

Club La Santa Serpies Trip - 2024 Schedule

Start	End	Event	Location	Organiser	Description
THURSDAY 7th MARCH					
17:00	17:30	Lanes available for free swim	South Pool 10-16		See Swim Tab
17:30	18:00	Swim coaching: Technique	South Pool 10-16		See Swim Tab
18:00	19:00	Swim coaching: Fitness	South Pool 10-16		See Swim Tab
16:30	18:00	Social Run (Ridge run) ca 11k or shorter alternative (ca 5-6k)	Meet at the Track	Steph	An easy intro run to the ridge or actually around the ridge. In pace groups. To stretch the legs after the flight, to get to know the area and each other
17:30	19:00	Open water swimming (wetsuits) - free access	Lagoon		Check on the CLS app
18h30	19h00	Tour of the club	Meet at the Sports Bar	TBD	A tour of the club for those who have not been there before
19:00	20h30	Welcome pizza and Intro to the week	Green bar inside	Coaches, Veronique, Karen & Innes	A brief introduction to the week and our coaches, come + meet your fellow Serpies and share a pizza!
20:00	20:30	Bike leaders and assistants meeting	Sports booking	Aga +leaders and assistants	If flights delayed we will convene asap!
FRIDAY 8th MARCH					
07:00	08:00	Swim coaching: Fitness (inc tech)	South Pool Lane 1-6	Margaret, Lan, Paul	Endurance and pace change
08:00	08:30	Swim coaching: Technique	South Pool Lane 1-6	Margaret, Lan, Paul	Body position and balance
08:30	09:00	Swim coaching: Skills	South Pool Lane 1-6	Margaret, Lan, Paul	Synchronised swimming
09:30	11:00	Track Session	Meet at the Track	Steph	5k /10k track session: 1x 1200m @10k, 60sec rec, 4x 800m @5k, 90sec rec, 2x 400m @ 3k, 2min rec
09:30	09:45	Important information for all those biking this week	Bike rental/ South pool	Aga + bike leaders	Sign up, sign out sign in and other important information for everyone. See cycling worksheet for details
09:45	11:45	2 coached group rides beginners not so confident in a group	Bike rental/ South pool	Aga/Lan (Coached)	Slower focus on group riding etiquette and individual bike skills (may stay within the lagoon depending on confidence levels)
09:45	12:45	Welcome rides - Group riding focus 70-80km	Bike rental/ South pool	Bike Leaders	AM: El Golfo (70km or 80km options) - easy intro into cycling, think about group riding etiquette
13:30	15:30	Afternoon ride: San Bartolome loop 40km	Bike rental/ South pool	Aga	PM: easy/medium ride with Aga, San Bartolome loop 40km. Use signup sheets
16:30	18:00	Threshold Session	Meet at the Track	Steph	threshold session around the lagoon 4x 8min @ LT pace, 60 sec rec
17:00	19:00	Swim Video analysis Lane 16	South Pool Lane 16	Lan	Sign up at the poolside or noticeboard in advance
17:00	19:00	Lane free to do your own swim	South Pool 10-15	one coach tbd	Lane free to do your own swim

