

Coach Cox Lanzarote Training Camp 2014 Week 1

Camp Guidebook

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Sponsors

The following sponsors have kindly supported this camp.



Nuun

Providing all athletes with a tube of nuun electrolytes.
For more information visit: www.nuun.co.uk.



Blueseventy

Will be providing some spot prizes for the camp. For
more information visit: www.blueseventy.co.uk

Introduction

This is our second year running training camps at Sands Beach Resort in Lanzarote for Mark and me. We learned a lot from our experiences in 2013 and our aim for the 2014 camps is to improve on last year. For the most part though it will be business as usual. We offer all those on camp the opportunity to train a lot and push themselves. There is the potential to train a lot during your week on the island, the proposed bike routes total in excess of 500km, a big step up from a typical training week.

There will be coached swim sessions, planned bike routes and runs. You are welcome to join us for all of these, but shouldn't feel obliged to participate in every session. We will encourage everyone to complete as much as they are able to. There will also be individual swim analysis and filming at the start of the week.

Mark and I will be on hand to advise and encourage you to push yourself further than normal without breaking yourself in the process. We will 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. There will also be maps and GPS files readily available to ensure nobody loses their way.

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. 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
- Wetsuit
- 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 are asking athletes to bring their wetsuits this year. While we are not guaranteeing an open water swim it will be an option if conditions are good and some may find the pool at Sands Beach a touch on the cold side in the mornings.

With the option to be training more than 4 hours per day I would advise you keep your non-training items light. 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 the resort, 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 day's 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. We will announce session times the day before, typically they will be in the afternoon when the sun is out and the pool is at its warmest. Sessions will start on time and if you are not there we will start without you (we'll assume you are taking extra rest).

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 day. You are free to use the pool and swim on your own at other times and Mark or I can advise on useful sets.

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 bikes. Bikes are ultimately left at your own risk

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 Teguise 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 before breakfast or in the afternoon around 5:30pm.

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).

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 22nd 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 23rd February

Swim

We will start the camp with an afternoon of swim analysis and individual coaching. Times will be arranged the day before and each of you will be filmed both above and below the water for later review. Mark and I will also give technique feedback, which will be reinforced across the week.

