

Coach Cox Lanzarote Training Camp 2014 Week 2

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 Teguiise
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 1st March

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 2nd March

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.

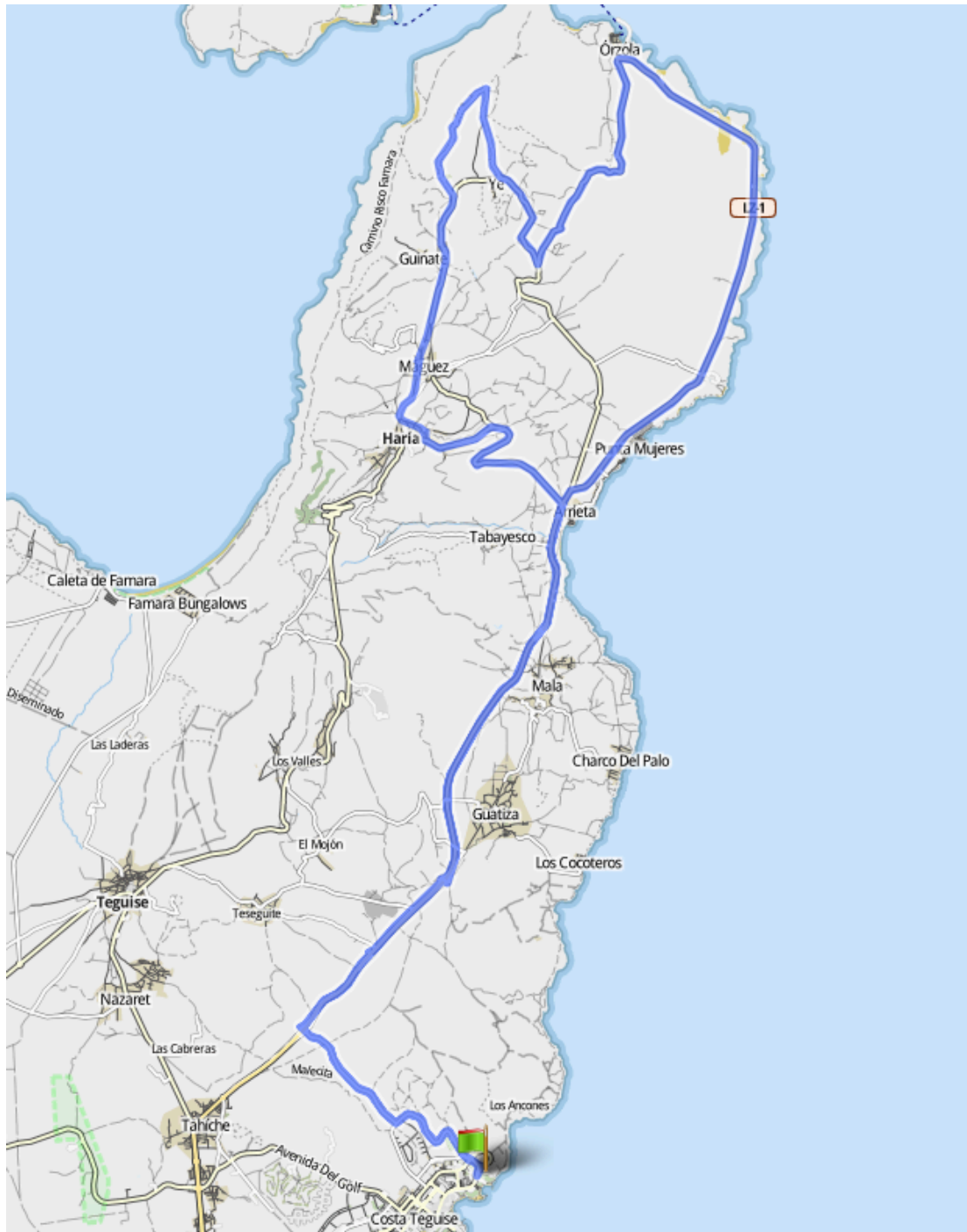
Bike

The first organised ride of the camp is an introduction to the island. We will ride out of Costa Teguisse straight to the main highway, the LZ-1. From here we will head north, sticking to the LZ-1 through Arrieta and all the way to Orzola. From Orzola we climb all the way up to Mirador del Rio, then descend back to Arrieta via the town of Haria. Once in Arrieta it's a quick trip back to Costa Teguisse via the LZ-1 again.

