



# LONG DISTANCE TRIATHLON CAMP

Welcome meeting  
TIMANFAYA CONFERENCE CENTRE

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For more information send an email to:  
[sportsperformance@clublasanta.com](mailto:sportsperformance@clublasanta.com)





# Programme

## Friday

09.00: Welcome Meeting - Timanfaya conference room.

10.30: Briefing Bike Centre (3 hours) - choice of ability groups

17.00: Run at the stadium - (Pace session on Track)

## Saturday

07.45: Swim session in the Lagoon (1k or 2k options)

11.00: Bike Centre. (3-4 hour ride). Choice of ability groups. (optional run off-bike 3km) - Bring shoes to Bike Centre

18.00: Talk Nutrition - Maurten

## Sunday

09.30: Bike Centre. Brick Session (3K run, 20K bike, 6K, 20K, 6K, 20K, 3K)

16:00: Swim session in the 50m south pool (Lane 9-13)

## Monday

08.00: Sea Swim in Puerto Del Carmen IRONMAN course. Followed by 30 min optional run along IRONMAN course.

15.30: Nutrition Talk w. Emma Gibbins

18.00: Core stability and stretching - (Dance Studio)





## **Tuesday**

08.15 Bike Centre. Long bike ride Challenging ride, taking in most of the north of the Island, and the IRONMAN course - choice of ability groups

17.00: Swim session in the 50m south pool (Lanes 9-13)

## **Wednesday**

08.30: Long Run 1, 2 or 3 x 7.5km - Meeting at Stadium

13.00: Optional recovery ride (90min) - Meeting at Bike Centre

19.30 Dinner – El Lago included for camp participants

Extra places available by request latest Monday!

## **Thursday**

10.00 Optional swim - south pool (Lanes 2-6)