

**SERPENTINE RUNNING CLUB**  
**CLUB LA SANTA TRIP 2015: SCHEDULE OF EVENTS**

Start	End	Event	Location	Organiser	Other info
<b>THURSDAY 5TH MARCH</b>					
		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	Guide around the resort Swim coaching	Olympic pool	CLS Terry & Paul	Eddie (Easyjet flight) and Josie/John (Thomas Cooke) will collect passports for keys @ Reception at CLS 3 lanes (intro sessions: mixture of technique and fitness)
5:00pm	7:00pm	Run: Social Recce Run around Ridge (7miles) or around lagoon (3/4/5 km)	Meet at Running track	Andy Reeves / Nicola Barberis	An easy intro run around the ridge or lagoon. In pace groups. To stretch the legs after the flight, to get to know the area and each other
5:30pm	6:00pm	Bike leaders and assistants meeting	Old bike shed	Margaret, Cat +leaders and assistants	If flights delayed we will convene asap!
7:30pm	10:00pm	Serpie briefing - Welcome evening, barbecue and sangria	Green Bar	John, Josie and Nicola	A <b>very</b> brief introduction to the week and our coaches, come + meet your fellow Serpies! Lots of food provided (inc Veggie), Bar available
<b>FRIDAY 6TH MARCH</b>					
7:00am	9:00am	Swim coaching	Olympic pool	Terry & Paul	7.00 - 8.00 6 lanes (fitness / yardage), 8.00am - 9.00am 1 lane (beginners / intermediate technique)
8.00 - 9.00		open water swimming (wet suits compulsory)	Lagoon -Meet below CLS pools	Paul	???
8.15am	10:15am	Run: RunTech + Lactate Threshold Session	Meet at Running track	Andy Reeves / Nicola Barberis	A session that will benefit allcomers from Sprint Triathletes to Marathon Runners. (Warm-Up + RUNTECH from 8:15 for 30mins)
9.00am	9.15am	Important information for all those biking this week	sports booking (old bike shed, track)	Margaret, Cat + bike leaders	Sign up, sign out sign in and other important information for everyone. See cycling worksheet for details
9.30am	12:30pm	Cycling: 20k easy ride then 20k timed ride. Famara.	Sports Booking (old bike shed)	Margaret, Cat bike leaders, 2 x Green	All abilities welcome! Find out your relative pace and who you might cycle with.
12.00noon	1.00pm	Run: 1-1 coaching + training advice	Sports Cafe	Andy Reeves / Nicola Barberis	Pre-book 20 mins slot on Serpie notice board
1.30pm	2.15pm	Puncture workshop	Sports Booking (old bike shed)	Margaret + Cat	Bring your bike (or at least a wheel), plastic tyre levers and a pump
2.15pm	4.15pm	4 led Ride to Volcano National Park, 3 other longer faster led rides	Sports Booking (old bike shed)	Bike leaders	Sign up. 7 groups based on speed and confidence.
2.20pm	4.30pm	2 coached group rides beginners / intermediates not so confident in a group	Sports Booking (old bike shed)	Cat, Margaret	Practicing riding in a group - Intermediate focus also on using gears and brakes for hills and cornering
4.00pm	6.00pm	Run: Extended RunTech and/or Track (5k/10k)	Held on Running track	Andy Reeves / Nicola Barberis	Extended RunTech session of 1.5 hours or normal 30 mins RunTech + Track session - take it easy beforehand. (Warm up + RUNTECH from 4:00pm)
5:00pm	7:00pm	Swim coaching	Olympic pool & Lagoon	Terry + Paul	3 lanes: 5-6 pm technique / 6-7 pm fitness - yardage
7.30pm	8.30pm	Ain-Alar Juhanson,	conference room	Josie	
<b>SATURDAY 7TH MARCH</b>					
7:00am	9:00am	Swim coaching	Olympic pool	Terry & Paul	7.00am - 8.00am (3 lanes):fitness / yardage - 8-9am (3lane): technique (beginners / intermediate)
8.15am	10.15am	Run: RunTech + Sprint Hills	Meet at Running track	Andy Reeves / Nicola Barberis	Hard session - increases leg strength, power and V02max. (RUNTECH at 8:30am for 20mins)
9.30am	12.30pm	Lanzarote 70.3 route	Sports Booking (old bike shed)	Paul J	Sign up. Non stop and fast
9.30am	2.30pm	Lanzarote 70.3 route	Sports Booking (old bike shed)	Claire and Anna	Sign up. Led at the pace of the slowest rider but not a beginner ride! Cafe stop
9.30am	12:30noon	2 Coached Beginner and intermediate groups	Sports Booking (old bike shed)	Margaret + Cat	Bike skills e.g using your gears / cornering, keeping cadence aerodynamics- tailored to those who sign up
