



2026

# CLUB LA SANTA MASTERS TRI CAMP

From June 5th to June 11th  
WELCOME MEETING on Friday 5<sup>th</sup> at 09.00  
TIMANFAYA CONFERENCE ROOM

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