

Provisional Program Week 1

Friday

- 09.00 Welcome meeting and registration
- 10.30 Bike ride (3 hrs)
- 17.00 Open water swim on Volcano Triathlon course

Saturday

- 10.00 Volcano triathlon – Sign up online with the camp discount code
- 16.00 Recovery swim

Sunday

- 10.00 Bike ride (3hrs)
- 15.30 Swim session in the 50m North pool

Monday

- 08.00 Sea Swim in Puerto del Carmen
IRONMAN course
Followed by 30 min optional run.
- 16.00 Core Stability & Stretching

Tuesday

- 08.15 Long Bike Ride - Part of the IM course
- 17.00 Swim Session in the 50m North pool

Wednesday

- 08.30 Run, 1, 2 or 3 x 8k
- 13.00 Aqua Bike Challenge
- 19.30 Dinner

Thursday

- 10.00 Optional Swim

Provisional Program Week 2

Friday

- 09.00 Welcome meeting and registration
- 10.30 Bike ride (3 hrs)
- 17.00 Run at the Stadium

Saturday

- 08.00 Swim in the Lagoon
- 11.00 Cycling (3 hrs)
Run off-bike
- 18.00 Talk

Sunday

- 10.00 Bike-Run session
(3k, 20k, 6k, 20k, 6k, 20k, 3k)
- 15.30 Swim session in the 50m North pool

Monday

- 08.00 Sea Swim in Puerto del Carmen
IRONMAN course
Followed by 30 min. run.
- 16.00 Core Stability & Stretching

Tuesday

- 08.15 Long Bike Ride - Part of the IM course
- 17.00 Swim Session in the 50m North pool

Wednesday

- 08.30 Run, 1, 2 or 3 x 8k
- 13.00 Aqua Bike Challenge
- 19.30 Dinner

Thursday

- 10.00 Optional Swim