Club La Santa

MAURTEN

Sports performance
Swim·Bike·Run



2025

LONG DISTANCE TRIATHLON CAMP WEEK 1

Welcome meeting: North Conference Centre (Timanfaya room) 21/2 at 9:00

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



Programme

Friday 21/02

09.00: Welcome Meeting - Timanfaya conference room.
10.30: Briefing Bike Centre. (3 hours) - choice of ability groups
17:00: Run at the stadium - (Pace session on Track)

Saturday 22/02

07:45: Swim session in the Lagoon (1k or 2k options)
11:00: Bike Centre. (3-4 hour ride). Choice of ability groups. (optional run off-bike 3km) - Bring shoes to Bike Centre

Sunday 23/02

09.30: Bike Centre. Brick Session (3K run, 20K bike, 6K, 20K, 6K, 20K, 3K)
15:00: Swim session in the 50m south pool (Lane 9-13)
18:00: Talk nutrition - Maurten - North Conference room

Monday 24/02

08:00: Sea Swim in Puerto Del Carmen IRONMAN course. Followed by 30 min optional run along IRONMAN course.
15:30: Nutrition Talk w. Emma Gibbins
17:00: Core stability and stretching - (Dance Studio)

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Tuesday 25/02

08.15 Bike Centre. Long bike ride Challenging ride, taking in most of the north of the Island, and the IRONMAN course - choice of ability groups
17:00: Swim session in the 50m south pool (Lanes 4-6)

Wednesday 26/02

08:30: Long Run 1, 2 or 3 x 7.5km - Meeting at Stadium
13:00: Optional recovery ride (90min) - Meeting at Bike Centre
19.30 Dinner – El Lago included for camp participants
Extra places available by request latest Monday!

Thursday 27/02

10.00 Optional swim - south pool (Lanes 2-6)
17:00 Nutrition Talk - Maurten - North Conference room - open to all guests

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