

SERPENTINE RUNNING CLUB					
CLUB LA SANTA TRIP 2011: SCHEDULE OF EVENTS					
Start	End	Event	Location	Organiser	Other info
THURSDAY 10TH MARCH					
		Transfer to the resort	Airport terminal	Club La Santa	Look for the Club La Santa reps (wearing green) in the arrivals hall
5:00pm	7:00pm	Swim coaching	Olympic pool	Terry / Stephanie	Terry: intro to training camp: mix of drills and fitness
5:00pm	7:00pm	Run: Lactate Threshold Session	Running track	Andrew Reeves	A session that will benefit allcomers from Sprint Triathletes to Marathon Runners
5:30pm	6:00pm	Bike leaders meeting	Timanfaya Conference C	Margaret + bike leaders	
7:00pm	Late	Serpie briefing - Intro to coaches and La Santa. Beach barbecue and sangria	Beach huts beyond round pool (in Green Bar if raining)	Justin/Coaches	A quick introduction to the week and our coaches, come + meet your fellow Serpies! Lots of food provided (inc Veggie), bar available
FRIDAY 11TH MARCH					
7:00am	9:00am	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved. Terry's AM sessions will be fitness sessions
8:00am	8:30am	Run: Intro talk	Running track	Andrew Reeves	An quick intro to the aims and outline of the Running Programme
8:30am	10:00am	Run: Fartlek Session	Running track	Andrew Reeves	An underutilised session - again perfect for all
9:30am	12:30pm	Cycling: 20k easy ride then 20k time trial	Bike shed	Margaret + bike leaders	All abilities welcome! A chance to find out your relative pace.
12:00am	1:00pm	Run: 1-1 coaching + training advice	Sports café	Andrew Reeves	Pre-book 20 mins slot on Serpie notice board
2:00pm	4:00pm	Cycling: 2 hour bike ride - Volcano National Park / Puncture Workshop (1.45pm)	Bike shed	Bike leaders	Divide into ability groups based on morning time trial. Optional Puncture workshop for those interested.
2:00pm	4:00pm	As above coached group riding for those not so experienced	Bike shed	Margaret 7 rider limit	Practicing riding in a group
4:00pm	6:00pm	Run: Track 5k Speed Session	Running track	Andrew Reeves	Hard session - take it easy beforehand
5:00pm	7:00pm	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved. Terry's PM sessions will be technique / drills sessions
7:00pm	8:00pm ish	Triathlon - Q & A making the most of the week	TBA	Margaret	All abilities welcome - something for everyone
SATURDAY 12TH MARCH					
7:00am	9:00am	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
8:00am	10:00am	Run: Sprint Hills	Running track	Andrew Reeves	Hard session - increases leg strength, power and V02max
10:30am	4:00pm	Cycling: Intermediate 80km El Golfo loop	Bike shed	Bike leaders	Lunch at El Golfo
9:30am	12:00noon	Cycling: Coached Beginner + ride. Max 7	Bike shed	Margaret	Bike skills e.g using your gears / cornering - Ride arranged around time and tailored to those who turn up
12:00am	1:00pm	Run: 1-1 coaching + training advice	Sports café	Andrew Reeves	Pre-book 20 mins slot on Serpie notice board
2:00pm	4:00pm	Cycling: Beginner ride	Bike shed	Margaret	Coached ride arranged around time and tailored to those who turn up
4:00pm	6:00pm	Run: Steady 7miles / 4miles	Running track	Andrew Reeves	Comfortable aerobic run to add to the mileage
4:15pm	5pm	Triathlon - transitions	Bike Shed	Margaret	All abilities welcome - gain free seconds/ mount & dismount etc
5:15pm	6:30pm	5k/10k race	Running track	Club La Santa	Sign up in Sports Booking.
5:00pm	7:00pm	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
6:00pm	7:00pm	Introduction to Neuro-muscular tension control - swim bike & run all benefit	TBA	Margaret	Focusing on economy of effort- Keep going for longer using less energy!
SUNDAY 13TH MARCH					
7:00am	9:00am	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
8:00am	12:00pm	Long run: 10,15 or 20+ mile options	Running track	Andrew Reeves	Key session for spring marathon. Maps will be handed out and briefing given. Bring drinks, gels, suntan cream, money.
8:00am	5:00pm	Cycling: Lanzarote Ironman route 180k	Bike shed	TBD	Intermediate group start at 8.00am, fast group start at 9.00am.