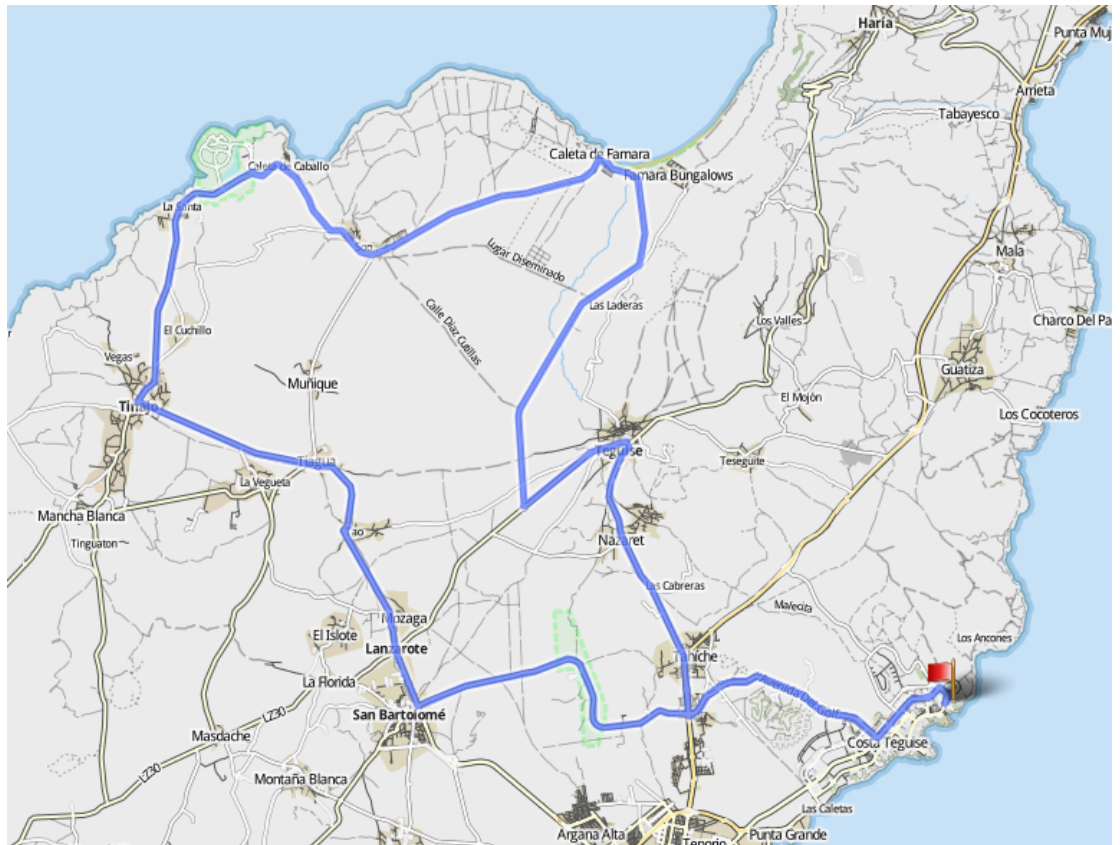
Bike

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 to Tinajo and back to San Bartolomé via Tiagua. 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.

Please note if you extend this ride it's important you are back in time and ready for a swim analysis in the afternoon.

Approximate distance: 70km



Run

Hopefully you will have taken it easy on the ride today as the plan is to hold a 5K time trial to start the week of running. Details of the route will be given before the event.

Monday 24th February

Swim

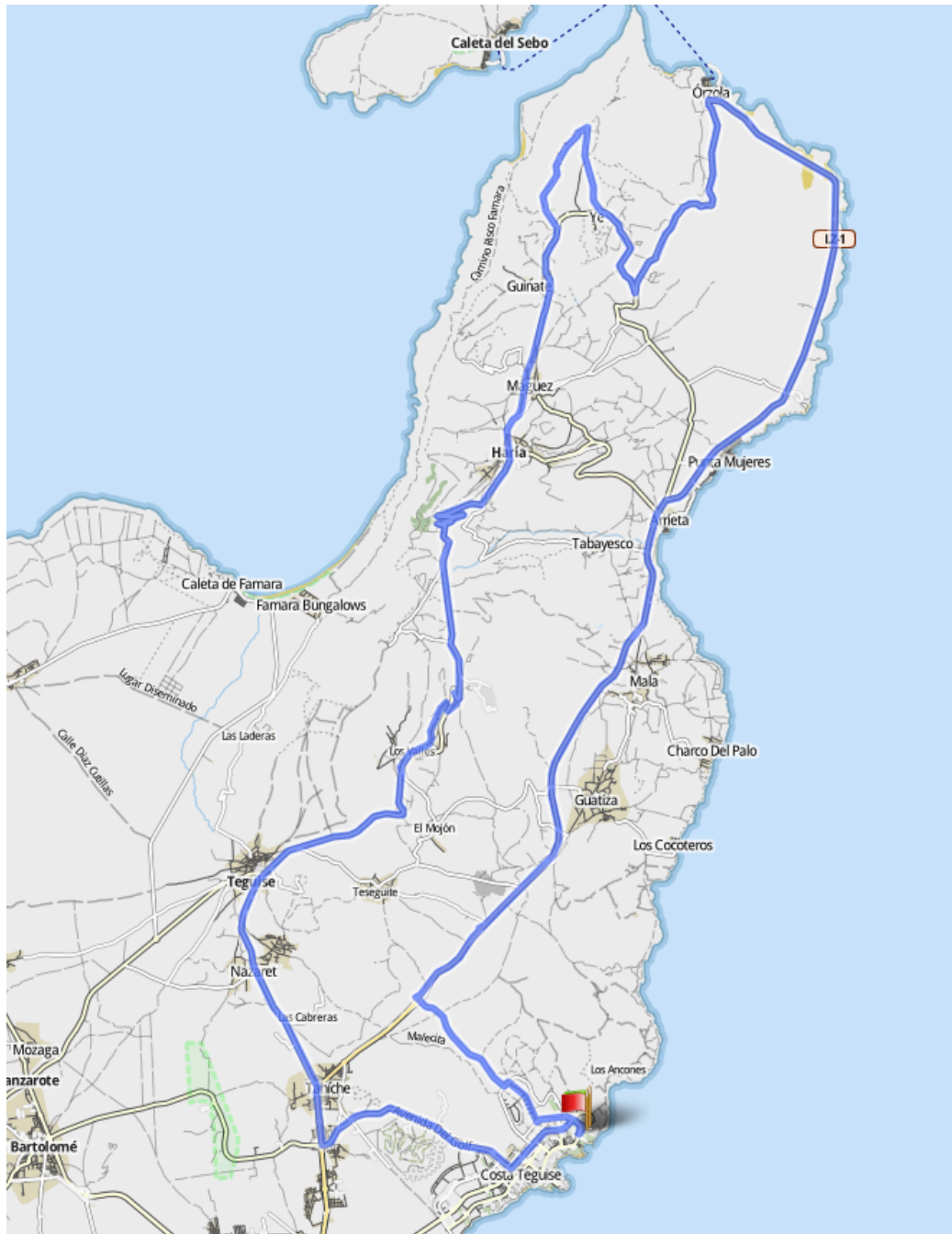
Set	Notes
Warm up	
600m	- Easy Swimming mixed strokes
12x50m	-2 kick ,2 drill finger dragging,2 swim last 15m max effort Rest 20 seconds per 50m
Main Set	
3x250 pull w20 3x150 pull w15 3x150 swim w20 6x50 w30	- Each block you will descend 1-3 this is easy to fast with a target of an increase of 5-7 sec - The 6x50m are as 25m non freestyle 25m freestyle
Cool down	
200 easy	- Recovery is the key after a hard swim session; think about relaxing the arms in the water
Maximum distance: 3.2K	

