



2025

# CLUB LA SANTA MASTERS TRI CAMP

From June 13th to June 19th  
WELCOME MEETING at 09.00  
TIMANFAYA CONFERENCE ROOM

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





# Programme

## Friday 13/06

09.00: Timanfaya Conference room: Welcome meeting

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

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

## Saturday 14/06

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 15/06

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

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

18.00: Talk/Q+A





# Programme

## Monday 16/06

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

15.00: South Pools - Swim session (lanes 9-14)

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

## Tuesday 17/06

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

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

## Wednesday 18/06

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

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 19/06

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