

# GO4TRI TRIATHLON TRAINING CAMP

Lanzarote, Spain | May 2—10, 2026

## DAY 1: ARRIVAL & EASY START

|           |  |
|-----------|--|
| Morning   | Arrival & Check-in   |
| Afternoon | Light Swim Session<br>Video Recording (initial technique assessment) |
| Afternoon | Dinner<br>Camp Briefing<br>Swim Technique Review                     |

## DAY 2: AEROBIC VOLUME & SWIM TESTING

|           |  |
|-----------|--|
| Morning   | Bike — 2h Aerobic Ride (Zone 2)  |
| Afternoon | Swim — Technique + Accelerations<br>Swim Threshold Test<br>Filming of All Swimmers |
| Afternoon | Video Analysis & Lecture<br>Individual Focus Points<br>Targeted Drills             |

## DAY 3: TECHNIQUE & ENDURANCE RUN

|         |   |
|---------|---|
| Morning | Swim — Targeted Drills Practice<br>Endurance Swim |
| Midday  | Free Time / Recovery                              |
| Evening | Run — Endurance Run (50—60 min)<br>Stretching     |

## DAY 4: BRICK, SWIM & PERFORMANCE EDUCATION

|           |  |
|-----------|--|
| Morning   | Brick Session (2—2.5h total)<br>T2 Practice<br>Run off the Bike  |
| Afternoon | Swim — Aerobic / Technical Session   |
| Evening   | Nutrition & Fueling Lecture (up to 1 hour)<br>Race Fueling Strategies<br>Hydration Planning<br>Long-Distance Energy Management |

## DAY 5: LONG AEROBIC RIDE & RECOVERY

|           |   |
|-----------|---|
| Morning   | Bike — Aerobic Ride (up to 3h)<br>Fueling Strategy Practice |
| Afternoon | Rest / Free Time  |
| Evening   | Optional Island Exploration                                 |

## DAY 6: BIKE PERFORMANCE & OPEN WATER SKILLS

|         |  |
|---------|--|
| Morning | Bike Session (2—2.5h)<br>Aerobic Endurance<br>Controlled Accelerations / Hills |
| Evening | Open Water Swim<br>Sighting Practice<br>T1 Transition Focus Points Learning    |

## DAY 7: RUN PERFORMANCE & STRENGTH SUPPORT

|         |   |
|---------|---|
| Morning | Run — Interval Session<br>Lactate Testing<br>Finding Your Best Target Race Pace |
| Evening | Swim — Technique<br>Gym Session (Core & Stability)                              |

## DAY 8: STRENGTH ENDURANCE & KEY SWIM PERFORMANCE

|           |  |
|-----------|--|
| Morning   | Bike — Hills / Strength Endurance (2—2:30h)  |
| Afternoon | Swim — Intervals<br>Lactate Testing<br>Finding Your Best Target Race Pace                                    |
| Evening   | Farewell Dinner<br>Wrap-Up Talks<br>Key Takeaways<br>How to Train After the Camp<br>Race Strategy Discussion |

## DAY 9: FINAL SWIM & DEPARTURE

|         |   |
|---------|---|
| Morning | Swim — Endurance + Short Accelerations<br>Technical Consolidation |
| Midday  | Check-out<br>Departure  |