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 Teguisse towards Tahiche from there heading up the hill to the town of Teguisse. At this point we are following the Ironman route and will trace that path up to the top of Haria, descending the switchbacks and continuing north to the far point at Mirador del Rio. On our descent from Mirador del Rio we will deviate from the Ironman course and head to Orzola before following the LZ-1 south all the way back to Costa Teguisse. Once you reach Mirador del Rio the ride becomes a lot easier.

There are a number of ways we can extend this route including trips up Tabayesco and back to the top of. We will discuss options and form groups for those who want more. Similarly the route can be cut short by descending Tabayesco or skipping the trip to Orzola.

Approximate distance: 80km



Run

There will be an early morning steady run available for those who are interested or we can discuss other options for those looking for more.

Tuesday 25th February

Swim

Set	Notes
Warm up	
500m	- Warm up is nice and easy swimming the pattern is 150m freestyle, 50m non freestyle
Main Set	
5x100m w 20 5x50m pull w 30 5x150m pull w15 5x50m swim w30 5x150m swim w15	- 25m kick - 25m Drill – 50m swim - Distance per stroke/stroke count - Distance per stroke/stroke count - Distance per stroke/stroke count - 100m swim 50m max effort
Cool down	
200m	
Maximum distance: 3.1K	

Bike

Today's ride is the longest yet taking in the middle and 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.

Wednesday 26th February

Swim

Set	Notes
Warm up	
400m	Warm up is nice and easy swimming
4x75m w20	25m Heads up – 25m easy swimming – 25m Fast
Main Set	
3x800m w 2 minutes rest	This is a pace session working on race pace work and to simulate race conditions with 150m hard then going into race pace controlled speed
Cool down	
300m	- 50m kick no boards 100m swim repeat
Maximum distance: 3.4k	

Bike

This is the easy day of camp. We will offer either a short triathlon or a mini duathlon. Routes will be local and discussed before the session.

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 duathlon/triathlon. You may opt to do an additional run in the afternoon, but if you do consider the following day's training first.

