



2026

# WOMENS ONLY TRIATHLON CAMP

From 23th of January until  
29<sup>th</sup> 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](mailto: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 at Stadium)
- 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)