09.30am	3pm	Femes via El Golfo	Sports Booking (old bike shed)	Alex	Fast group, hard hill - lunch at view point
09.30am	4.00pm	Guided volcanic trip 110km inc El Golfo loop or easier pace 55k without el golf loop, Lunch and tour of Fire Mountain ( ? euros)	Sports Booking (old bike shed)	Charlie & (110k) John, Richard and Ros (approx 55k)	2-3 groups. Option for Lunch/coach up volcano at Fire Mountain rather than just zooming by!. (?? Euros). May like to take a bike lock if you have one. Ros will fill in on volcanic scenery
2pm	4:00pm	Coached Beginner and intermediate groups	Sports Booking (old bike shed)	Margaret + Cat	Riding for triathlon /group riding skills - see detail of cycling worksheet
4.15pm	5.00pm	speeding up transitions - practical workshop	Sports Booking (old bike shed)	Margaret + Cat	all abilities welcome - gain free seconds/ mount & dismount etc
4.00pm	6.00pm	Run: Marathon Q&A and Technique Videoing	Meet at Running track	Andy Reeves / Nicola Barberis	Group discussion on Marathon preparation. Get your running videoed to critique your technique. Feel free to leave and come back to do the 5k/10k races
5:15pm	6:30pm	5k/10k race	Meet at Running track	Club La Santa	Sign up in Sports Booking.
5:00pm	7:00pm	Swim coaching	Olympic pool	Terry & Paul	6 lane reserved!!: 5-6 pm fitness / yardage - 6-7 pm technique
5.00pm	6.00pm	open water swimming (wet suits)	Lagoon	Paul	
7:00pm	8:00pm	Efficiency and effectiveness in training and racing	conference room	Eddie and Jose and Margaret	
<b>SUNDAY 8TH MARCH</b>					

Start	End	Event	Location	Organiser	Other info
7:00am	9:00am	Swim coaching	Olympic pool	Terry / Paul	3 lanes reserved: 7-8am fitness / yardage - 8-9am technique: beginners / intermediate / advanced
8.15am	12.00pm	Long run: 10,15 or 20+ mile options	Meet at Running track	Andy Reeves / Nicola Barberis	Key session for spring marathon. Maps will be handed out and briefing given. Bring drinks, gels, suntan cream, money. Sign OUT and IN. NO RUNTECH
8.00am	5.00pm	Lanzarote Ironman bike route 180k	Sports Booking (old bike shed)	Alex, Charlie and Anna	2-3 led groups. Alex short stop. Charlie and Anna 1-2 cafe stops
09.30am	1.00pm	Mirador	Sports Booking (old bike shed)	Paul J	Faster advanced group
9.30am	3.30pm	80-90km ride to the top of Haria + lunch stop	Sports Booking (old bike shed)	Hilary	led group steady pace option to go up and /or down Tabayesco
9.30am	3.30 - 4.30 pm	Coached intermediate + and coached beginner rides to Haria	Sports Booking (old bike shed)	Cat & Margaret	Climbing up and down skills. speed tailored to those who sign up. Margaret will take the slower group - worth the effort for lunch with a view - downhill (mostly) on the way back. Cat will coach a faster group up and down Tabeyesco
9.30am	12.30pm	Self organised - to Teguisse Market?	Sports Booking (old bike shed)	Self -organised group of up to 8	Teguisse Market worth a visit (and Johny bakes). Take a lock?
2.00pm	4.00pm	Route tbd	Sports Booking (old bike shed)	Self -organised group of up to 8	Self organised by those who turn up ( up to 8 in a group)
5:00pm	6:30pm	Swim coaching	Olympic Pool	Terry	6 lanes: 5-6 pm technique - 6.6.30pm fitness / yardage: (swim time trial)
5.00pm	6.00 pm	Open water	Lagoon	Paul	
6.30pm	7.30pm	Cat Morrison - life lessons of a professional athlete	conference room	Eddie	
7.30 pm	9:00pm and later	Paella night	Pool Bar	<b>CLS (sign up in the Green Bar )</b>	CLS Paella night (need to book directly with CLS @ :Pool Bar
<b>MONDAY 9TH MARCH</b>					
7:00am	9:00am	Swim coaching	Olympic pool	Terry + Paul	6 lanes reserved: 7-8am fitness / yardage - 8-9am technique: beginners / intermediate / advanced
7:45am	9:30am	Duathlon	Running track	Club La Santa	2.5k run, 15k bike, 2.5k run. Sign up in Sports Booking
8.15am	12.00am	Run: Core, Strength and Conditioning	<b>Meet at Sports Hall</b>	Andy Reeves / Nicola Barberis	A mixture of Pilates, circuit training and drills to strengthen arms, legs and core, specifically for runners and triathletes.
