

Coach Cox Lanzarote Training Camp 2016 Week 1

Camp Guidebook

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Introduction

This is going to be my fourth year running training camps from Sands Beach in Lanzarote. In that time, I think I've developed a formula that works. My aim is to provide an environment that enables each athlete to get the most out of a week focussed only on training. There is the opportunity to train a lot, but it's about more than just volume, I want athletes to train effectively. With that in mind I've tried to put together a more varied program of workouts.

This year we have additional lane bookings at the pool to allow for some individual technique work alongside the group sessions. The planned bike routes are, in some cases, shorter to allow more time for recovery and for run and swim sessions. There's a bit more structure to some of the run sessions in the program this year too. There is room in the schedule for people to train more, or less than I have planned; I want to ensure everyone gets what they need from their trip.

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 train as much as we can. I'm sure I'll have missed some of your questions 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 (you may find the pool cold on occasion)
- 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!

I ask athletes to bring their wetsuits . While I can't guarantee an open water swim it will be an option if conditions are good; also some may find the pool at Sands Beach on the cold side in the mornings.

With the option to train 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

I've put together a schedule of training for the week that should serve as a template for everyone on the camp. Where necessary I've planned in shortcuts or extensions so that everyone can train in a way that suits their abilities. I will discuss each day's plans with you before training begins so that you know the itinerary and can ensure you understand the plans. If at any point you're uncertain of what you're 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. You can find all session times in the timetable in the itinerary section. I will remind you of swim times at the start of each day. Sessions will start on time and if you are not there we will start without you (I'll assume you are taking extra rest).

The swim sets in this itinerary may be adjusted to suit individual athlete's abilities – reducing or extending the main set. Most days we'll have a 60 minute group session in the afternoon; additionally there are a number of early morning sessions where I will be available to work on technique. Outside of these you are free to use the pool to swim at other times; I can advise on useful sets.

Bike

I've planned daily cycle routes taking in some portion of the island. We will normally aim to depart by 9:30 am at the latest and I'll 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.

I will either join athletes on the ride or will support from a car (on the Ironman day). I'm not going to be the fastest cyclist there. I'm the coach and I fully expect the strongest athletes on camp to be far ahead of me. I will make sure everyone has their ride plans in place before we depart and that suitable groups have been formed. This year certain sessions involve time trialling or hill work which will mean the group will stay closer together.

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,

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 are a number of run sessions planned throughout the week, these will typically take place in the afternoon.

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

There are both paved routes and trail routes available, I will direct some runs, and help you get the lay of the land.

There will be the option to take brick runs off the bike (there is an organised brick runs on Monday).

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 Teguise and the Mai Tai Pool Bar in the resort serves food from noon till 4:00 pm.

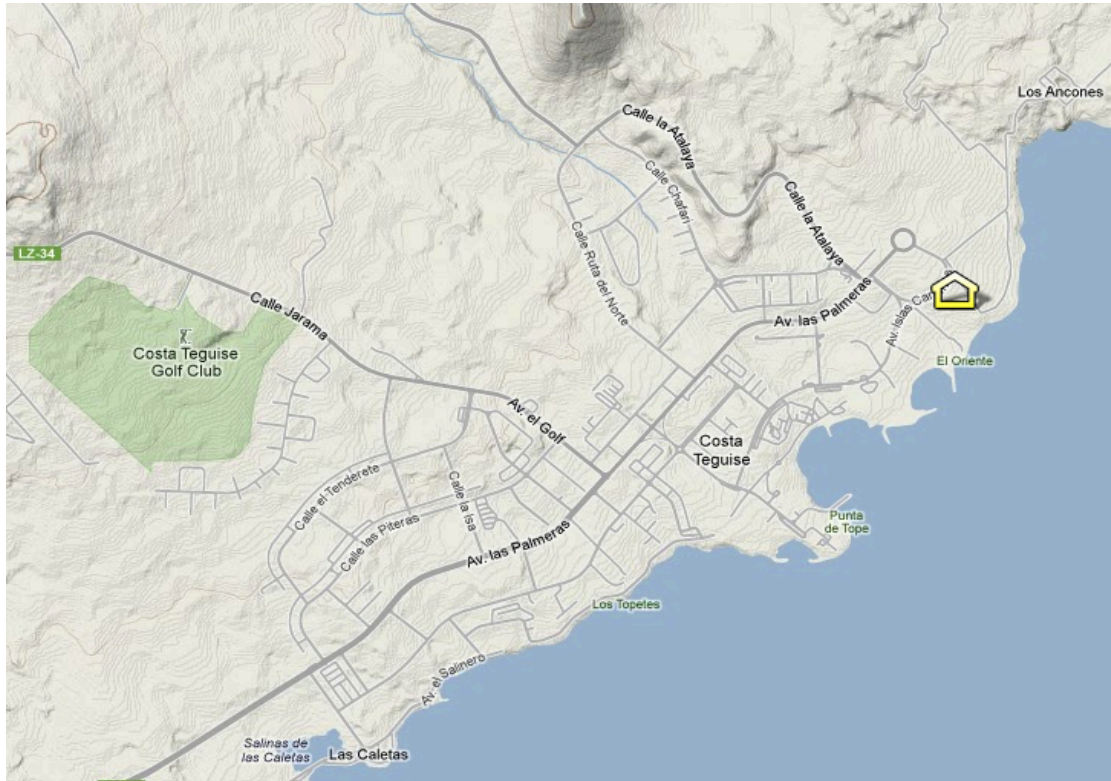
Breakfast is from 8:00 am to 10:00 am each day. I recommend you aim to be at breakfast for 8:00 to allow yourself time to eat and catch up with others and to be ready to ride by 9:30 most mornings.

