



# CLUB LA SANTA PRE IRONMAN LANZAROTE CAMP 5th May - 17th May

Welcome meeting  
TIMANFAYA CONFERENCE ROOM  
5th May at 10:00

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





# Programme

## Monday 05/05

10.00: Welcome meeting – Timanfaya Conference room

15.00: Swim session - South Pool (Lane 14-16)

## Tuesday 06/05

09.00: Bike Centre - Bike session (approx 3 hours)

15.00: Swim session - South pools (Lanes 14-16)

## Wednesday 07/05

08.00: Morning gymnastics (Leisure pool) followed by optional morning run with Green Team at 08:15 (5K, 4K or 3K different paces)

19.30: Dinner at El Lago included for all camp participants

Available for bringing guest if they notify and pay monday.

## Thursday 08/05

08.00: Open Water swim in the Lagoon (1500m-2500m) with Green Team)

SIGN UP IN THE APP





## **Friday 09/05**

17.00: Stretch and Relax – Green Team class, book on the CLS app (Vulcano)

## **Saturday 10/05**

07.00: SAILFISH OPEN WATER SWIM, race on the IRONMAN LANZAROTE SWIM COURSE. OBS! SIGN UP NOT INCLUDED IN CAMP FEE.  
Optional run off the bike (30min easy)

## **Sunday 11/05**

10.00: Brick session 20K bike / 6K run / 20K Bike / 3K run

## **Monday 12/05**

11.00: Swim session – south pools (Lanes 9-12)

17.00: Stretch and Relax – Green Team class, book on the CLS app (Vulcano)





## **Tuesday 13/05**

09.00: Stadium – Run session (7-8 km including strides)

17.00: Stretch and Relax – Green Team class, book on the CLS app (Vulcano)

## **Wednesday 14/05**

09.30: Transportation to PUERTO DEL CARMEN – Open water swim and afterwards check in for IRONMAN (pick up start number)

17.00: Talk/Q&A – Green Bar

## **Thursday 15/05**

10.00: Bike Centre – Bike check (approx 1 hour)

## **Friday 16/05**

Possible to check-in (pickup start number)

Rack the bikes for race day

NOT PROVIDED BY CLUB LA SANTA

## **Saturday 17/05**

07.00: RACE DAY - IRONMAN LANZAROTE 2025