17:00	19:00	DIY swim session - short	South Pool 10-15	one coach tbd	DIY swim session - shorter swim with about 45-60 minutes of swimming. Each day there will be a different session available
17:00	19:00	DIY swim session - long	South Pool 10-15	one coach tbd	DIY swim session - longer swim with about 90 minutes of swimming. Each day there will be a different session available
17:00	18:00	Open water swimming (wetsuits)	Lagoon	Green Team	
SATURDAY 9th MARCH					
07:00	08:00	Swim coaching: Fitness (inc tech)	South Pool Lane 1-6	Margaret, Lan, Paul	Critical Swim Speed
08:00	08:30	Swim coaching: Technique	South Pool Lane 1-6	Margaret, Lan, Paul	Kicking
08:30	09:00	Swim coaching: Skills	South Pool Lane 1-6	Margaret, Lan, Paul	Tumble, grab & spin turns
09:30	11:00	Hill Session	Meet at the Track	Steph	endurance hills: 2x 15min continuous run with 3min recovery inbetween
08:00	17:00	Ironman loop	Bike rental/ South	bike leaders	AM: Official IM Lanzarote route. Advanced only. Use sign up sheets in reception to join
09:30	16:00	Hilly rides (Haria + Tabayesco QOM)	Bike rental/ South pool	Aga + bike leaders	AM: Mostly Hilly rides today. Join Aga's group for the Tabayesco KOM competition . Use sign up sheets.
see notice board		shorter rides depending on the group's ability	Bike rental/ South pool	Karrie	shorter rides depending on the group's ability
14:00	17:00	Afternoon ride option: 50km	Bike rental/ South pool	bike leaders or self-organised	PM: Mozaga (50km)
16:30	18:00	Easy / Social run	Meet at the Track	Steph	Easy run to village for coffee or similar (5-10k)
17:15	18:30	Green Team 5k & 10k Race	Meet at Running track	Club La Santa	Sign up in Sports Booking.
17:00	19:00	Lane free to do your own swim	South Pool 10-16	one coach tbd	Lane free to do your own swim
17:00	19:00	DIY swim session - short	South Pool 10-16	one coach tbd	DIY swim session - shorter swim with about 45-60 minutes of swimming. Each day there will be a different session available
17:00	19:00	DIY swim session - long	South Pool 10-16	one coach tbd	DIY swim session - longer swim with about 90 minutes of swimming. Each day there will be a different session available
17:30	18:30	Open water swimming (wetsuits)	Lagoon	Green Team (Caroline)	
20:00	21:30	Quiz Night	Green Bar	Hans Ho and Sophie	The infamous Trivia night with questions on diverse topics. Team sign up on notice board. The more the merrier.
SUNDAY 10th MARCH					
07:00	08:00	Swim coaching: Fitness (inc tech)	South Pool Lane 1-6	Margaret, Lan, Paul	Speed, fast 50s
08:00	08:30	Swim coaching: Technique	South Pool Lane 1-6	Margaret, Lan, Paul	Catch , propulsion and recovery
08:30	09:00	Swim coaching: Skills	South Pool Lane 1-6	Margaret, Lan, Paul	OW prep: sighting and drafting

09:30	15:00	Long Run up to 20+ miles / 32km	Meet at Reception	Steph	We take bus to Puerto del Carmen for run along the sea & lunch afterwards (suggested distances 12k / 16k / 20k / 24k / 28k / 32k, run in groups of min 2) Sign-up in advance! BRING & CARRY YOUR OWN WATER!
09:30	14:30	Ride to Puerto Del Carmen to meet the runners for lunch	Bike rental/ South pool	Aga + bike leaders	Plan to arrive to PdC at 12:30 for lunch with the running group. Then direct route back to CSL
15:00	16:30	Serpie TT competition	Bike rental/ South pool	Aga	Serpie TT (20km) - no signups required. Quick intro w/Aga then each person sets off individually maintaining at least 20m between riders
see notice board		shorter rides depending on the group's ability	Bike rental/ South pool	Karrie	shorter rides depending on the group's ability
16:00	17:00	Puncture repair workshop	Bike rental/ South pool	Aga (Coached)	Bring your bike (or at least a wheel), plastic tyre levers and a pump, use sign up sheets
17:00	19:00	Swim Video analysis Lane 16	South Pool Lane 16	Lan	Sign up at the poolside or noticeboard in advance
17:00	19:00	Lane free to do your own swim+C56:C62	South Pool 10-15	one coach tbd	Lane free to do your own swim
17:00	19:00	DIY swim session - short	South Pool 10-15	one coach tbd	DIY swim session - shorter swim with about 45-60 minutes of swimming. Each day there will be a different session available
17:00	19:00	DIY swim session - long	South Pool 10-15	one coach tbd	DIY swim session -This will be a tough set - known as the 'red mist' set. Come ready with your CSS and some enerty drink/gel
17:00	18:00	Open water swimming (wetsuits)	Lagoon	Green Team	
19:00	21:00	Coaching panel	Conference Center - Timanfaya	Chaired by Lan with Margaret, Paul, Aga, Karen and Stephanie avaialble to answer your questions on coaching, racing, tapering, nutrition etc	Ideally, submit question for discussion in advance
MONDAY 11th MARCH					
07:00	08:00	Swim coaching: Fitness (inc tech)	South Pool Lane 1-6	Margaret, Lan, Paul	Endurance swimming to CSS
08:00	08:30	Swim coaching: Technique	South Pool Lane 1-6	Margaret, Lan, Paul	Rotation & Hydrodynamics, balance
08:30	09:00	Swim coaching: Skills	South Pool Lane 1-6	Margaret, Lan, Paul	Using Swim toys wisely
08:00	10:00	Green Team Duathlon with Body Bike	Running track	Club La Santa	2.5k run, 15k bike, 2.5k run (sign up Sports Booking)
09:30	11:00	Strength & Conditioning	Meet at the Track	Steph	a selection of strenght exercises for runners and practicing more running drills / technique
09:30	12:30	Intro to off-road riding	Bike rental/ South pool	Aga	AM: Meander around la-santa trails, then Famara and potentially towards Teguisse
9:30	14:00	Choice of long, mtb or progressive beginners	Bike rental/ South pool	bike leaders or self-organised	PM: Choice of long ride, mtb or progressive beginners. Use sign up sheets to join specific rides
see notice board		shorter rides depending on the group's ability	Bike rental/ South pool	Karrie	shorter rides depending on the group's ability

