

Coach Cox Lanzarote Training Camp 2013

Camp Guidebook

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Sponsors

The following sponsors have kindly supported this camp.



Bonk Triathlon

Providing all athletes with a Bonk Triathlon t-shirt. For more information visit: www.bonktriathlon.com.



GU Energy

Providing all athletes with a GU Energy product sample pack and a discount voucher for use at the GU Energy UK Store. For more information visit: www.guenergy.co.uk.



HUUB Design

Providing all athletes with swim caps and camp prizes of HUUB towels to be given away during the week. For more information visit: www.huubdesign.com.



Nuun

Providing all athletes with a tube of nuun electrolytes and a bottle to put them in. For more information visit: www.nuun.co.uk.



On

Supporting the camp coaches with running shoes for the camp. For more information visit: www.on-running.com

Introduction

While I'm a veteran of numerous training camps ranging from weekend breaks to a fortnight riding the length of New Zealand this is the first formal training camp I've organised. I know for a number of you on the camp this is your first organised training camp too. This booklet aims to address the general questions you're likely to have about the camp and to outline the training plans for the week. Please note that plans may change during the course of the week, but the basic objective will remain the same: to give you the opportunity to train as much as you can.

Each day Mark and I will offer you a coached swim session, a planned bike route and a planned run. You are welcome to join us for all of these, but shouldn't feel obliged to participate in every session. There is the potential to train a lot during your week on the island, the proposed bike routes total roughly 550km a big step up from a typical training week.

We will be on hand to advise you and encourage you to push yourself further than normal without breaking yourself in the process. We will both be riding the routes with you, trying to manage the groups so we can ride in company and we will join you for the runs. Additionally I will have camera equipment with me and we intend to take the time to record all of you swimming and running to give feedback you can take home after the camp.

I'm not going to capture every question you might have in this guide so if there's anything else you want to know or any requirements you have before or during camp, please let me know.

Packing Advice

To help with your packing the following list covers the minimum requirements of equipment for the camp, items in italics are nice to have, but not essential. You are free to bring whatever you need, but bear in mind baggage restrictions on your flights when packing.

Swimming

- Swim costume
- Goggles
- *Kick Board*
- *Pull Buoy*
- *Paddles*

Cycling

- Bike
- Bike computer/GPS
- Bike tools (we will have some, but bring the basics)
- Mini pump (for on the road, CO2 canisters can be purchased on the island)
- Inner tubes (for on the road, tubes can be purchased on the island)
- Helmet
- Sunglasses
- Cycling Shoes
- Cycling Jerseys (2-3 minimum, you can sink wash and clothing will dry quickly)
- Cycling Shorts (2-3 minimum)
- Arm warmers (mornings may be chilly to start)
- *Knee/Leg warmers (mornings may be chilly to start)*
- Gilet (useful for colder mornings or rare overcast conditions)
- Bottles (2, drinks can be replenished on the road)

Running

- Trainers
- Running tops (short sleeve should be fine)
- Running shorts
- *Bottle holder (for possible long runs if you use one)*

The Rest

- Sun cream (it will be sunny for those coming from a UK winter)
- Energy food (we will provide some samples and you can buy food easily on route, but if you have a preferred product bring it)
- Euros (for food stops, lunches, drinks etc.)
- Mobile phone (please ride with your mobile in case of emergencies)
- Laptop (the hotel has wifi)

- European Adaptor (for your plugs)
- Casual clothes (you won't need much outside of training, bring one or two warmer items for mornings/evenings)
- Travel Insurance (please ensure you have details with you)
- First Aid Kit
- Toothbrush!

We will not be doing any open water swimming on this camp as while the option is there we feel you will get more from the pool sessions at this point in the year and it saves packing heavy wetsuits in already overloaded suitcases.

With the option to be training more than 4 hours per day I would advise you keep your non-training items light. Also don't forget you'll be getting a Bonk Triathlon t-shirt at the start of the camp, that's one less item to pack. There will be some time each day to do your own thing, but I've rarely needed that much on training camps.

There are shops in Costa Teguisse and over the island, so if you forget something it's not an emergency. Spare tubes, CO2 canisters and energy food will be available, but prices are likely to be higher than at home.