This is a tougher introduction to the island than last year, we can expect headwinds as we head north and the climb from Orzola to Mirador del Rio has some tough moment. Once there the rest of the ride is relatively easy. For those looking to extend the ride a trip over Haria is an option before returning via Teguisse. 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: 75km



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 3rd March

Swim

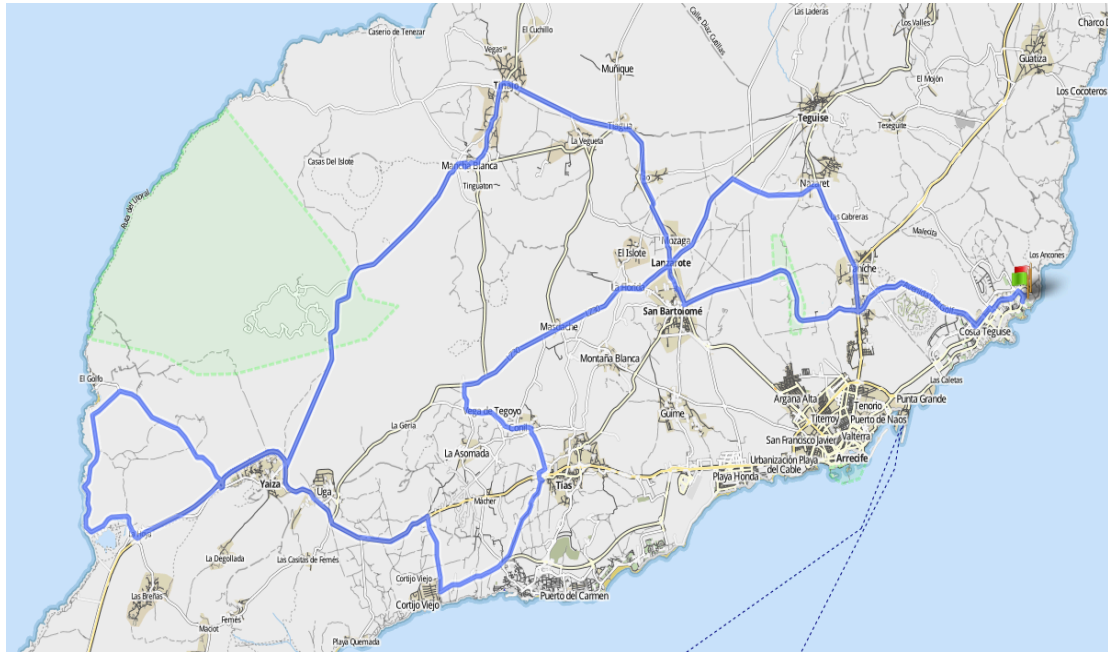
Set	Notes
Warm up	
500m 6x75m w 20 6x150m w 30	- Warm up is nice and easy swimming - 25m kick – 25m drill – 25m swim - 50m controlled speed 100m max effort smooth swimming
Main Set	
4x50m on 60 400m 4x50m w30 4x150m w 15 400m	- Descending stroke count - NO walls spin round - 25m head up – 25m swim - Descending 1-4 easy to max effort - NO walls spin round
Cool down	
150m	- Easy swimming nice and slow
Maximum distance: 3.9K	

Bike

The south of the island taking in many element from the Ironman course. Again we will head out of Costa Teguisse towards Tahiche turning off at Nazaret. From there we head down the LZ-30 following the tail end of the Ironman route back via Conil and to the outskirts of Puerto del Carmen. At this point we pick up the start of the Ironman route heading to Yaiza, around El Golfo and over Fire Mountain. In Tinajo we will turn off the course and head back to San Bartolomé via Tiagua beore descending back to Costa Teguisse.

There are a number of ways we can extend this route including trips down to La Santa and back via Famara. We will discuss options and form groups for those who want more. Similarly the route can be cut short by heading to Yaiza via La Geria, or by shortening our route after Fire Mountain.