10.00am	4.00pm	MANRIQUE COACH TRIP (cost 9 euros each venue entry)	reception	Josie	12.45 Meeting at Jameos for lunch
8.00am	6.00 pm	Charlie's Cesar Manrique bike ride (north island) mirador,lunch at Jameos, (? euros entries )	Sports Booking (old bike shed)	Cat, Charlie, Margaret, John, Richard.	A fascinating cultural tour by bike. Different options for different needs. See details & noticeboard
09.30am	11.30pm	Teguisse - approx 50K	Sports Booking (old bike shed)	Paul J	Tempo / interval efforts as a group
09.30am	12:30PM	El Golfo	Sports Booking (old bike shed)	Ludovica	Stop for Emerald Lagoon
09.30am	12:30PM	Timanfaya, Yaiza, Uga	Sports Booking (old bike shed)	Stefano	Flatter route (all relative!) steady pace
10.00am	1pm	Mountain biking across the sand to Famara	Sports Booking (old bike shed)	Alex	
12.00noon	1.00pm	Run: 1-1 coaching + training advice	Sports Cafe	Andy Reeves / Nicola Barberis	Pre-book 20 mins slot on Serpie notice board
2:00pm	3:00pm	Aquathon	Olympic pool	Club La Santa	200m swim, 3km run (sign up Sports Booking)
4.00pm	6:00pm	RunTech + EasyRun + VideoReview	Meet at Running track	Andy Reeves / Nicola Barberis	Easy run after yesterday's long one and before tomorrow's 1/2M. Warm Up and RUNTECH at 4:00pm for 30mins. Review of video / more videoing if not already done
5:00pm	6.30pm	Swim coaching	Olympic pool	Paul	6 lanes: 5-6 pm technique - 6.6.30pm fitness / yardage: (swim time trial)
5.00pm	6.00pm	Open water wetsuit swimming	Lagoon-	Terry	
6.30pm	8.00pm	VINES AND VOLCANOES	conference room	Manuel. Ros, Eddie and Josie	Manuel facilitates tasting different wines of Lanzarote, Ros talks volcanic history
<b>TUESDAY 10TH MARCH</b>					
7:00am	9:00am	Swim coaching	Olympic pool		<b>DIY fitness / yardage - 8-9am technique: beginners / intermediate / advanced</b>
7:00am		<b>OPEN WATER SWIM RACE (1.5 &amp; 750m)</b>	Lagoon	<b>Terry, Paul , ?? Timing</b>	<b>Pre registration on notice board, wetsuit and swim hat essential</b>
7:45am	10:30am	Half Marathon	Meet at Running track	Club La Santa	Sign up in Sports Booking.
8:15am	2:00pm	Run Trip To Playa Blanca without getting lost (Run+Swim+Lunch+Q&A)	Meet at Reception	Andy Reeves / Nicola Barberis	Sign up on Serpie Notice Board New for this year - aims to allow the runners to see a different part of the island. Will be near a beach so bring swimmers and finish with a group lunch where you can ask even more questions. Run will be steady focussing on social aspect - but faster runners can group up.