General Training Guide

Mark and I have put together a schedule of training for the week that should serve as a template for everyone on the camp. Where necessary we have planned in shortcuts or extensions so that everyone can train in a way that suits their abilities. We will discuss each days plans with you before training begins so that you know what the itinerary is and can ensure you understand the plans. If at any point you are uncertain of what you are doing or of the route being taken, please ask.

Swim

Swimming will be in the Sands Beach Resort 25m pool where we will have lanes booked for our use from 6:30 am till 8:00 am. An early start to the day, but the sooner training is done the sooner you can relax and recover. Sessions will start on time and if you are not there we will start without you (we'll assume you are taking extra rest). Any alterations to this schedule will be announced at dinner the night before at the latest.

The swim sets in the itinerary represent the maximum distance we will swim each day and will be adjusted to suit each athletes abilities. We will have between 60 and 90 minutes coached swimming each morning prior to breakfast. You are free to use the pool and swim on your own at other times and Mark or I can advise on useful sets. We will organise some stroke technique filming during the week, typically scheduled for the afternoon after the bike session.

Bike

There will be a daily cycle route planned taking in some portion of the island. We will normally aim to be departing by 9:30 am at the latest and will inform you in advance if that time changes. The routes range from 50km through to 180km, many have options to cut them short should you be tired or wish to shorten your day, or to add on distance if you're keen for more.

We will do our best to guide on the road supporting the larger groups and offering directions for those who choose to change route. If you own a GPS device please bring it with you as it will make your life easier, GPS versions of all routes will be available. Navigating Lanzarote is easy, there are relatively few roads; the map below shows the layout of the island.

Most towns have small supermarkets or petrol stations where food and drink is available – always carry some Euros with you for emergencies. Bike theft is rare on Lanzarote so it is normally safe to leave bikes outside and quickly pop in for food, some places have bike racks for this purpose. For peace of mind, if in a group leave somebody watching over the bike.

When training on the island I always carry a small amount of food with me, but have generally relied on the shops to keep me fuelled, stopping every couple of hours to pick up supplies before moving on. Whenever you are out on the

bike always carry the following: a mobile phone, some cash, the hotel details, spare tubes, pump/CO2 and tire levers and enough food/drink to at least get you safely to a shop.



Groups may well separate, particularly on the longer days, and to ensure everyone can get the most from their training we don't want to hold people back. After the first day or two groups should naturally form and we would encourage you to find someone to ride with each day. If you do need to drop out of a group or take a shortcut always ensure someone knows where you are going, we need to keep track of you.

In the unlikely event you become lost, firstly call us on our mobiles provided in the contact details, we will do everything we can to get you back on track. The island is small and there are few roads, generally the easiest way to find yourself is to head to the centre of the island and the LZ-30 road. Look for signs for San Bartolomé or Teguise, Costa Teguis is a short downhill ride from either of these towns.

Finally, whatever the session, please remember you are on open roads and adhere to all traffic regulations. Lanzarote roads are generally quiet and safe, but accidents do happen and I don't want them to happen to any of you. Ensure your bike is in working order, carry your phone at all times on the road and let others know if you are detouring from the planned route.

Run

There will be the option to run every day and on some days we will have a route or session planned for you. These runs will typically take place in the afternoon around 5:30 pm allowing time for lunch and to relax after the ride.

Otherwise you are free to run as much or as little as you want as the focus is on cycling this week. I would suggest that if you are new to this volume of training you keep the run volume fairly modest and avoid a long run. Discuss this with Mark or me at the start of the camp.

There are both paved routes and trail routes available, Mark and I will lead some runs, generally at a steady pace, and help you get the lay of the land.

There will be the option to take brick runs off the bike (we will organise shorter brick runs on the day) and also for video of your run technique for later analysis too.

Meals

Breakfast and dinner are included as part of the training camp and will be in the form of buffets at La Hacienda restaurant in the resort. For lunch all rooms include a small kitchen should you wish to prepare your own food, there are also restaurants nearby in Costa Teguisse and the Mai Tai Pool Bar in the resort serves food from noon till 4:00 pm.

Breakfast is from 8:00 am to 10:00 am each day. I recommend you aim to be at breakfast for 8:00 to allow yourself time to eat and catch up with others and to be ready to ride by 9:30 most mornings.

Dinner is from 7:00 pm until 10:00 pm each day. As we will have an early start the following morning again it is best to eat early and then relax for the rest of the evening. Dinner will also be an opportunity for the group to catch up and organise the following days plans.

