



2027

**LONG DISTANCE
TRIATHLON CAMP**
14th of May - 20th of May

Welcome meeting:
South Conference Centre (Verol Room)
14/05/2027 at 9:00

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



Programme

Friday 14/05

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 15/05

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 16/05

09:00: 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 17/05

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 18/05

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 9-12)

Wednesday 19/05

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 20/05

11.00 Optional swim - south pool (Lanes 9-13)
15:00: Nutrition Talk w. Emma Gibbins (North Conference center, Timanfaya)