



CLUB LA SANTA SWIM FOR TRI OPEN WATER 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: Swim session South Pool (Lanes 9-14)

16.30: Open water swim – Wet suit check (Water Sports/lagoon)

Saturday

08.00: Open Water swim session – CLS Lagoon (1-3km)

16.00: Swim session South Pool (9-14)

17.45: Lecture/Talk – TBC

Sunday

07.00: Swim session South Pool (1-6)

15.00: Swim session South Pool (1-6)

Monday

09.00: Swim session – OPEN WATER PUERTO DEL CARMEN (Sea swim),
Bus leaving North Reception 09.00 and leaving PDC 11:45 to CLS

17.30: Lecture/Talk – Sports Performance Studio



Programme

Tuesday

08.00: Training on land – strength/core exercises - 40 mins

09:00: Swim session – South pool - skills and open water tactics (1-6)

16.00: Swim session – Open Water CLS Lagoon

Wednesday

09.00: Swim session South Pool (1-6).

16.00: Swim session – Timed open water swim (1-2-3km distance options) - CLS Lagoon

19.30: Dinner at El Lago restaurant included for all camp participants

Thursday

08.00: Optional Swim session South Pool (1-6)