



CLUB LA SANTA PRE IRONMAN LANZAROTE CAMP 15th May - 21th May 2026

Welcome meeting
TIMANFAYA CONFERENCE ROOM
Friday 15th May at 16:00

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



Programme

Friday 15/05

16.00: Welcome meeting – Timanfaya Conference room

Saturday 16/05

08.00: Open Water Swim - To be decided (Sailfish swim cancelled)

14.00: Bike Centre - 2 hour ride

Sunday 17/05

10.00: Bricksession 3k run / 20K bike / 6K run / 20K Bike / 3K run

Monday 18/05

09.00: Swim session – south pools (Lanes 9-11)

17.00: Stretch and Relax – Green Team class, book on the CLS app (Vulcano)



Tuesday 19/05

09.00: Stadium – Run session (7-8 km including strides)

17.00: Stretch and Relax – Green Team class, book on the CLS app (Vulcano)

Wednesday 20/05

10.00: Bike Centre – Bike check (approx 1,5-2 hours)

Thursday 21/05

09.00: Transportation to PUERTO DEL CARMEN – Open water swim and afterwards check in for IRONMAN (pick up start number)

17.00: Talk/Q&A – Green Bar

Saturday 23/05

07.00: RACEDAY - IRONMAN LANZAROTE 2025