**SwimRun friendship battle schedule – Challenges 2025**

**Overall goodies:**

* **One wild card** SwimRun Marathon World Championships 23rd of October Cote d`Azur for each team can be given from your team leader for individual actions/recognition
* **Wolffwear (onlineshop): 20 % Promo** Code for all participants (10 % with campains Code : **Myswimrun.** The  [webshop](https://wolffwear.se/sv/)will automatically choose the best discounts.
* **Mako (onlineshop): 10 % Promo Code: Myswimrun**
* **LaufSinn (onlineshop): 10 % Promo code: SwimRun2025**
* **Herbalife (online) – 15 % Code ,** <https://www.herbalife.com/de-at> , give me a PN for your order
* **Ranking points for My SwimRun Championships** (the first 3 per teams overall 200/175/150 points)

1. **Individual Rankings Total Period** 
   1. Women – Free Slot +30 % discount Herbalife + 1 My SRC Hoody
   2. Men - Free Slot + 30 % discount Herbalife + 1 My SRC Hoody

• Total distance covered

1. **Team Rankings Total Period**

• Team: Total distance covered on average (Kilometers : Member) per team –

**Award: T-Shirts (My SwimRun Championships)**

**Ranking points for My SwimRun Championships: 250/225/200 (1/2/3)**

• Nation: Total distance covered on average (Kilometers : Member) per team – recognition

1. **The Most Likes on a Post (insta or facebook) tagged with** @myswimrunchampionships

**Award:** SwimRun Camp with My Head Coach Martina Bolvary,

1. **The Strong Beginning May 24/25, 2025**

* Which team manages to make on Saturday and Sunday 1 upload per member?

In case of a tie, the km average of the team counts

**Award**: ISO from Herbalife, 100 skr Voucher @WolffWear per member

* 1 Wild Card SR Marathon World Championships for the longest distance overall

1. **The Coolest Team Picture May 26thMay  -1st june , 2025**

• Team leads can submit pictures on soc. media with the #myswimrunchampionships until May 19, 24:00

• The picture with the most likes wins

• Voting ends the following Wednesday at 12:00 PM

**Award:** **Caps** from MySwimrun Championships,

Buy 1 get 2 for Pogosta Swimrun Camp, Finland (value 599€, including free slot to Backyard Swimrun)

1. **The Longest Swim May 2nd June -8th June, 2025**

• Participants can send their distance separately to Michael Gerlach; Kilometer count must be visible

• The longest swim distance wins, 2025 as combined swims in total during one unit

**Award:** free slot Backwaterman Open Water, 1Training plan from Martina Bolvary

1. **The Coolest Outfit June 9th - 15th - June 2025**

• Participants can submit pictures on FB with the #myswimrunchampionships until June 2, 24:00

• Voting ends the following Wednesday at 12:00 PM

**Award:: CAPS**  from My SwimRun Championships

1. **24 Hours on Tour June 13th -June 15th, 2025**

• Which team manages to be active for 24 h without interruption during the weekend.

• Times must be verifiable

**Award:** 30 % Code Herbalife

1. **The Longest Individual Distance June 16th – 22nd June, 2025**

• Who uploads the longest individual distance

**Award**: 1 Swimrun Shoe (Inov8) from LaufSinn,

1. **Strong finish, June 16th – 22nd June, 2025**

• Which team manages to make the most km in the last week

**Award**: LaufSinn bags, 20 % Code Laufsinn

**Tombola on 28th June Backwaterman:**

My SRC caps, T-Shirts, Hoodie

- WolffWear Vouchers a 100 skr

2 free slots – Dyfi, EX, Backwaterman, Immeln

Herbalife ISO

1 Training plans from Martina Bolvary

MAKO goodies

LaufSinn 5 x 20 % code