Contact Details

Please keep a record of these contact details in your phone and on your person when training on the bike.

Sands Beach Resort



Avenida Islas Canarias 18
35508 Costa Teguise
Lanzarote
Canary Islands, Spain

Telephone: +34 928 826 095

Itinerary

The following is the proposed itinerary for the week in Lanzarote, you are encouraged to complete as much of it as you can and if possible to do some more. We will discuss the plans in detail before each day so that everyone knows what to expect and if there are any alterations. Group sessions will be started at specific times and it's important we all stick to the schedule to ensure everyone can get the most from the trip.

Saturday 9th February

Most athletes are arriving during the course of the afternoon, which will limit the group training options.

Swim

You are free to make use of available lanes for a swim session if you have time. Mark or I can provide you with a schedule, but will be unavailable for poolside coaching in the afternoon.

Bike

Please build your bike shortly after arrival and if possible give it a brief test spin so we are all ready to ride on Sunday.

Run

I will be going for a short, easy run in the late afternoon to start the camp. This will be more of a social/casual session for people to meet and get to know each other. There will be time to do more if you want, but it is mostly to loosen the legs.

Sunday 10th February

Swim

We will start the camp with a test for Critical Swim Speed.

Set	Notes
Warm up	
4 x 200m as 100 swim/100 pull 2 x 100m Freestyle building each 100.	
Main Set	
400m Freestyle TT 1 x 200m Easy swim 200m Freestyle TT	- Time trial best effort, this will be timed. - 5 minutes rest between, swim very easily
Cool down	
300 easy	
Maximum distance: 2.1K	

Bike

The first organised ride of the camp is a 'gentle' introduction to the island. We will ride out of Costa Teguisse to the town of Tahiche and start to ascend the drag up to Teguisse turning left at the town of Nazaret to experience the roughest road on the Ironman course (take it easy on this section). From there we will descend from the middle of the island to the beach town of Famara and around to La Santa before climbing back through the middle of the island through Tinajo and across the lava fields. A short trip along the LZ-30 will bring us back to San Bartolomé and from there it's downhill back to Tahiche and Costa Teguisse.

As routes go on the island this is relatively easy with generally moderate climbs, but some exposure to the winds. For those looking to extend the ride a trip over Fire Mountain is an option before returning back on the LZ-30 and home. There are also a number of opportunities to shorten the route and head home sooner. We will discuss these before the start of the ride.

