



2026

LONG DISTANCE TRIATHLON CAMP

22nd of May - 28th of May

Welcome meeting: North Conference Centre
(Timanfaya room) 22/5 at 9:00

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



Programme

Friday 22/05

09:00: Welcome Meeting - Timanfaya conference room.

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

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

Saturday 23/05

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 24/05

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

15:00: Swim session in the 50m south pool (Lane 9-13)

Monday 25/05

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: Core stability and stretching - (Dance Studio)



Tuesday 26/05

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: Swim session in the 50m south pool (Lanes 9-13)

Wednesday 27/05

08:30: Long Run 1, 2 or 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 28/05

10.00 Optional swim - south pool (Lanes 1-5)
14:00: Nutrition Talk w. Emma Gibbins