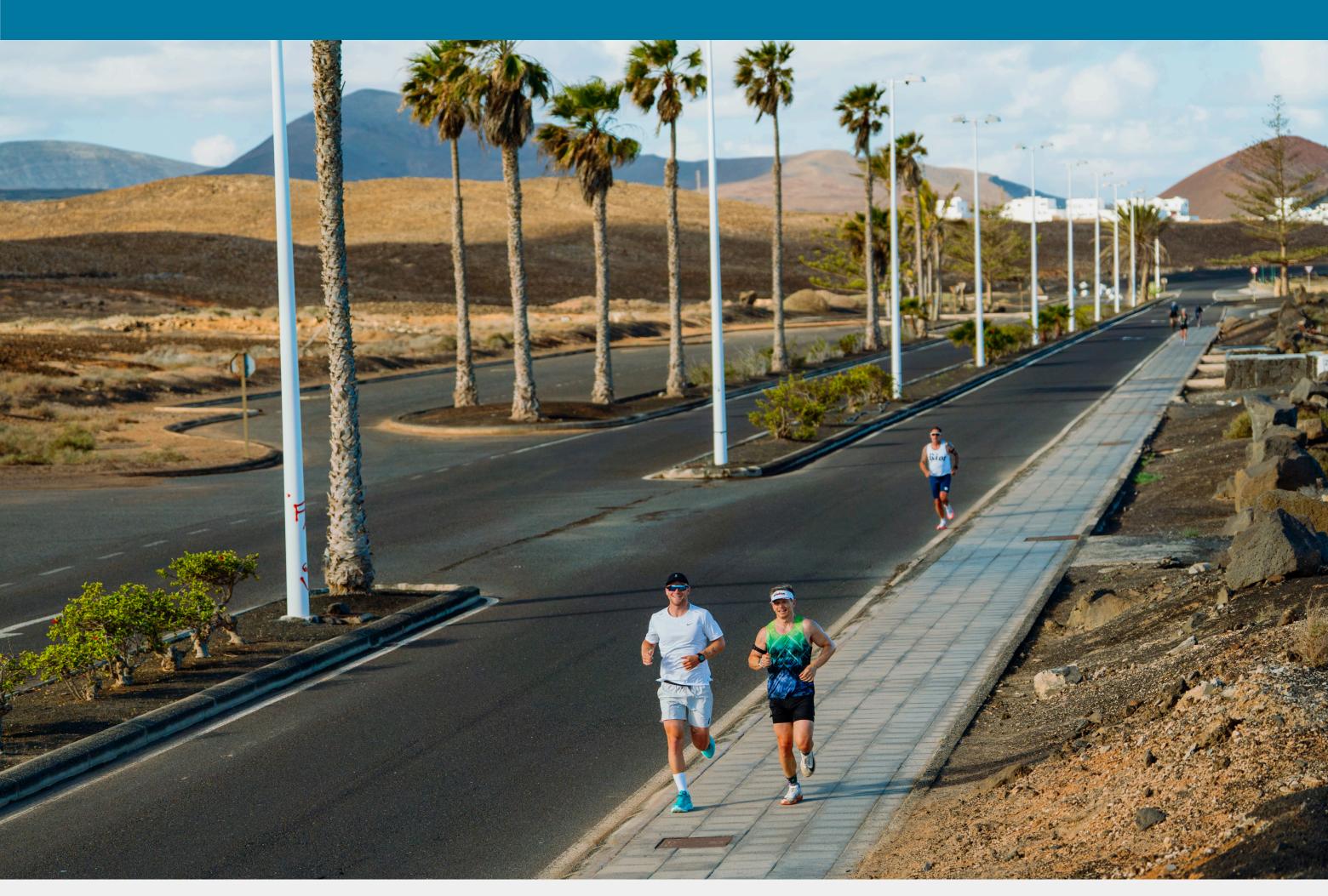




Sports performance Swim-Bike-Run

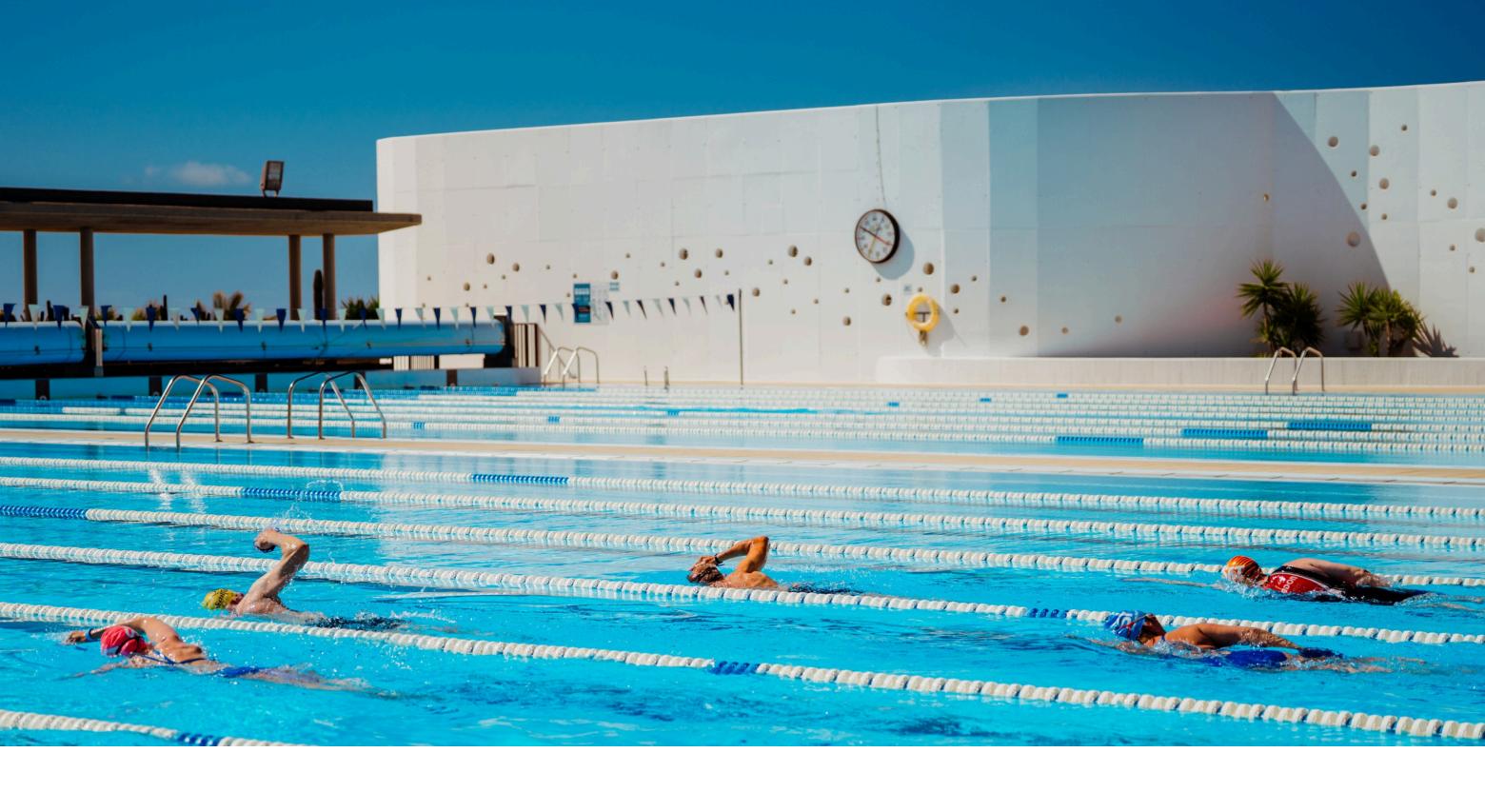


2026

CLUB LA SANTA MASTERS TRI CAMP

From June 5th to June 11th WELCOME MEETING on Friday 5th at 09.00 TIMANFAYA CONFERENCE ROOM

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



Programme

Friday 05/06

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 06/06

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 07/06

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 08/06

08.30: Bike Centre - 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 09/06

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

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

Wednesday 11/06

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 12/06

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

