



CLUB LA SANTA PRE IRONMAN LANZAROTE CAMP 4th May - 14th May 2026

Welcome meeting
TIMANFAYA CONFERENCE ROOM
Monday 4th May at 10:00

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



Programme

Monday 04/05

10.00: Welcome meeting – Timanfaya Conference room

15.00: Swim session - South Pool (Lane 12-16)

Tuesday 05/05

09.00: Bike Centre - Bike session (approx 4 hours)

16.00: Swim session - South pools (Lanes 12-16)

Wednesday 06/05

08.00: Morning gymnastics (Leisure pool) followed by 8K morning run with Green Team at 08:15 (Pace 5:00 min/km or 5:45 min/km)

19.30: Dinner at El Lago included for all camp participants Available for bringing guest if they notify and pay monday.

Thursday 07/05

08.00: Open Water swim in the Lagoon (1500m-2500m) with Green Team

SIGN UP IN THE APP



Friday 08/05

10.00: Bike Center - 2hour bikeride

17:00: Stretch and Relax – Green Team class, book on the CLS app (Vulcano)

Saturday 09/05

08:30: Departure Club La Santa North Reception

10:00 SAILFISH OPEN WATER SWIM, race on the IRONMAN LANZAROTE SWIM COURSE. OBS! SIGN UP NOT INLCUED IN CAMP FEE.

12:30 Departure from Burger King Puerto Del Carmen

Sunday 10/05

10.00: Brick session 3k run / 20K bike / 6K run / 20K Bike / 3K run

Monday 11/05

10:00: Swim session – south pools (Lanes 1-4)

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



Tuesday 12/05

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 13/05

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

Thursday 14/05

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 16/05

07.00: RACE DAY - IRONMAN LANZAROTE 2025