09.00am	3-5:00pm	Ride to Tabayesco and then timed ride up (1 coached group)	Sports Booking (old bike shed)	Cat, Alex & Charlie, Paul J, Claire, Hilary, Anna	A longer ride with a long hill timed ride Not that steep but goes on a bit! Fabulous views! Cat will coach group. Option to change coached group with Cat at lunch time depending on demand
9:30am	12:30PM	Coached bike skills Yaiza	Sports Booking (old bike shed)	Margaret	Ride tailored to those who sign up. Coffee at Fire MountTom. Maximising downhill etc
9:30am	12:30PM	El Golfo intermediate steady	Sports Booking (old bike shed)	Stefano	Led ride
9:30am	12:30PM	Timanfaya intermediate group	Sports Booking (old bike shed)	Ludovica	Led ride
1.30pm	4.30pm	El Golfo intermediate faster	Sports Booking (old bike shed)	Rosh	Led ride
2.pm	3.30pm	Triathlon / cycling	Sports Booking (old bike shed)	Margaret	30min slots for specific advice . coaching 1-3 at a time. Sign up

Start	End	Event	Location	Organiser	Other info
4.00pm	6.00pm	Run: RunTech + Track Multi-Speed Session	Held on Running track	Andy Reeves / Nicola Barberis	Hard session - take it easy beforehand (esp. dont race the 1/2M). Warm Up and RUNTECH at 4:00pm for 35mins
5:00pm	6:30pm	Swim coaching	Olympic pool	Terry & Paul	6 lanes: 5-5.30 pm technique - 5.30-6.30pm Critical Swim Speed (CSS) test
5.00pm	6.30 pm	Table tennis tournament	sports hall	Manuel??	sign up on notice board
8.00 pm	9.15 pm	Claire and Paul's QUIZ NIGHT	Green Bar	Paul & Claire	team sign up on notice board
<b>WEDNESDAY 11TH MARCH</b>					
7:00am	8:00am	Swim coaching	Olympic pool	Terry & Paul	6 lane reserved: fitness / yardage
8.15am	10.15am	Run: RunTech + Fartlek	Meet at Running track	Andy Reeves / Nicola Barberis	Ideal for increasing speed endurance for distances of 10k to Marathon. Warm Up and RUNTECH at 8:15am for 35mins
08.30am	09.15am	speeding up transitions	Sports Booking (old bike shed)	Margaret + Cat	all abilities welcome - gain free seconds/ mount & dismount etc Bring your tri race stuff
9.30am		Self-organised ride for those who turn up (sign out and in)	Sports Booking (old bike shed)	Self-organised Groups up to 8)	For those not taking part in La Santa or Serpentine mini-tris
10.30pm	1.00pm	Serpie Mini Tri: team or individual	track for briefing	green team	400m swim, 15k bike, 4k run. Sign up in advance. 5 lanes 11.00-11.30 only
2.15pm	4.00pm	Destinations tbc - Fire Mountain or longer ?	Sports Booking (old bike shed)	John, Richard Paul J Charlie Stefano Ludovica	6 bike leaders available: Spin the legs out and enjoy the scenery
2.30pm	4.30pm	cycle / triathlon clinic	Sports Booking (old bike shed)	Margaret & Cat	Sign up for 30min slots (individuals, or 2-3s with similar needs) Outstanding skill needs / questions
3.30pm	4.30pm	Swim team FUN relays	Olympic pool	Terry / Paul	6 lanes reserved. Terry: Relays ???
5.00pm	6.00pm	FRANK HORWILL MILE (Handicap)	Held on Running track	Run Coaches & Paul	Sign up on noticeboard with your estimated mile time. Race Start at 6:30pm
7.30pm	Late!	Last night drinks and meal	7.30pm Drinks in Sports Bar; 8pm Meal in ???		Attendance + meal options need to be pre-booked. See Serpie board.
late	even later	Disco			
<b>THURSDAY 12TH MARCH</b>					
		open water?!			
7.00am	9:00am	Swim coaching	Olympic pool	Terry / Paul	6 lanes reserved
8:15am	9.00am	Run: Easy 40mins	Meet at Running track	Andy Reeves / Nicola Barberis	Recovery...
TBD		Transfer from resort to airport			Times to be confirmed, please check Serpie board.
5.00pm	7.00pm	swim lanes reserved,no coaching			6 lanes reserved
<b>Friday 13TH - SUNDAY 17TH MARCH - Activities to be organised on a casual basis by those staying on. We have 6 swim lanes from 8.00-9.00 and ??? on Sunday 17th</b>					
<b>Friday 13TH</b>					
7.00am	9.00am	swim lanes reserved, no coaching			6 lanes
10.00am	3.00pm	coach trip to Puerto del carmen	IM swim wetsuits to reception area before 10.00 am		
	11.3		Im swim	Paul	
5.00pm	7.00pm	swim lanes reserved, no coaching			6 lanes
<b>Saturday 14th</b>					
7.00am -	8.00am	swim lanes reserved, no coaching			6 lanes
5.00pm	7.00pm	swim lanes reserved, no coaching			6 lane
9.00am		Ironman bike route	Ain		
<b>SUNDAY 15TH</b>					
7.00am -	9.00am	swim lanes reserved, no coaching			6 lanes
		Swimming - see separate sheet for details			
		Cycling - see separate sheet for details			