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 Tegui
Lanzarote
Canary Islands, Spain

Telephone: +34 928 826 095

Coach

Russell Cox: russell.m.cox@gmail.com

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. The timetable gives a rough outline to the day, you can expect rides to take a little longer than planned generally, but there's plenty of room to get all the training in.

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.

Timetable

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		
07:00	Arrivals Day		Drop In Swim		Drop In Swim	Drop In Swim	Drop In Swim		
07:30									
08:00									
08:30									
09:00									
09:30		Bike Session		Bike/Run Brick Session	Ironman Bike		Bike Session	Bike Session	
10:00									
10:30									
11:00						Swim Session			
11:30									
12:00									
12:30									
13:00									
13:30						Coffee Ride			
14:00			Run Session						
14:30									
15:00							Run Session	Run Session	
15:30									
16:00									
16:30									
17:00		Swim Analysis							
17:30									
18:00			Swim Session			Swim Session	Swim Session		
18:30									

Saturday 27th February

Most of us will arrive 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.

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

There's no planned run today, but I can give direction for short routes from the hotel for anyone who wants to get started early.

Sunday 28th February

Swim

The camp starts with swim analysis. There is no session plan today, but I will film each of you in the afternoon and we will review these videos over the course of the week.

Bike

The first ride of the camp is a 'gentle' introduction to the island. We will ride north out of Costa Teguisse turning right onto the LZ-1 highway. We'll stick with the highway all the way to Orzola at the north end of the island. From here we'll take the other road out of town and start the climb to Mirador del Rio. As this is the introductory ride we'll not be going the whole way up and will turn left at the junction returning back to the LZ-1 highway and heading home.

