



2026

LONG DISTANCE TRIATHLON CAMP

20th of Feb - 26th of Feb - Week 1

Welcome meeting:
South Conference Centre (Verol Room)
20/02/2026 at 9:00

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



Programme

Friday 20/02

09:00: Welcome Meeting - VEROL ROOM.

10:30: Briefing Bike Centre. (3 hours) - choice of ability groups

17:00: Run at the stadium - (Pace session on Track)

Saturday 21/02

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

17:00: Stretch & Relax with Green Team, Book in the app

Sunday 22/02

09:00: Bike Centre. Brick Session (3K run, 20K bike, 6K, 20K, 6K, 20K, 3K)
4 hours cut off time

15:00: Swim session in the 50m south pool (Lane 9-14)

Monday 23/02

08:00: SeaSwim in Puerto Del Carmen IRONMAN course. Followed by 30 min optional run along IRONMAN course.

12:00: Departure back to CLS

17:00: Green Team hosted stretch & Relax, Sign up in the app



Tuesday 24/02

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
17:00-18:00: Swim session in the 50m south pool (Lanes 9-14)

Wednesday 25/02

08:30: Long Run 1,2or 3 x 7.5km - Meeting at Stadium
14:00: 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 26/02

10.00: Aquathlon - (Lanes 13-16) - Non drafting
14:00: Nutrition Talk w. Emma Gibbins (North Conference centre, Timanfaya)