14:00	15:30	Bike Maintenance Workshop	Bike Shed	La Santa Bike Mechanic	Serpies special session with La santa bike mechanic: all you need and want to know about breaks, discs, frame cleaning, and general bike maintenance
12:00	15:00	Green Team Aquathlon	Olympic pool	Club La Santa	200m swim, 3km run (sign up Sports Booking)
15:00	16:00	Transition workshop	track entrance	Lan	learn how to improve your transitions. Bring your shoes and the bike. use signup
14:00	17:00	Afternoon ride option: 50km	Bike rental/ South pool	Aga + bike leaders	PM: Mozaga (50km, 500m)
16:30	18:00	Easy / Social Run	Meet at the Track	Steph	route tbc (5-12k)
17:00	19:00	Lane free to do your own swim	South Pool 10-16	one coach tbd	Lane free to do your own swim
17:00	19:00	DIY swim session - short	South Pool 10-16	one coach tbd	DIY swim session - shorter swim with about 45-60 minutes of swimming. Each day there will be a different session available
17:00	19:00	DIY swim session - long	South Pool 10-16	one coach tbd	DIY swim session - longer swim with about 90 minutes of swimming. Each day there will be a different session available
19:00	20:30	Treasure Hunt	Meet at the Sports Ba	Saran wright, Innes, Karen & Veronique	Treasure hunt - discover another side of the area

TUESDAY 12th MARCH

07:00	08:00	OPEN WATER SWIM SERPIES RACE (Handicap)	Lagoon	Green Team, Serpies TBD	Handicap race - distance tbc (750 /1000 / 1500m) Pre registration on notice board, wetsuit and bright swim hat essential
07:00	08:00	Swim coaching: Fitness (inc tech)	South Pool Lane 1-6	Margaret, Lan, Paul	Simple pyramid
08:00	08:30	Swim coaching: Technique	South Pool Lane 1-6	Margaret, Lan, Paul	Breathing and Timing
08:30	09:00	Swim coaching: Skills	South Pool Lane 1-6	Margaret, Lan, Paul	Butterfly and Individual Medley
12:00	15:00	Green Team Half Marathon, 14k, 7k	Meet at the track	Club La Santa	Half Marathon on the course of Ironman Lanzarote 70.3 when it was based at CLS (sign up Sports Booking)
09:30	11:00	Track Session	Meet at the Track	Steph	For those that don't want to do the run / race organised by Club La Santa 5k / 10k track session 20min Paarlauf followed by relays
09:30	16:00	Mirador + Orzola w/lunch (long and hilly)	Bike rental/ South pool	Aga + bike leaders	AM: Longer ride with lots of hills (122km 1900m), we stop for lunch in Orzola, use signup sheets
see notice board		shorter rides depending on the group's ability	Bike rental/ South pool	Karrie	shorter rides depending on the group's ability
14:00	16:00	Afternoon ride option: 50km	Bike rental/ South pool	bike leaders or self-organised	PM: Teguisse loop (50km)
17:00	18:00	Threshold Session	Meet at the Track	Steph	threshold session around the lagoon 5-6x 6min @ LT pace, 60 sec rec
17:00	19:00	Swim Video analysis Lane 16	South Pool Lane 16	Lan	Sign up at the poolside or noticeboard in advance
17:00	19:00	Lane free to do your own swim	South Pool 10-15	one coach tbd	Lane free to do your own swim
17:00	19:00	DIY swim session - short	South Pool 10-15	one coach tbd	DIY swim session - shorter swim with about 45-60 minutes of swimming. Each day there will be a different session available
17:00	19:00	DIY swim session - long	South Pool 10-15	one coach tbd	DIY swim session - a longer session with about 90 minutes of swimming