Approximate distance: 75km

Monday 11th February

Swim

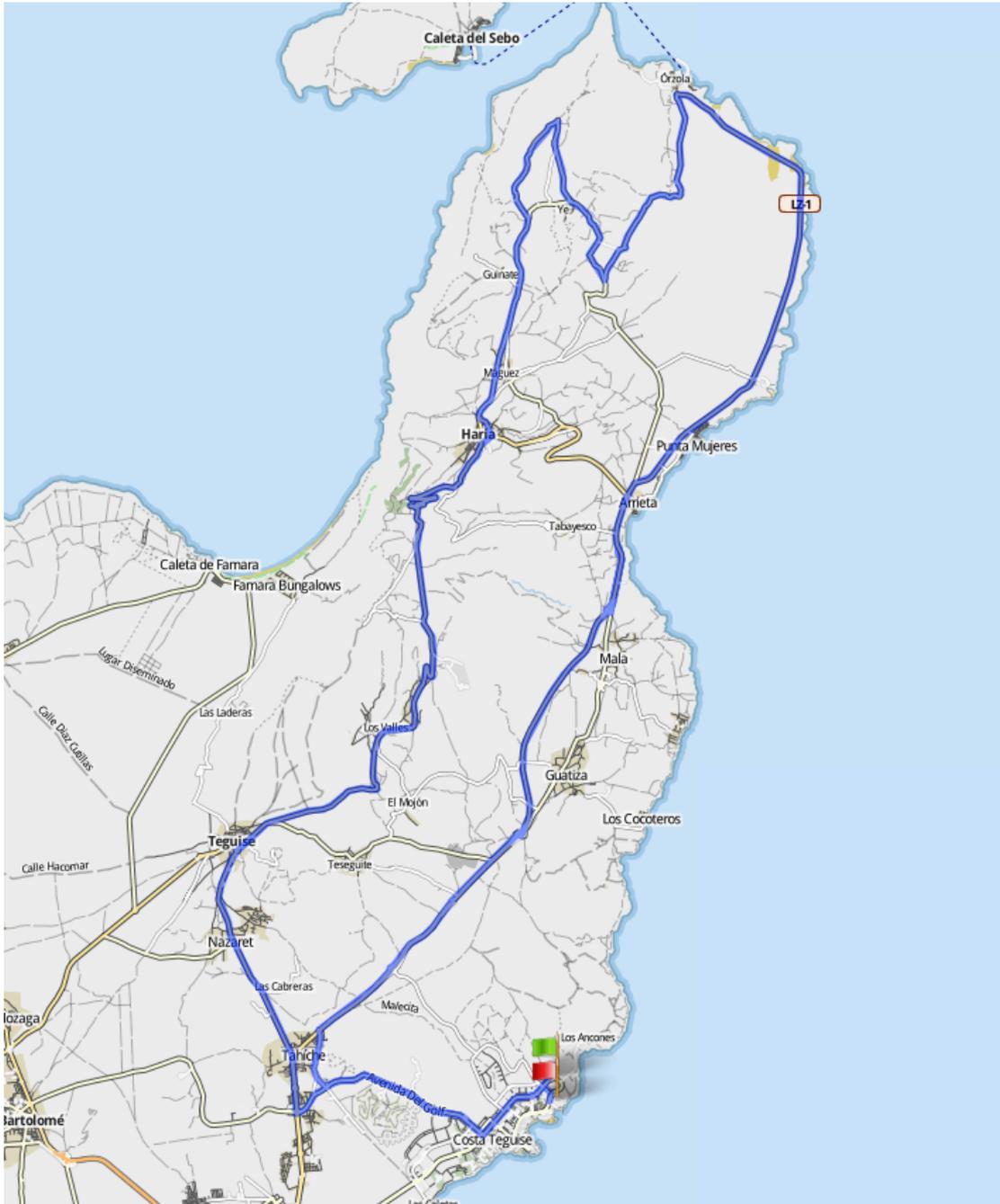
Set	Notes
Warm up	
5x200 Odds swim/Evens Drill 300 Mixed 8x50 As 25 fast-25 easy w15's	- Drill 25L-25R-50 catch up
Main Set	
12x100 Freestyle Descending w20's 6x200 pull/swim per 100m w20's 12x25m MAX sprints 4x(2x50 ALT 25easy-25hard w10's) 3x200 kick w20's 4x100 IM	- Descending 1-4, repeat 3 times - Working on good catch of the water - Max all out efforts, but keeping good technique - Rest each set 1min - Try an IM set, it's good for strength work
Cool down	
300 easy	- Recovery is the key after a hard swim session; think about relaxing the arms in the water
Maximum distance: 5.5k	

Bike

The north of the island will introduce us to some of the steeper hills and more of the wind. Again we will head out of Costa Teguse towards Tahiche where we will join the LZ-1 highway heading north. This is a busier road with a wide shoulder so keep to the right and check before overtaking. We will follow the road all the way to Orzola in the far north at which point we will climb to Mirador del Rio. From there we will reverse the Ironman route climbing to the top of Haria. Then it's downhill all the way home through Teguse and Tahiche.

There are a number of ways we can extend this route including trips around Famara or down to the south of the island for those wanting to really push the distance. We will discuss options and form groups for those who want more. There are a fewer options to shorten this route which we can discuss, for those who make it to the top of Haria the ride home is easy.

Approximate distance: 90km



Run

There will be a late afternoon steady run available for those who are interested or we can discuss other options for those looking for more. This is potentially a good day to get a long run if you are going to do one on the camp.

Tuesday 12th February

Swim

Set	Notes
Warm up	
600m build per 200m 300 Alt kick/swim per 50m 100m swim	- Build is a term where you start off very easy then by the last 200m you are working up to 80% of max
Main Set	
3x500 Descending 1-3 w20's 200 easy 2x400 easy400-hard 400 w 25's 200 easy 1x300 Max effort 200 easy	- Descending is from easy to hard with a drop of 5-10 seconds - Max effort as hard as you can, but keeping good technique for the duration of the distance - There is a 1min rest before the 200m easy and after the 200m
Cool down	
200 pull with pull buoy 200 kick with kick board	- You can use paddles if you have them
Maximum distance: 4.6K	

Bike

Today's ride is the longest yet taking in much of the south of the island and some significant climbs. As ever the ride starts with the trip to Tahiche and from there directly up to San Bartolomé. We will head down the middle of the island on the LZ-30 passing through Lanzarote's wine region before we tackle the climb up to Femes. From Femes there is an initially steep descent all the way to Playa Blanca in the south. I recommend you stick together for the ride back as the winds make the drag up to El Golfo challenging.

