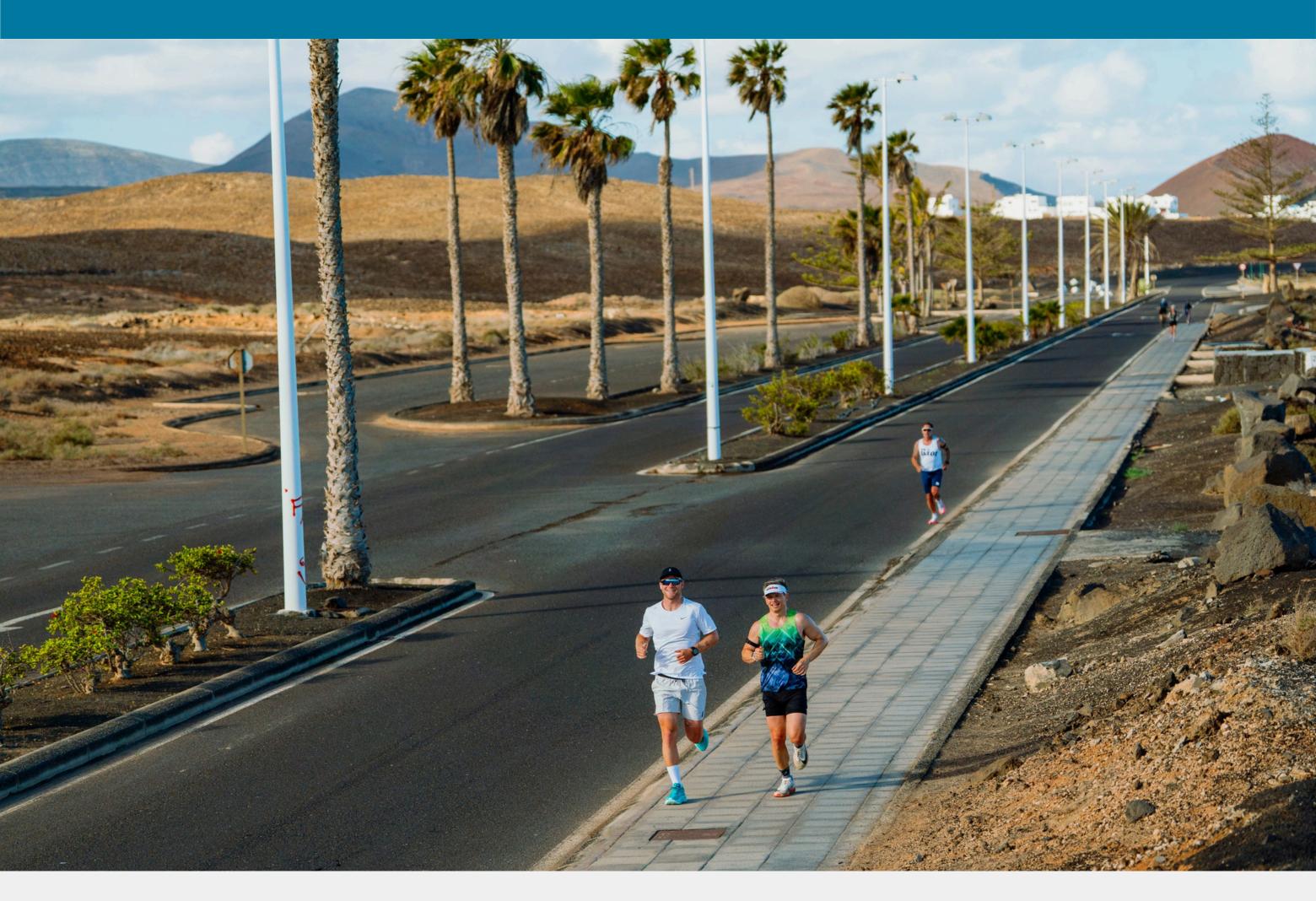




Sports performance Swim-Bike-Run



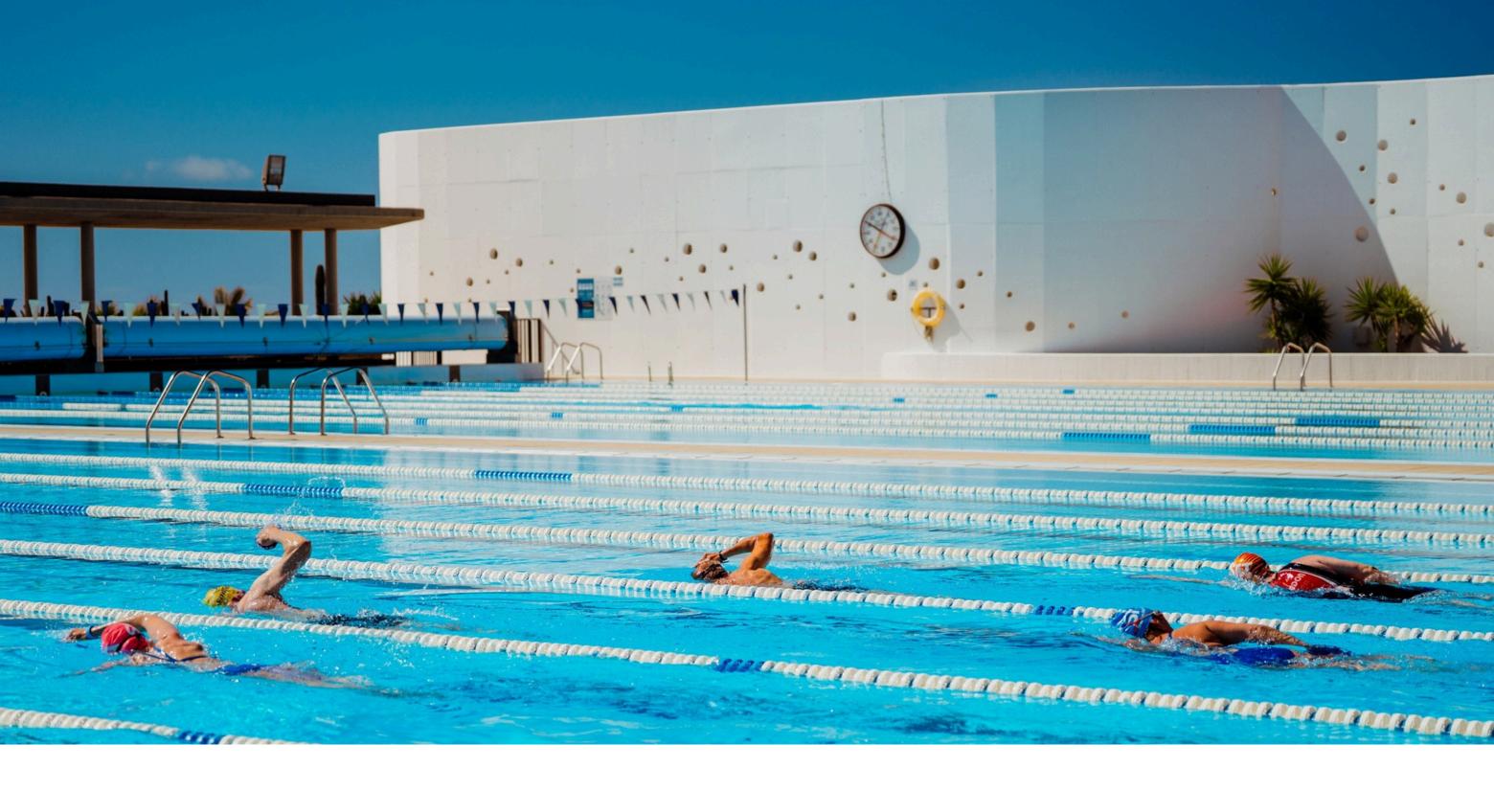


2026

CLUB LA SANTA MASTERS TRI CAMP

From June 12th to June 18th **WELCOME MEETING on Friday** 12th at 09.00 SOUTH CONFERENCE ROOM, **VEROL**

For more information send an email to: <u>sportsperformance@clublasanta.com</u>



Programme

Friday 12/06

09.00: South Conference room: Welcome meeting (VEROL room)

10.30: Bike Centre: Bike (Approx. 2.5 hrs)

17.00: South Pools: Swim session (Lanes 1-5)

Saturday 13/06

09.00: Stadium - Hill Run Session 13.00: South

pools - Swim session (Lanes 1-4) 16.00: Bike

Centre - Bike (approx 1.5 hrs)

Sunday 14/06

10.00: BikeCentre - Transition practice - (1K run / 6K bike / 3K run)

15.00: South Pools: Swim session (Lanes 1-5)

18.00: Talk/Q+A





Programme

Monday 15/06

08.30: BikeCentre - Bike (Approx. 3 hrs)

15.00: South Pools - Swim session (lanes 1-5)

17.00: Stretch & Relax with Green Team, Book on the CLS App

Tuesday 16/06

10:00: BikeCentre - (approx 2 hrs) followed by short run (bring shoes)

15:00: South Pools - Swim session (Lanes 1-5).

Wednesday 17/06

10:00: Camp Mini Triathlon - 400m Swim / 12km Bike / 3km Run (Lanes 12-16)

17.00: Stretch & Relax with Green Team, Book on the CLS App

19:30: Dinner at El Lago restaurant included for all camp participants

Thursday 18/06

10.00: Southpools - Swim session (Lanes 1-5)