WEDNESDAY 13th MARCH

07:00	08:00	Swim coaching: Fitness (inc tech)	South Pool Lane 1-6	Margaret, Lan, Paul	Endurance swim golf
08:00	08:30	Swim coaching: Technique	South Pool Lane 1-6	Margaret, Lan, Paul	By request (or a coach surprise!)
08:30	09:00	Swim coaching: Skills	South Pool Lane 1-6	Margaret, Lan, Paul	Diving
09:30	12:30	Self-organised ride for those who turn up (sign out and in)	Bike rental/ South pool	Self-organised Groups up to 6	Use sign up sheets if heading out
9:00	11:00	Easy / Social run (5-7k)	Meet at the Track	Steph	route tbc
11:00	14:00	Serpie Mini Tri: team or individual	North Pool / Station	Serpies Team	400m swim, 5k bike on static bikes, 6k run. Sign up in advance. North Pool at 11:00
14:00	17:00	Self-organised ride for those who turn up (sign out and in)	Bike rental/ South pool	Self-organised Groups up to 6	Use sign up sheets if heading out
17:00	19:00	Lane free to do your own swim	South Pool 10-15	one coach tbd	Lane free to do your own swim
17:00	19:00	DIY swim session - short	South Pool 10-15	one coach tbd	DIY swim session - shorter swim with about 45-60 minutes of swimming. Each day there will be a different session available
17:00	19:00	DIY swim session - long	South Pool 10-15	one coach tbd	DIY swim session - a longer session with about 90 minutes of swimming
17:00	18:15	Frank Horwill Memorial Mile	Track	Serpies Team	Our annual valedictory handicap mile! 🏊🏊 Sign up with your predicted time
19:00	22:00	Last night drinks and meal at El Lago	El lago restaurant	Coaches, Karen, Innes, Veronique	Drinks in the sunset then group dinner
18:30	22:00	Last night drinks and meal at El Lago	El lago restaurant	Coaches, Karen, Innes, Veronique	Drinks in the sunset from 18h30 then group dinner from 19h30. Dinner and drinks are included in the fees you paid.
THURSDAY 14th MARCH					
07:00	08:00	Swim coaching: Fitness (inc tech)	South Pool Lane 1-6	Margaret, Lan, Paul	speed and fun races - or just recover from last night dinner
08:00	08:30	Swim coaching: Technique	South Pool Lane 1-6	Margaret, Lan, Paul	What's next for you - or revisit the tech sessions you enjoyed and found useful
08:30	09:00	Swim coaching: Skills	South Pool Lane 1-6	Margaret, Lan, Paul	By request
09:30	11:00	5-11k run on a choice of routes	Meet at the Track	Self led /Run Leaders	Route and pace to be agreed by participants.
09:30	12:00	Recovery ride for cake (10 day option only). 50km round trip	Bike rental/ South pool	Self-organised Groups up to 6	Aiming for Jonnie Bakes which is a 50km round trip
		Transfer from resort to airport			Times to be confirmed, please check Serpie board.
17:00	19:00	Swim lanes reserved, no coaching	Olympic pool South		4 lanes reserved
FRIDAY 15th - SUNDAY 17th MARCH - Activities to be organised on a casual basis by those staying on. We have swim lanes in the times specified below. Please let others use the lanes if					
FRIDAY 15h MARCH					
07:00	09:00	Swim lanes reserved, no coaching	Olympic pool South		4 lanes reserved
09:30	12:00	Haria (88km or 112km options)	Bike rental/ South pool	Self-organised Groups up to 6	Refer to the routes repository for ride ideas. Look after each other, enjoy the rides and stay safe!
14:00	17:00	Uga	Bike rental/ South pool	Self-organised Groups up to 6	Refer to the routes repository for ride ideas. Look after each other, enjoy the rides and stay safe!

17:00	19:00	Swim lanes reserved, no coaching	Olympic pool South		4 lanes reserved
SATURDAY 17th MAR		Ironman Lanzarote 70.3			
08:00	10:00	Swim lanes reserved, no coaching	Olympic pool South		4 lanes reserved
09:30	18:00	El Golfo (69 or 72 km options)	Bike rental/ South pool	Self-organised Groups up to 6	Refer to the routes repository for ride ideas. Look after each other, enjoy the rides and stay safe!
17:00	19:00	Swim lanes reserved, no coaching	Olympic pool South		4 lanes reserved
SUNDAY 18th MARCH					
07:00	09:00	Swim lanes reserved, no coaching	Olympic pool South		4 lanes reserved
		Transfer from resort to airport			Times to be confirmed, please check Serpie board.
		Swimming - see separates sheet for details Open water swimming Running - see separate sheet for details Cycling - see separate sheet for details and routes Social - see separate sheet for details			