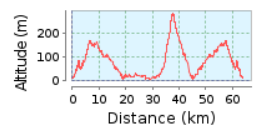
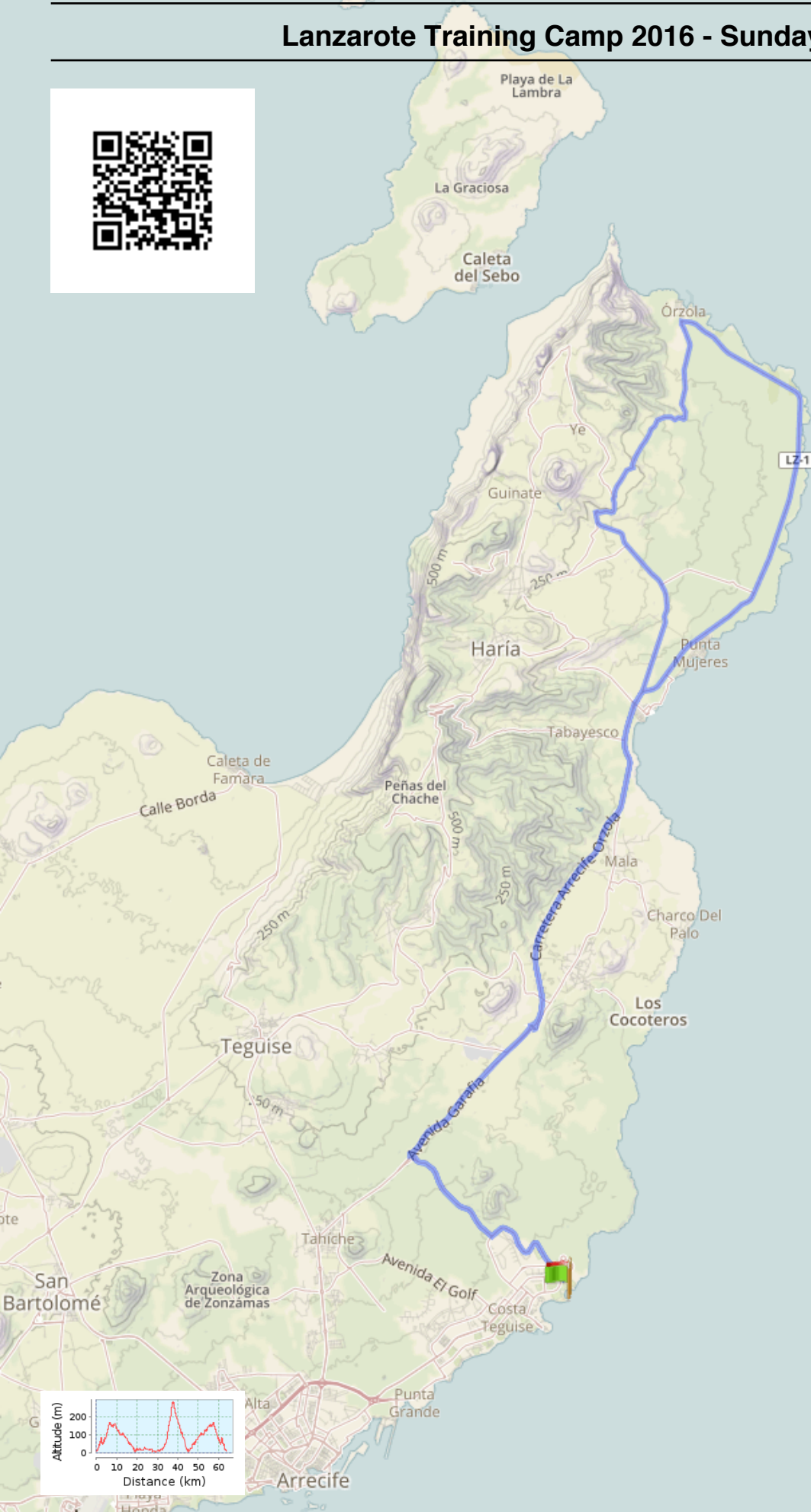
If you wish to extend the ride the obvious option is to continue the climb all the way to Mirador del Rio before returning to the hotel. Make sure you get back in time for the hill work and swim analysis!

Approximate distance: 64km

Run

We'll start the weeks run with some hill work, we don't have to go far from the hotel to find some hills!

Lanzarote Training Camp 2016 - Sunday Week 1



63.72 km (round trip)

Total climb: 962 m, Total descent: 961 m

Altitude range 277 m (Altitude from: 4 m to 281 m)



Monday 29th February

Swim

There will be a drop in session from 7:00-8:00 in the morning. This is an opportunity for a small number of you to work on specific technique issues. We'll arrange who is attending the session the night before.

There will also be a late afternoon group session shortly before dinner. This will follow the plan on the following page.

Bike

Today's ride will take in the Tabayesco climb, multiple times. We'll take the same route out as we did on Sunday, heading north on the LZ-1 highway until we reach the bottom of Tabayesco in Arrieta. We'll regroup at this point and start the hill repeats. The aim is for 2-4 repeats up to the Haria viewing station which should give everyone 1.5-2 hours of climbing.

Once we're all done we'll regroup and descend Haria through Teguisse and return home. If we can make it back together we'll then take on a short, but tough brick run.