We will follow the El Golfo loop of the Ironman course back to the town of Yaiza and then over Fire Mountain, another drag into a headwind. From here we will stick to the Ironman route through Tinajo, down to La Santa, Soo and Famara and back to the middle of the island and the town of Teguise. From there it's downhill back to the hotel.

For those looking for more there is the option to extend towards the north of the island and the potential to do a roughly 200km training route if time allows. For those looking to do less there are a number of points where the route can be cut short.

Approximate distance: 130km



Run

Today's suggested run is a 20-30 minute brick run off the back of the long bike. Challenging, but means you are done for the day.

Wednesday 13th February

Swim

Set	Notes
Warm up	
500 Build 4x100 as 50m mixed-50 freestyle w20's 4x100 as 25kick-25R-25L-25swim w20's 4x50 fast w30's	- Build easy to 80% max buy 450m - R is for right arm only L is left arm only - 30's rest after each new set
Main Set	
800 pull buoy w60's 8x100 @80% max effort w20's 600 pull buoy w60's 6x100 @ 80% max 400 pull buoy w60's 4x100 @80% max effort 200 pull buoy w60's 2x100 MAX effort	- This is a very good Ironman –Half Ironman training session - All the pull buoy sets you can use paddles if you have them. - 80% should feel like your working hard but you still have that second gear to push hard when you need to
Cool down	
200 very, very easy	- Recovery is the key, this is a big session in terms of km so if 200m is not enough cool down add 200m more
Maximum distance: 5.5k	

Bike

Today we're looking for a bit more speed rather than distance. The ride will consist of 10K laps followed by short 3K runs, you will do between 2 to 4 of these depending on ability.

This is the shortest session on the camp and will allow everyone to take the afternoon off if they want to. There is the option to do an additional ride in the afternoon, but bear in mind that Thursday's schedule is a long day.

Approximate distance: 20 - 40km

Run

Today's run is part of the multiple brick session. You may opt to do an additional run in the afternoon, but if you do consider the following day's training first.

Thursday 14th February

Swim

Today's swim will likely take place after the bike for those who are keen. Due to the long ride we will decide upon the timing of this swim during the week.

