



2026
**WOMENS ONLY
TRIATHLON CAMP**

From 23th of January until
29th of January 2026

Welcome meeting 23/01/2026 at
09:00 in Timanfaya Conference Room

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



Programme

Friday 23/01

- 09:00: Timanfaya Conference room: Welcome meeting.
- 10:15: Bike Centre. Bike Talk and ride (Approx. 2 hrs).
- 15:00: South Pools: Swim session (Lanes 13-16).
- 17:00: Run Stadium: Short run with some strides and drills. 4-6km.
- 18:30: El Lago. Welcome for late arrivals

Saturday 24/01

- 09:00: Bike (Approx. 4 hrs).
- 15:00: South Pools. Swim session (Lanes 9-14)
- 17:30: Dance studio. Core and mobility 30 min.

Sunday 25/01

- 08:30: Hill Reps - Approx 40-60 min (Meeting La Rambla)
- 12:00: South Pools. Swim session (Lanes 11-16)
- 15:00: Bike Centre. Recovery Ride



Programme

Monday 26/01

07.50: North Reception. Bus leaves for Puerto Del Carmen. Open Water Swim from IM Lanzarote Start point.
Bus leaves for Club La Santa 12:00
16:30: Stretch & Mobility at the Stadium

Tuesday 27/01

09:00: BikeCentre. Long bike ride. 4-6 hours.
Refreshments with car - various groups by ability.
17:00: South Pools. Swim session (Lane 9-14)

Wednesday 28/01

08:00: Triathlon Challenges / Various distances (South Pool Lanes 12-16)
16:00: Light stretch and core (Dance studio)
19:30: Dinner at El Lago restaurant included for all camp participants
Extra places available by request latest Monday!!

Thursday 29/01

08:30 Morning trot (optional run - meeting at the stadium)