



CLUB LA SANTA VOLCANO TRIATHLON CAMP 2026 24th April - 30th April

**Welcome meeting
SOUTH CONFERENCE ROOM
at 09:00 24/04/2026**

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



Programme

Friday 24/04

09:00: Welcome meeting – South Conference room

10:30: Water Sports Center - Swim course recon, optional Open Water Swim

14:30: Bike Centre: Bike course recon and transition walk through

Saturday 25/04 - Volcano Triathlon

08:00: Volcano Triathlon - **Sign up not included in the camp fee**

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

Sunday 26/04

10:00: Bike Center - 90min recovery ride, including Coffee stop

14:00: Dance Studio - Core & Mobility session

16:00: South Pools - Swim session (Lanes 1-5)

Monday 27/04

10:00: La Rambla – running session, 8k hill run with pace groups

17:00: South Pools - Swim Session (Lanes 2-5)



Programme

Tuesday 28/04

10:00: Bike Center - Bike ride (3-4 Hours)

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

Wednesday 29/04

10:00: South Pools – Mini triathlon (Briefing at 09:45), Lanes 9-14 – 400m swim, 12km bike and 3km run.

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

19:30: Dinner at El Lago restaurant included for all camp participants

Thursday 30/04

10:00: South Pools - Swim session, set session (Lanes 13-16)