



2026

# KICK START TRI CAMP

Welcome meeting:  
TIMANFAYA CONFERENCE ROOM

For more information send an email to:  
[sportsperformance@clublasanta.com](mailto: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. choice 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 Bike 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

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MAURTEN

  
Club  
La Santa