Bike

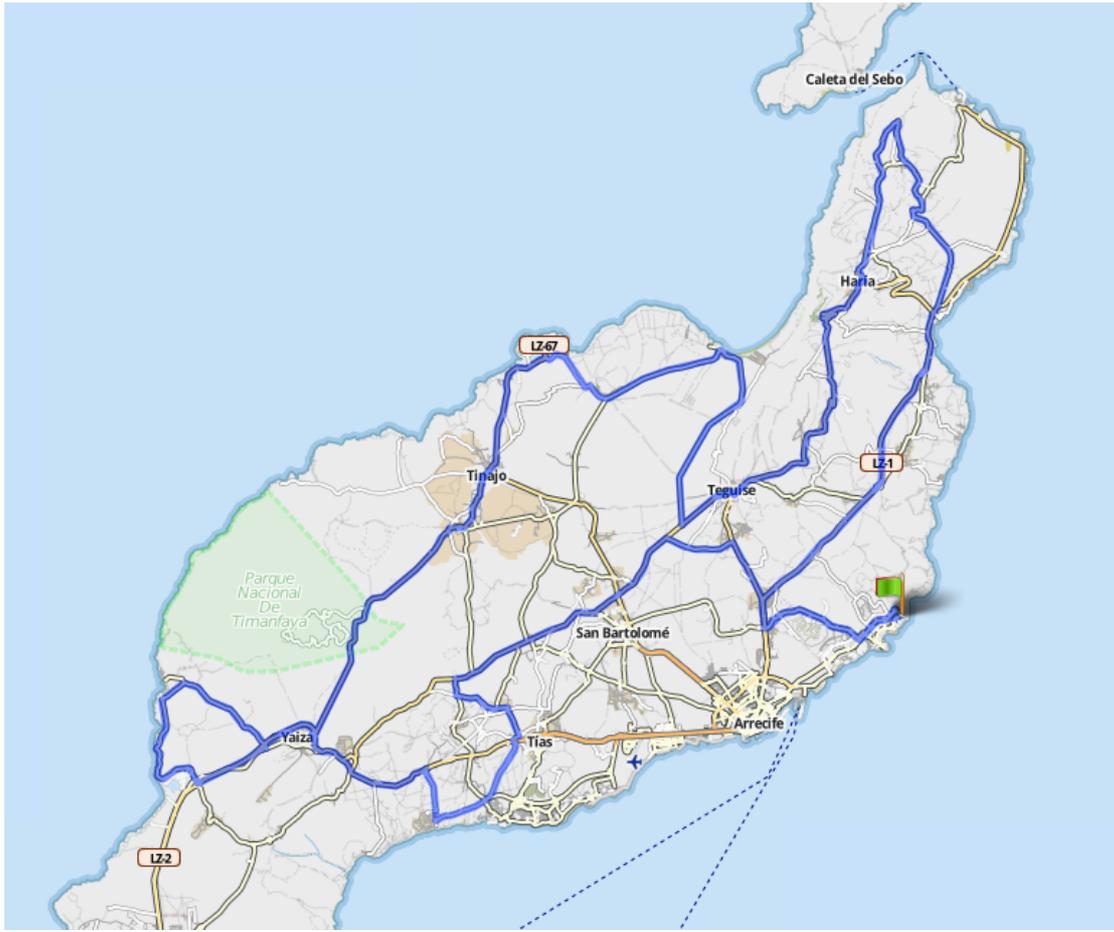
This is the long day of the camp and we will get started on the ride early to ensure everyone can complete it well. The route follows the Ironman course only omitting the highway sections around Puerto del Carmen. Look for Ironman markings on the road to help guide you if unsure, but by now you should be mostly familiar with the roads we will be riding on.

As ever we ride to Tahiche first. The official route starts once we begin the climb to Teguisse turning off over the rough road at Nazaret and from there heading past San Bartolomé and towards the wine region. This time we descend through Conil to the outskirts of Puerto del Carmen, the start of the Ironman. From there we ride to Puerto Calero and up to a brief, but busy section of highway bypassing Yaiza and heading to the El Golfo loop. Around El Golfo and back to Yaiza, then we tackle the climb up Fire Mountain as on Tuesday.

From the top of Fire Mountain we head through Mancha Blanca, down through Tinajo and to La Santa. Then heading over to Famara before we begin the climb back to Teguisse and up to the top of Haria. A descent and a climb will take us to Mirador del Rio and the final stretch home hopefully with tail wind. It's down the hill and straight along the LZ-1 highway until we reach the roundabout in Tahiche completing the loop.

This is a long ride and because there is the potential for the group to split it's important we know your plans before the start of the ride. We will discuss the route with all of you and the many options to shorten it if necessary.

Approximate distance: 180km



Run

Should you want and have time for a run today I suggest a brick run of 15 to 30 minutes off the back of the bike.

