



2026

# LONG DISTANCE TRIATHLON CAMP

8th of May - 14th of May

Welcome meeting:  
South Conference Centre (Verol Room)  
08/05/2026 at 9:00

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



# Programme

## Friday 08/05

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 09/05

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

## Sunday 10/05

09:30: Bike Centre. Brick Session (3K run, 20K bike, 6K, 20K, 6K, 20K, 3K)

14:30: Swim session in the 50m south pool (Lane 9-14)

## Monday 11/05

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

12:00 Departure back to CLS

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



## **Tuesday 12/05**

08.15 BikeCentre. 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 1-4)

## **Wednesday 13/05**

08:30: Long Run 1,2or 3 x 7.5km - Meeting at Stadium  
13:00: 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 14/05**

11.00 Optional swim - south pool (Lanes 9-14)  
15:00: Nutrition Talk w. Emma Gibbins (North Conference center, Timanfaya)