



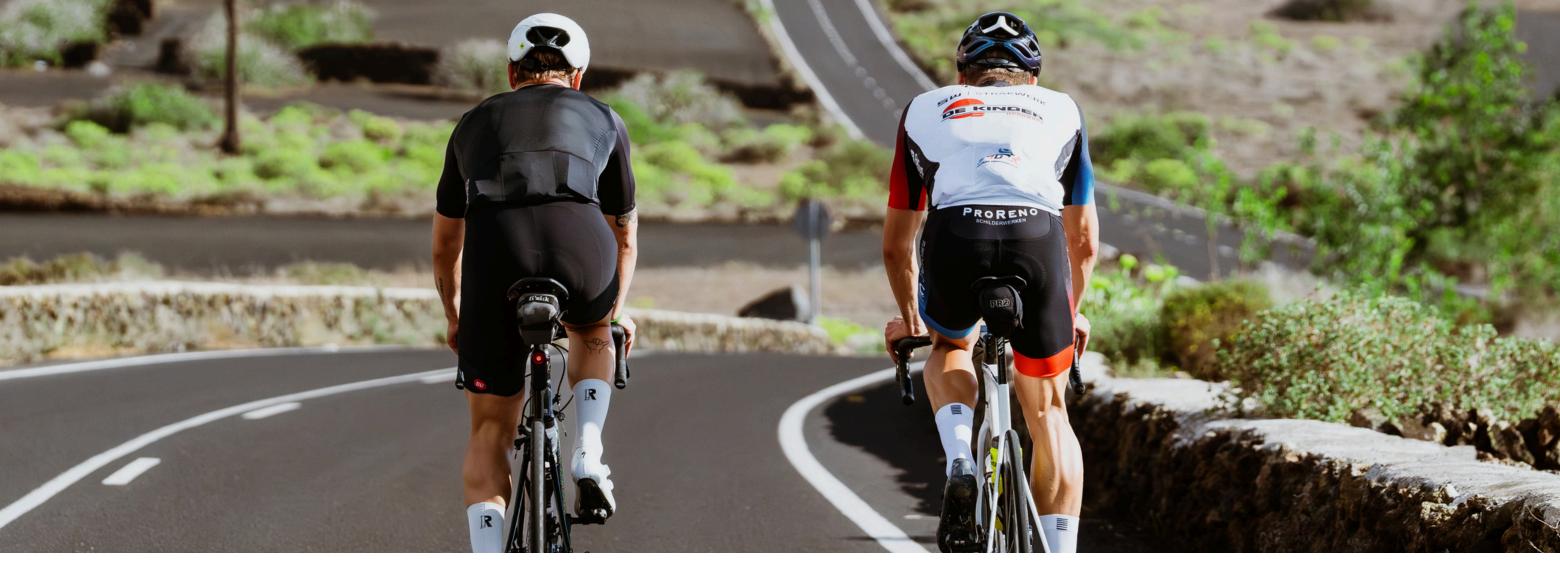
Sports performance Swim-Bike-Run



2026 KICK START TRI CAMP

Welcome meeting: TIMANFAYA CONFERENCE ROOM

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



Programme

Friday

09.00 Welcome Meeting - Timanfaya conference room 10.30 Briefing Bike Centre. 2.5-3 hours - choice of ability groups 17.00 Run at the stadium - Endurance run off road/trails

Saturday

08.00 Swim session in the 50m south pool 11.00 Bike Centre. 2-3 hour ride. hoice of ability groups. (optional run off-bike 3-6km) - Bring shoes to Bike Centre

Sunday

10.00 Bike Centre. Long ride 3-4 hours approx. 17.00 Swim session in the 50m South pool

Monday

10.00 Run - Pace set on track + warm up and cool down 13.00 Cycling (1.5h) - choice of ability groups 17.00 Core stability and stretching - (Laguna) 30 mins.





Tuesday

09.30 Bike Centre. Long bikeride Challenging ride, taking in most of the north of the Island - choice of ability groups 17.00 Swim session in the 50m south pool

Wednesday

09.30 Bikec Centre (3 hours) - choice of ability groups. Coffee stop. 16.00 Run at the Stadium - Endurance run off road/trails 19.30 Dinner — El Lago included for camp participants Extra places available by request latest Monday!

Thursday

10.00 Optional swim - South pool





Extra information regarding the rides

Friday

Long Aerobic Ride - good long warm up at level 2

On a climb you like, do some torque 10 min intervals- have a good recovery between sets and stop doing them when the torque value significantly drops. You should aim for around 3 to start, then build in subsequent sessions. Have torque and cadence displayed on your head unit.

Female riders should be aiming for around 0.8-0.9 N/M per kilo.

Male riders should aim for around 1-1.5 N/M per kilo and progress from there.

Cadence should be a very low 40-50 rpm to begin with.

Saturday

Ride out to Tabayesco.

2x15mins Threshold power or 30 mins from the bottom to top of climb.

Interval session targeting the maximal lactate steady state.

Warm up - 45 min easy to moderate, include a few bursts in pace to prepare the legs.

2x15 min at threshold (MLSS or estimated) or 30mins to top 10 min zone 2.

120 min - Moderate (zone 2) to finish.

Sunday

Choice of ability groups. Cafe stop at the end of ride big ride Endurance - Cyclist 4hrs

Monday

Cycling (2 hrs) – Choice of ability groups Easy ride to the cafe. Return.

Tuesday

Total 3-4hrs with blocks of L3 x4.

40 mins zone 2 with 20 mins zone 3 for the prescribed length of session.

Wednesday

Recovery Ride – Choice of ability groups

