

“Project 2017” Training Camp, T3 Training Complex Tenerife 4-11 February 2017

Programme

- 04 Feb:** Arrivals/ Transfers and Hotel
Bike: “Warm up tour to the Giants” 47km 720m ascent (easiest ride on Island)
Swim: Skills and drills – 2000m TT Long course
- 05 Feb:** Bike: “Santiago 1000” 64km 1,550m ascent
Run: “Billat’s 30/30”
Swim: “Strength Conditioning in the Water”
- 06 Feb:** Bike: “Vuelta Masca” 123km 3000m ascent
Swim: “Classic” 4km endurance set
- 07 Feb:** Bike: “Surfer’s Paradise” 56km recovery ride with sea dip/swim in the middle.
Run: “Crater run” National Park Run 60-75 minutes.
- 08 Feb:** Bike: “Teide Classic” 100km 2,550m ascent
Swim: Open water skills and drills Long Course Pool
- 09 Feb:** TTT SPORTS TERMINATOR CHALLENGE
Round 1: Individual 300m swim 10km bike 2km run
Round 2: Individual 2km run 10km bike 300m swim
Round 3: Individual 10km bike 300m swim 2km run
Round 4: TTT Team Trial 300m swim 10km bike 2km run (teams of 3 – must stay together)
- 10 Feb:** Bike: “Teide Loop” 183k 3,650m ascent
Beach Volleyball Competition & Camp Awards Night
- 11 Feb:** Departures/Transfers.
- **** Additional morning breakfast runs are available every day
- **** Swim flume analysis with club coaches will be given to each athlete in programme. Developmental drills to be identified and practised.
- **** Two groups for cycle rides
- **** All above workouts completed for Camp Completion
- **** Sports massage included in camp
- **** Pre-camp consultation with lead coach