Thursday 27th February

Swim

There is no planned session today due to the nature of the bike, but for those keen enough we will be able to provide a set.

Bike

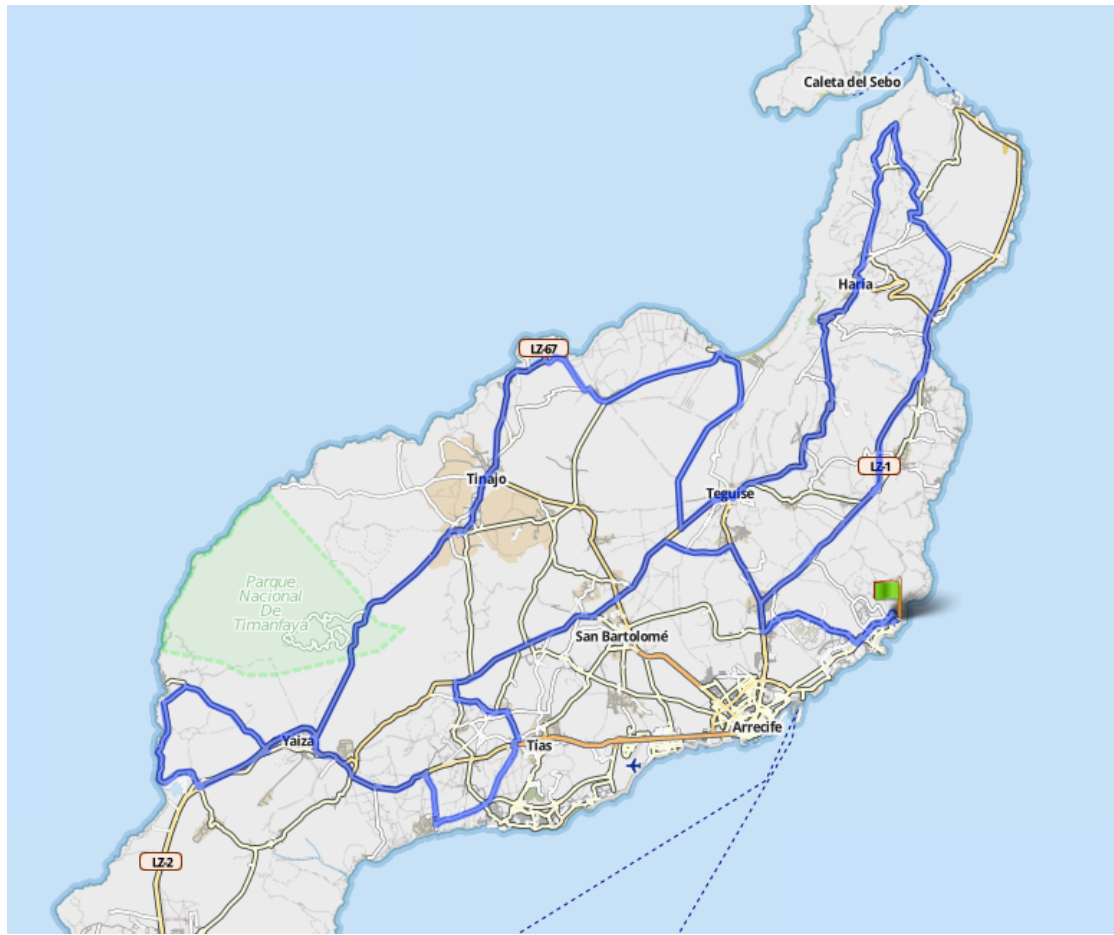
This is the long day of the camp and we will get started on the ride early to ensure everyone can complete it well. The route follows the Ironman course only omitting the highway sections around Puerto del Carmen. Look for Ironman markings on the road to help guide you if unsure, but by now you should 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 28th February