9:30am	3:30pm	Cycling: 80-90km easier longer ride to the top of Haria + lunch stop	Bike shed	TBD	Divide into different speed groups
9:30am	12:00pm or 4pm if	Cycling: Coached beginner ride 7 max	Bike shed	Margaret	Could go to Haria if appropriate. Ride arranged around time and tailored to those who turn up
2:00pm	3:00pm	Open water wetsuit swimming	Meet at Olympic pool	Stephanie Ellis	An introduction for those new to this + practise for those experienced
2:00pm	4:00pm	Cycling	Bike shed		Self organised by those who turn up
5:00pm	7:00pm	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
7:00pm	8:00pm	Ironman training	TBA	Margaret	
MONDAY 14TH MARCH					
7:00am	9:00am	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
7:45am	9:30am	Duathlon	Running track	Club La Santa	2.5k run, 15k bike, 2.5k run. Sign up in Sports Booking
8:00am	10:00am	Run: Core, Strength and Conditioning	Running track	Andrew Reeves	A mixture of Pilates, circuit training and drills to strengthen arms, legs and core, specifically for runners and triathletes
9:30am	4:00pm	Cycle to Playa Blanca and wetsuit sea swim	Bike shed	Margaret and bike leaders	Bike there + back 40km each way, with wetsuit swim in the sea. Divide into different ability groups. Bring money for food etc. Cost €5 each, to cover driving your wetsuit/ swim gear there.
12:00am	1:00pm	Run: 1-1 coaching + training advice	Sports café	Andrew Reeves	Pre-book 20 mins slot on Serpie notice board
2:00pm	3:00pm	Aquathon	Olympic pool	Club La Santa	200m swim, 3km run
4:00pm	6:00pm	Run: Steady 7miles / 4miles	Running track	Andrew Reeves	Comfortable run after yesterdays long one and before tomorrows 1/2M
5:00pm	7:00pm	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
6:00pm	7:00pm	Neuro-muscular tension control - swim bike & run all benefit	TBA	Margaret	Focusing on economy of effort- Keep going for longer using less energy!
TUESDAY 15TH MARCH					
7:00am	9:00am	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
7:45am	10:30am	Half Marathon	Running track	Club La Santa	Sign up in Sports Booking.
9:30am	5:00pm	Cycling: Long, hilly ride including mountain time trial up Tabayesco	Bike shed	TBD	
9:30am	12:00pm	Cycling: Coached bike skills 7 riders max	Bike shed	Margaret	Ride arranged around time and tailored to those who turn up
12:00am	1:00pm	Run: 1-1 coaching + training advice	Sports café	Andrew Reeves	Pre-book 20 mins slot on Serpie notice board
2:00pm	3:00pm	Open water wetsuit swimming	Meet at Olympic pool	Stephanie Ellis	For those new to or wanting to practise wetsuit open water swimming
4:00pm	6:00pm	Run: Track 3k/10k Speed Session	Running track	Andrew Reeves	V Hard session - take it easy beforehand (dont race the 1/2M)
5:00pm	7:00pm	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
6:00pm	7:00pm	Neuro-muscular tension control - swim bike & run all benefit	TBA	Margaret	Focusing on economy of effort- Keep going for longer using less energy!
WEDNESDAY 16TH MARCH					
7:00am	8:00am	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
8:00am	10:00am	Run: Endurance Hills	Running track	Andrew Reeves	Ideal for increasing endurance for distances of 10k to Marathon.
8:30am	9:15am	Sharpening your transitions	Bike shed	Margaret	tips for later!
9:30am		Self-organised ride for those who turn up	Bike shed		For those not taking part in La Santa or Serpentine mini-Iris
11:00am	1:00pm	Serpie Mini Tri: team or individual	Olympic pool	TBC	400m swim, 15k bike, 4k run. Sign up in advance on Serpie board.
2:30pm	4:00pm	Cycling: easy ride to National Park	Bike shed	Margaret	Self organised - divide into speed/ ability groups based on numbers
5:00pm	7:00pm	Run: Tempo run in pace groups (5 / 7 / 12miles)	Running track	Andrew Reeves	At your race pace. Ideal for practicing marathon pace.
5:00pm	7:00pm	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved. Terry: Relays
7:30pm	Late!	Last night drinks and meal	7.30pm Drinks in Sports Bar; 8pm meal in Pool Bar		Attendance + meal options need to be pre-booked. See Serpie board.
THURSDAY 17TH MARCH					
7:00am	9:00am	Swim coaching	Olympic pool	Terry / Stephanie	4 lanes reserved
8:00am	9:00am	Run: Easy 7miles	Running track	Andrew Reeves	Recovery...
TBD		Transfer from resort to airport			Times to be confirmed, please check Serpie board.
Friday 18TH - SUNDAY 20TH MARCH - Activities to be organised on a casual basis by those staying on.					
Key					
		Running - Note: On some days it would be unwise to do all the run sessions and races (eg Tuesday, Wednesday). Do only one and swim/bike/recovery-run during the other.			
		Swimming - See next sheet for Stephanie's program. Terry's sessions as per Friday 11th March unless noted.			
		Cycling			
		Social / Special			
		No fill - Other / La Santa organised event			
Unless stated otherwise, for all activities no pre-booking required					