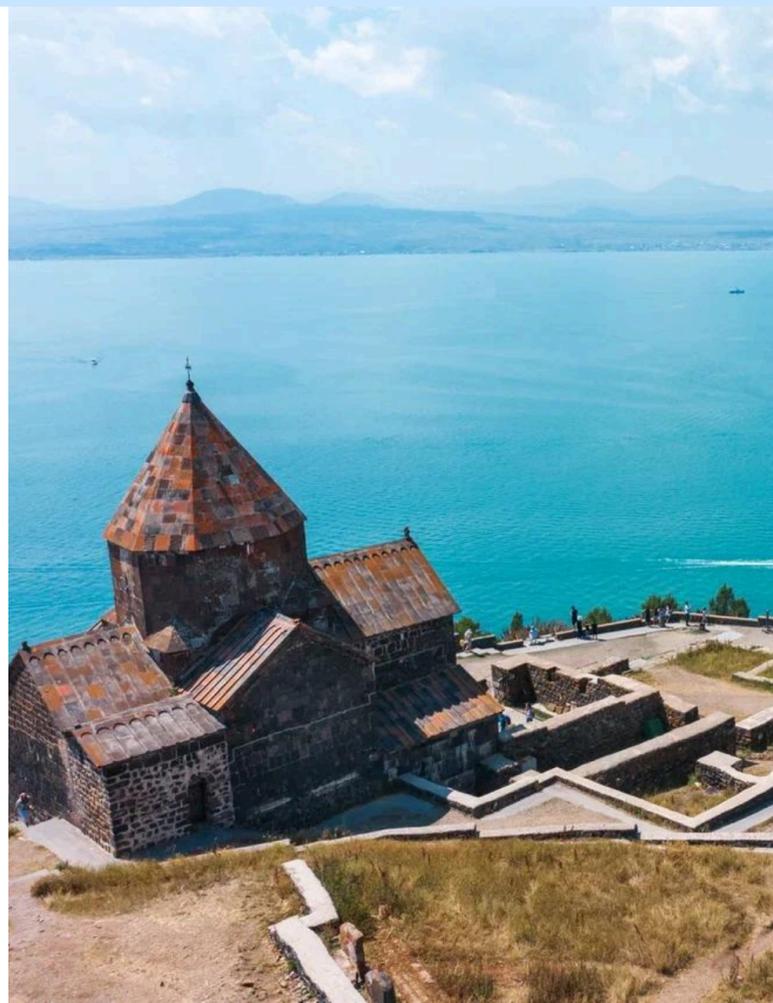
Lunch and return to Blue Sevan.

Thursday, August 13 – Sevan Peninsula

Training No. 2 on the open waters of Lake Sevan – practicing swimming technique, working on breathing, developing endurance and speed endurance. Practicing distance orientation, pace control, and adaptation to open water conditions.

Lunch on the Sevan Peninsula.

After lunch – a walk around the peninsula with a climb to Sevanavank Monastery – one of the symbols of Lake Sevan, offering panoramic views of the lake and surrounding mountains.



Agenda

Friday, August 14th – Hayrivank and Noratus

Training No. 3: exercises focusing on balance, water feeling, and stroke quality. The training will take place in a location known as the "Armenian Maldives": crystal-clear turquoise water and light sand create the atmosphere of a tropical resort in the heart of the mountains.

Cultural Program. Visit to the Hayrivank Monastery (9th century), overlooking Lake Sevan, and a guided tour of the ancient Noratus Cemetery.



Saturday, August 15th – Preparation for the Race (Blue Sevan)

Training No. 4: Light group swimming, navigation, drafting, race start preparation, and stretching.

Race kit pick up

In the evening – Pasta Party.

Sunday, August 16th – X-WATERS Sevan!

The X-WATERS Sevan at your chosen distances is the culmination of the camp and a personal challenge for every participant. The moment we've been training for all week.

*Changes to the camp program are possible.



Equipment

For Land Training:

1. Set of comfortable sports clothing suitable for the weather
2. Sport shoes
3. Resistance band for shoulder strengthening and for stroke practicing (if you have your own, please bring them)
4. Mat for core/back exercises – if you have a favorite one and it's convenient

For Swim Training:

1. Swimsuit / Trunks
2. Goggles (2 pairs: one with clear lenses, one with mirrored lenses)
3. Wetsuit
4. Towel
5. Rubber flip-flops / pool slides
6. Anti-chafe product (vaseline, tapes if you use them)
7. Short swim fins (if possible)



Where to live?

August 11–12th Yerevan

August 12–16th **Blue Sevan Hotel**

To book a room at the Blue Sevan Hotel, please contact

+79515101155 Arman (WhatsApp number)

Password for a favorable rate: X-WATERS Sevan and Savage of Sevan



Price

What's included:

- Open water trainings
- Individual swim technique analysis
- Dryland swimming trainings
- General physical preparation (GPP) trainings
- Insurance for the entire duration of the camp
- Swimming cap with camp logo
- Official camp merch
- Guided excursions
- Transfers within the camp program
- Armenian dinner
- Post-training lunches
- Pasta party
- Slot for the X-WATERS Sevan
- Priority registration for the swim race (no queue)
- Finish support at the X-WATERS Sevan

From 1000 €

Not included:

- Flight to Yerevan
- Accommodation in Yerevan
- Meals, except those listed above
- Everything not listed in the "What's included" section

This is definitely for you if:

- You haven't trained at camps before but have always wanted to try;
- You are coming to the swim event without a trainer and are looking for expert support;
- It's your first time competing in open water and you want to boost your preparation and confidently achieve your goal!
- You want to get into shape quickly and fully immerse yourself in the training process before an important race;
- You want to improve your swimming skills together with the X-WATERS team.
- You love to mix travel with sports, discovering new beautiful cities, and spending time with like-minded people.



REGISTRATION

Any questions?

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