



Spring Tri Camp 2027

(Provisional program)

Welcome meeting TIMANFAYA CONFERENCE ROOM

Friday at 09:00h 02/04/27

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



Program(provisional)

Friday 02/04

09.00: Welcome meeting – **Timanfaya North Conference room**

10.15: Bike ride – **Meeting Bike centre** – 2/2.5hrs (Route TBC)

16.00: Swim Session – **South Pools** , (lanes 1-4)

Saturday 03/04

08.00: Open water Swim – **Meeting at water sports centre**

11.00 - Run ,Tempo session – **Meeting Stadium**

17.00: Stretch & Relax – Green Team class, **book on the CLS app (Volcano)**

Sunday 04/04

10.00: Run – Bike – Run, Brick session - **Meeting at the Stadium**

14.00 - Swim Session – **South Pools**, (lanes 1-5)

Monday 05/04

10.00: - Bike ride – **Meeting Bike centre** – 4-5hrs (Route TBC)

17.00: - Swim Session – **South Pools** (lanes 9-13)



Program(provisional)

Tuesday 06/04

10.00: Morning Run – (Route TBC)

17.00 - Open Water swim - **Meeting at water sports centre**

Wednesday 07/04

09.30: Bike ride-Tabayesco **Meeting Bike centre.** & a 20-30min Run Off bike

17.00: Swim Session -**South Pools** -(lanes 9-13)

Thursday 08/04

08.00 - Morning Run with Green team 4 / 5 or 8km **Meeting Stadium**

11.00 - Swim Session – **South Pools** – (lanes 9-12)

17.00 - Stretch and Relax with Green Team – **Book on the app (Volcano)**