Approximate distance: 113km



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 4th March

Swim

Set	Notes
Warm up	
400m 4x50m w20 8x50m w30	- Warm up is nice and easy swimming - 25m Fists – 25m swimming - Odds swim – Evens your choice Drills
Main Set	
5x300m	Pattern for the 5x300m 50m easy jump out 250m Max effort 100m easy jump out 200m Max effort 150m easy jump out 150m Max effort 100m easy jump out 200m Max effort 50m easy jump out 250m Max effort Regroup after each easy part recovery is set off from the coaches
Cool down	
8x50m w 20	- Odds choice – evens breathing every 3-6-3
Maximum distance: 2.9K	

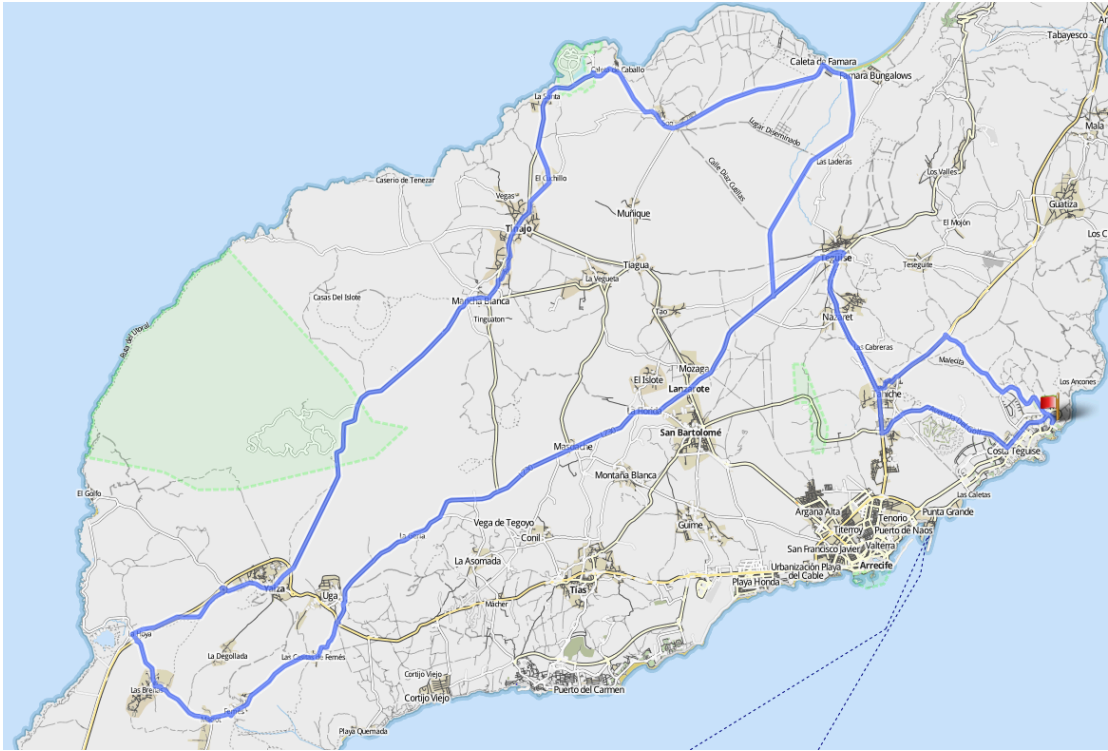
Bike

Today's ride returns to the south of the island and takes in some tough climbs. As ever the ride starts with the trip to Tahiche and from there directly up to Teguisse. We will then head down to Famara and round through La Santa, reversing the Ironman course. From La Santa we'll climb to Tinajo and cross Fire Mountain from the other side to Monday's ride. After a fast descent to Yaiza we will head west to La Hoya and Las Brenas bringing us to the steep side of Femes.

This is the steepest climb on the camp and when we reach the top I suggest a coffee stop before heading back to Teguisse via la Geria and the LZ-30. From Teguisse it's an easy descent back to Costa Teguisse.

For those looking for more there is the option to extend north perhaps taking in Haria if time allows. For those looking to do less there are a number of options to shorten this route, which we can discuss beforehand.

Approximate distance: 116km



Run

Today's suggested run is a 20-30 minute brick run off the back of the long bike.

