



2027

CLUB LA SANTA MASTERS TRI CAMP

From June 11st to June 17th
WELCOME MEETING on Friday 11st at 09:00h
VEROL CONFERENCE ROOM

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



Programme

Friday 11/06

09.00: Verol Conference room: Welcome meeting

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

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

Saturday 12/06

09.00: Stadium - Hill Run Session

13.00: South pool - Swim session (Lanes 1-4)

16.00: Bike Centre - Bike (approx 1.5 hrs)

Sunday 13/06

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

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

18.00: Talk/Q+A - Verol Conference room



Programme

Monday 14/06

8.30: Bike Centre - Bike (Approx. 3 hrs)

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

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

Tuesday 15/06

10.00: Bike Centre - (approx 2 hrs) followed by short run (bring shoes)

15.00: South Pool - Swim session (Lanes 1-5).

Wednesday 16/06

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 17/06

10.00: South pool - Swim session (Lanes 1-5)