



ANDY COOK BIKE WEEK

Welcome meeting
TIMANFAYA CONFERENCE ROOM

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



Programme

Friday

09.00 Welcome Meeting - Timafaya conference room.

10.30 Briefing Bike Centre: Soo - Tiagua - La Vegueta - La Florida - Conil - Fake Fire - Mancha Blanca - Soo

Saturday

09.30 Briefing: 2 to 3 hrs ride – Bike centre Tinajo - Fake fire - Uga - Yaiza - El Golfo Loop - Yaiza - Fire mountain - Tinajo

Sunday

09.30 Briefing: – 2 hrs ride – Bike centre Soo – La Vegueta – La Florida – San Bart – Garbage Mountain – Nazaret – Mozaga – Tao
16.00 Core Stability 45mins – Stadium

Monday

09.00 Briefing: Bike centre (Car with refreshments)
Gr. 1-2 Mirador Del Rio + Tabayesco - Gr. 3-4 Tabayesco



Tuesday

09.30 Briefing: - 60-90min ride - Bike centre

Recovery ride - Soo - Tiagua - Mancha Blanca - Tenesar - Tinajo - La Santa

Wednesday

09.30 Briefing: LONG RIDE 4+hrs – Bike centre

Soo - Famara - Nazaret - Tesequite - Guatiza - New Climb El Mojon -

Los Valles - Monumento - La Florida - Uga - Yaiza - Mancha Blanca - La Santa

19.30 Dinner – El Lago included for camp participants

Extra places available by request latest Monday!

Thursday

09.30 Briefing: - 60-90min ride - Bike centre

Tinajo - Fake Fire - Uga - Yaiza - Fire Mountain - Tinajo