Wednesday 5th March

Swim

Set	Notes
Warm up	
800m	- Warm up is nice and easy swimming mixing strokes over the 800m
Main Set	
2x1000m pull w 2minutes 500m kick	- Endurance strength work using pull buoy and paddles. - Target is to have the second 1000m 10 + seconds faster than the first - Alternating easy 50m – Hard 50m
Cool down	
200m	- Easy swimming nice and slow
Maximum distance: 3.5k	

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 6th March

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

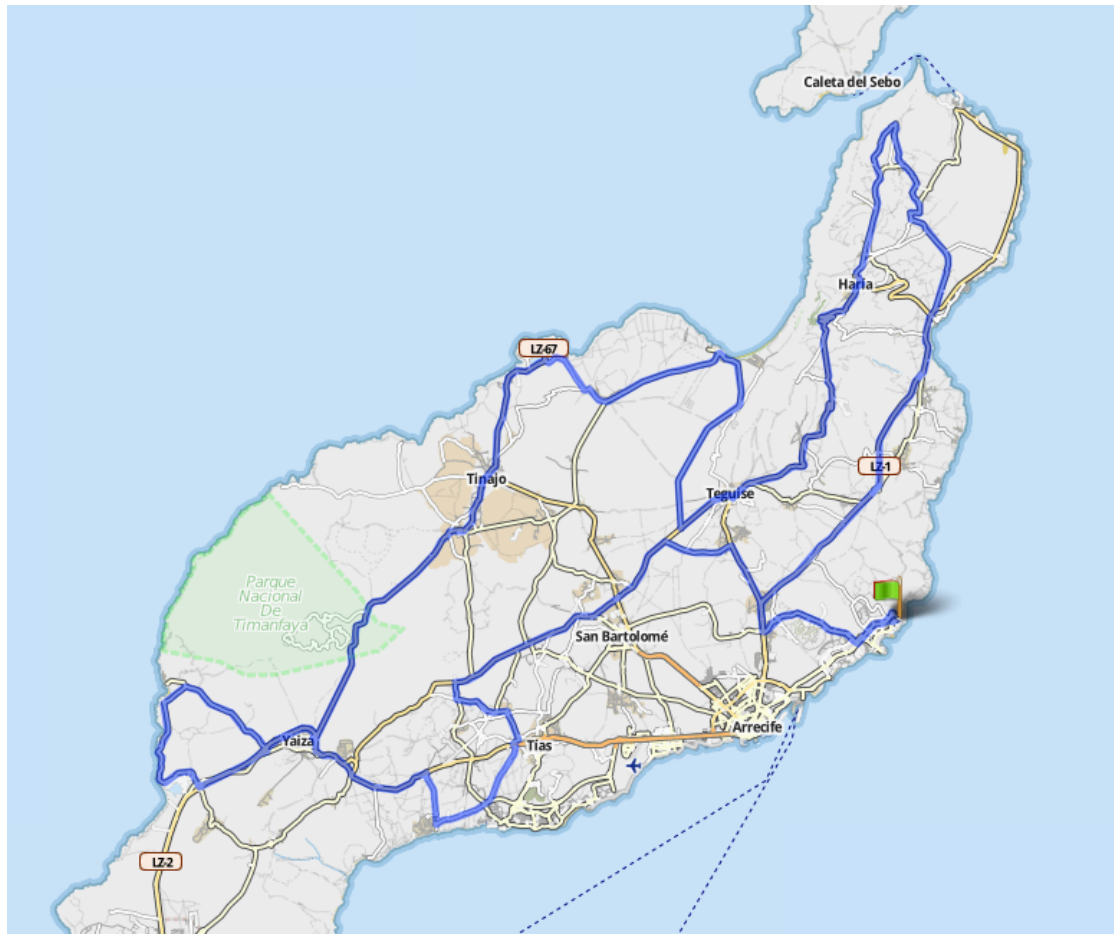
This is the long day of the camp and we will get started on the ride early to ensure everyone can complete it well. The route follows the Ironman course only omitting the highway sections around Puerto del Carmen. Look for Ironman markings on the road to help guide you if unsure, but by now you should 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 7th March