Swim

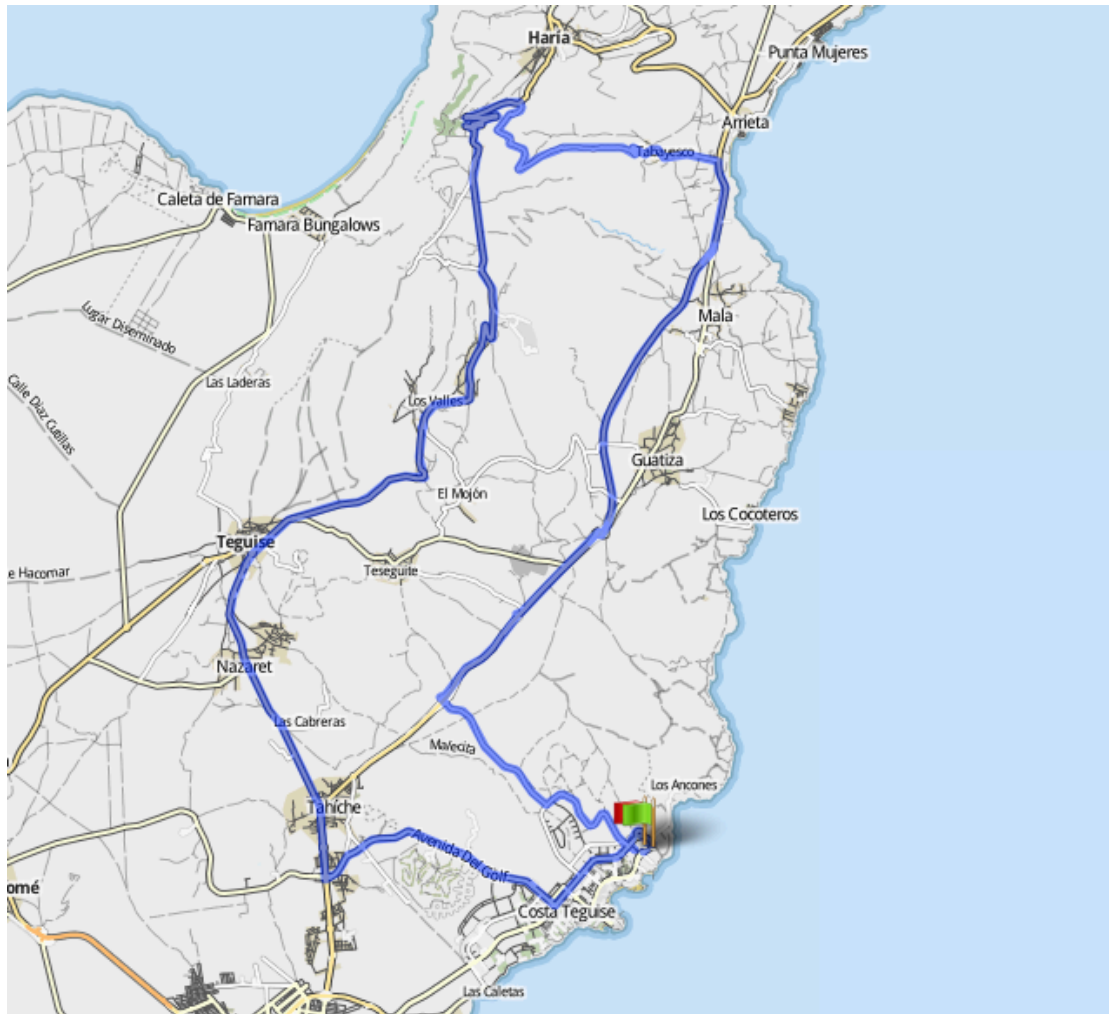
Set	Notes
Warm up	
3x200m	- Warm up is nice and easy swimming alternating 100m swim – 100m kick
Main Set	
3x300m w 20 6x150m Pull 4x50m w 20 4x50m Drill w20 4x50m Max	- 200m freestyle – 100m non freestyle - Descending 1-3-4-6 easy to fast - Kicking with kick boards 25m tombstone, 25m norm - Catch up, finger dragging - Dive start all out efforts regroup
Cool down	
200m	- Easy swimming long slow strokes
Maximum distance: 3.2k	

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 1st March

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.