



2024

# BEGINNERS TRI CAMP

From April 19th to 25th

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





# Programme

## Friday 19/04

09.00: Welcome meeting - Timanfaya Conference room.

10.30: Bike (Approx. 1½ hour).

17.00: Swim session – South Pools – Lanes 9 to 14.

## Saturday 20/04

09.00: Bike (Approx. 2 hours) – Bike centre.

13.00: Swim session – South pools -Lanes 9 to 14.

17.00: Run Hill session 40 mins – Stadium.

## Sunday 21/04

10.00: Run/Bike session – South reception (1k/3K/1k/3k/1k/3k/1k).

15.30: Optional swim - South pools -Lanes 9 to 14.

17.00: Talk / Q&A – Sports Performance Studio.





# Programme

## Monday 22/04

09.30: Run - Technique and drills in the stadium.

Core and stretching straight after run session.

15.00: Lagoon swim - Open water skills and pace session. Water sports Station / Lagoon.

## Tuesday 23/04

09.00: Bike (Approx. 2.5 - 3 hours) – Bike centre.

Followed by short run off bike. (bring run shoes to Bike centre)

16.00: Swim session – South pools – Lanes 9 to 14.

## Wednesday 24/04

10.00: Sprint Triathlon – 400m / 12km Bike / 3km run.

South pools – Lanes 13 to 16.

19.30: El Lago Dinner (included in camp fee for all participants).

## Thursday 25/04

10.00: Swim session – South pools – Lanes 1 to 4.