Swim

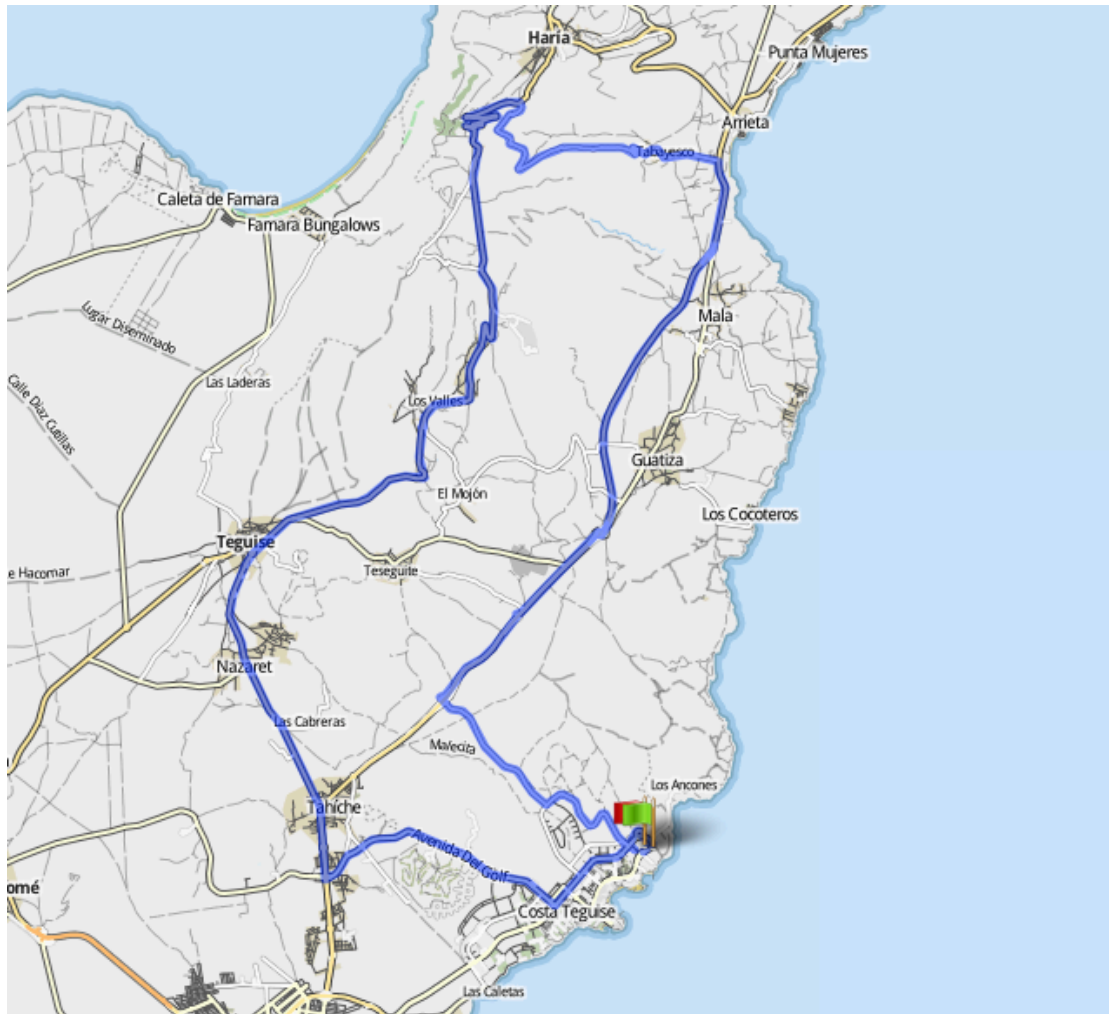
Set	Notes
Warm up	
800m 10x50 w 45 Drill	- Warm up is nice and easy swimming mixing strokes over the 800m - Rotating though – sculling – finger drag – head up – catch up – fast arms
Main Set	
8x100 w 30 pull-kick 6x100 w 20 swim 4x100 rest from coach	- Rotating 50m pull buoy – 50m pull buoy kicking head down - Descending 1-3-4-6 with a drop off on 5 second - Drive or push starts NO wall max effort 100m
Cool down	
200m	- Easy swimming nice and slow
Maximum distance: 3.3k	

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 8th 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.