



2026
**CLUB LA SANTA
KICK START TRI CAMP**

Welcome meeting: Friday
30/01/2026 at 09:00 IN
TIMANFAYA CONFERENCE ROOM

For more information send an email to:
sportsperformance@clublasanta.com



Programme

Friday 30/01

09.00 Welcome Meeting - Timanfaya conference room

10.30 Briefing Bike Centre. 2.5-3 hours - choice of ability groups

17.00 Run at the Stadiums - Endurance run off road / trails

Saturday 31/01

08.00 Swim session in the 50m south pool

11.00 Bike Centre. 2-3 hour ride. choice of ability groups. (optional run off-bike 3-6km) - Bring shoes to Bike Centre

Sunday 1/02

10.00 Bike Centre. Long ride 3-4 hours approx.

17.00 Swim session in the 50m South pool

Monday 2/02

10.30 Meeting at the stadium - Kick Start run session - warm up / drills / strides + 1km rep - 8-10 x 400m reps(Threshold+) - 1km rep + cool down

13.30 Cycling (1.5h) - choice of ability groups

16.00 Green Team arranged Stretch & Relax - Volcano, Sign up in app



Tuesday 3/02

09.30 BikeCentre. Long bikeride Challenging ride, taking in most of the north of the Island - choice of ability groups

17.00 Swim session in the 50m south pool

Wednesday 4/02

09.30 Bike Centre(3hours) - choice of ability groups. Coffee stop.

16.00 Run at the Stadium - Endurance run off road/trails

19.30 Dinner – El Lago included for camp participants Extra places available by request latest Monday!

Thursday 5/02

10.00 Optional swim - South pool



Extra information regarding the rides

Friday

Long Aerobic Ride - good long warm up at level 2

On a climb you like, do some torque 10 min intervals- have a good recovery between sets and stop doing them when the torque value significantly drops. You should aim for around 3 to start, then build in subsequent sessions. Have torque and cadence displayed on your head unit.

Female riders should be aiming for around 0.8-0.9 N/M per kilo.

Male riders should aim for around 1-1.5 N/M per kilo and progress from there.

Cadence should be a very low 40-50 rpm to begin with.

Saturday

Rideout to Tabayesco.

2x15mins Threshold power or 30 mins from the bottom to top of climb.

Interval session targeting the maximal lactate steady state.

Warm up - 45 min easy to moderate, include a few bursts in pace to prepare the legs.

2x15 min at threshold (MLSS or estimated) or 30mins to top 10 min zone 2.

120 min - Moderate (zone 2) to finish.

Sunday

Choice of ability groups. Cafe stop at the end of ride big ride

Endurance - Cyclist 4hrs

Monday

Cycling (2 hrs) – Choice of ability groups

Easy ride to the cafe. Return.

Tuesday

Total 3-4 hrs with blocks of L3 x4.

40 mins zone 2 with 20 mins zone 3 for the prescribed length of session.

Wednesday

Recovery Ride – Choice of ability groups

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