Friday 15th February

Swim

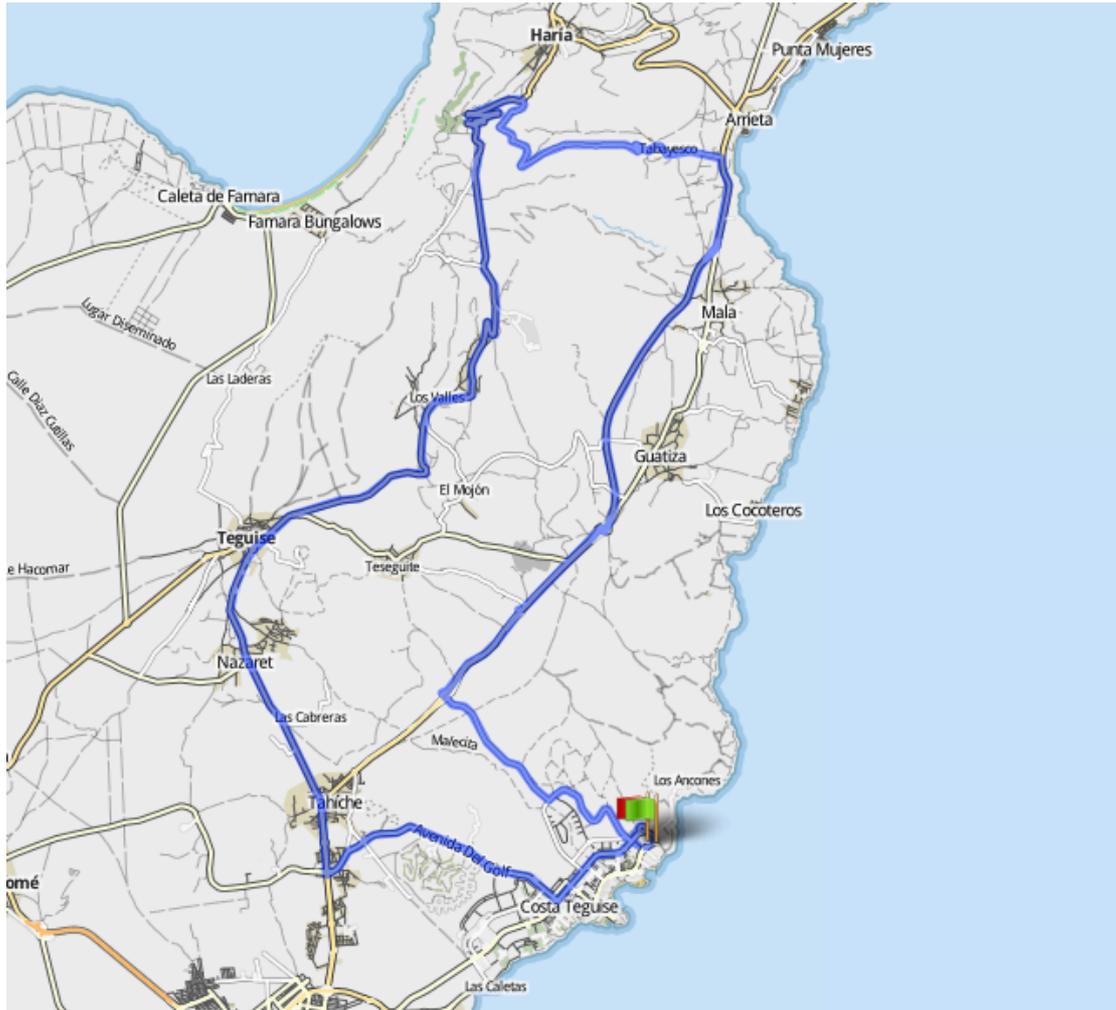
Set	Notes
Warm up	
400m mixed stroke work 5x100 Descending 1-5 w30's 4x100 kick w30's 4x50 as 25 easy-25 build w30's	- Mixed stroke after 200m freestyle - Easy to 80% max - Kick is all easy kicking - The last 25m build the speed up - All sets with 60's rest after each one
Main Set	
20x100 w30's AS 3 easy 2 hard 2 easy 3 hard 1 easy 4 hard 5 easy	- This is a good session to work on changing of speed, trying to hit the same target all the way through for the hard reps.
Cool down	
400 pull buoy 300 swim 200 kick 100 swim	- Think about swimming nice and easy with good technique throughout the 1000m even on the kick - Kicking from the hip not the knee
Maximum distance: 4.5k	

Bike

We finish the camp with a classic time trial: the ascent of Tabayesco to the top of Haria. It's an easy ride north on the LZ-1 to the bottom of Tabayesco where we will regroup for a proper time trial starting at 1 minute intervals. The route is simple with one left turn and the finish line at the entrance to the café on top of Haria. We will gather there afterwards for a coffee (we have to have at least one guaranteed coffee stop on my camp). From here it's downhill all the way home.

For those who want to add extra on the north of the island offers more climbing or a trip round to La Santa will add a couple of hours. For the rest of us, once back to camp it's probably time to pack your bike.

Approximate distance: 55km



Run

Another race of sorts – a guess your time 5K over the same course as the original 5K time trial. No watches allowed!

Saturday 16th February

This is departure day and for most there will be limited opportunities to train. For those with later flights Mark and I will offer swim sets for you to use.

After the Camp

If everything has gone to plan you will have completed far more than your usual training hours. The week following camp should be easier than normal to allow you some recovery. It should not be a complete break from training though, it's best to keep active, but ensure sessions are generally light and not excessively long.

Unless I've given you a schedule that says otherwise.