Approximate distance: 92km

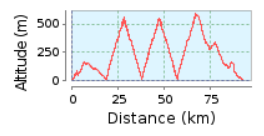
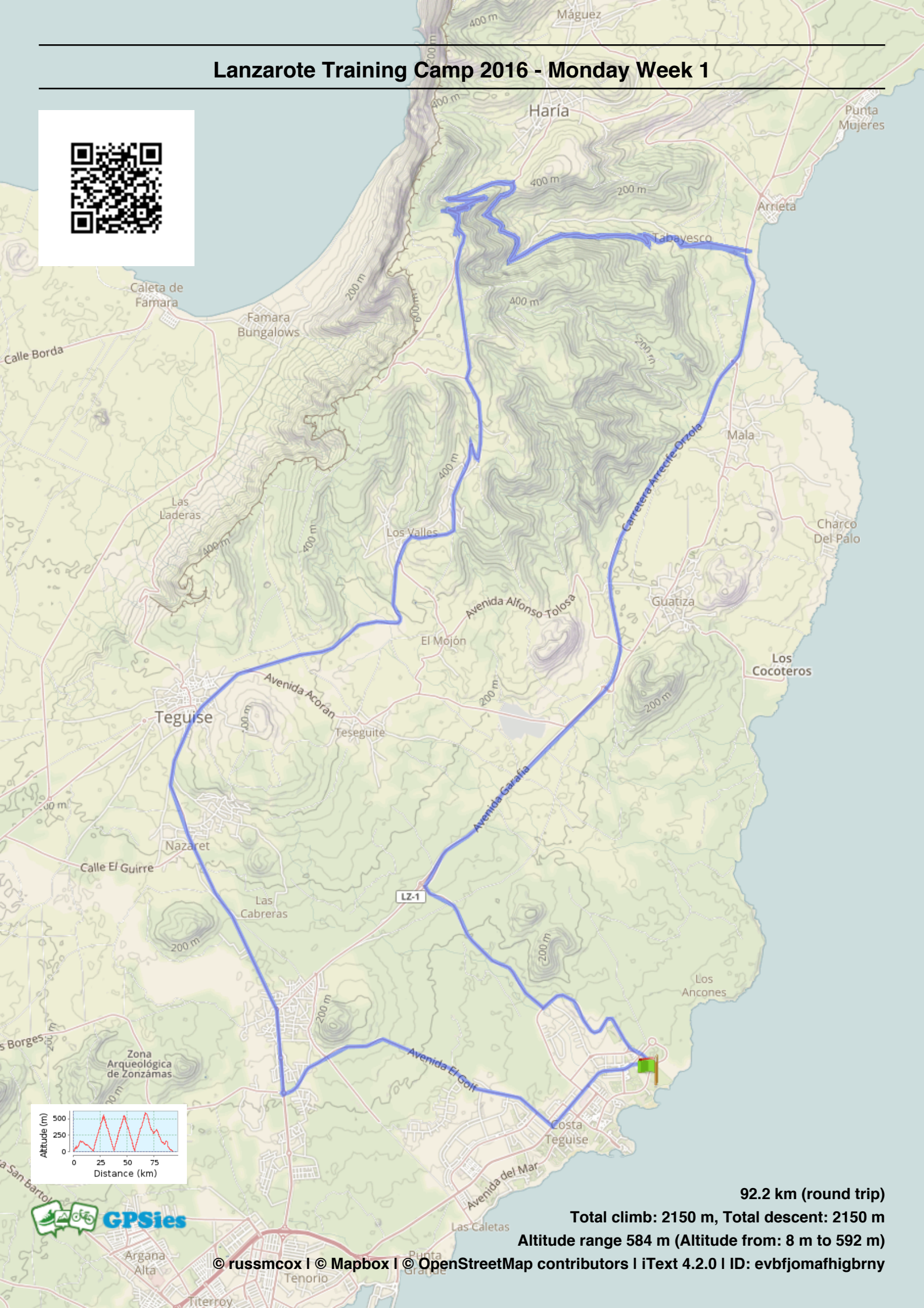
Run

Today's run will take the form of a brick session off the bike. Return your bike to your rooms, switch to run gear and head out of the hotel. I will layout the aims of this brick session on the day, but expect some strides.

Swim Plan

Set	Notes
Warm up	
300m 2x 50m 200m 100m 2x 100m	Easy Kick Pull Kick Front crawl – building
Main Set	
300m 2x 50m <i>Repeat 4-5 times</i>	Front crawl – pull on 40s rest Front crawl kick on 10s rest
Cool down	
200m	Choice
Maximum distance: 3k	

Lanzarote Training Camp 2016 - Monday Week 1



92.2 km (round trip)

Total climb: 2150 m, Total descent: 2150 m

Altitude range 584 m (Altitude from: 8 m to 592 m)



Tuesday 1st March

Swim

There is no planned session today due to the nature of the bike, but for those keen enough I 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.

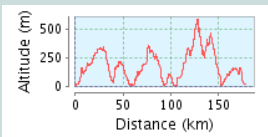
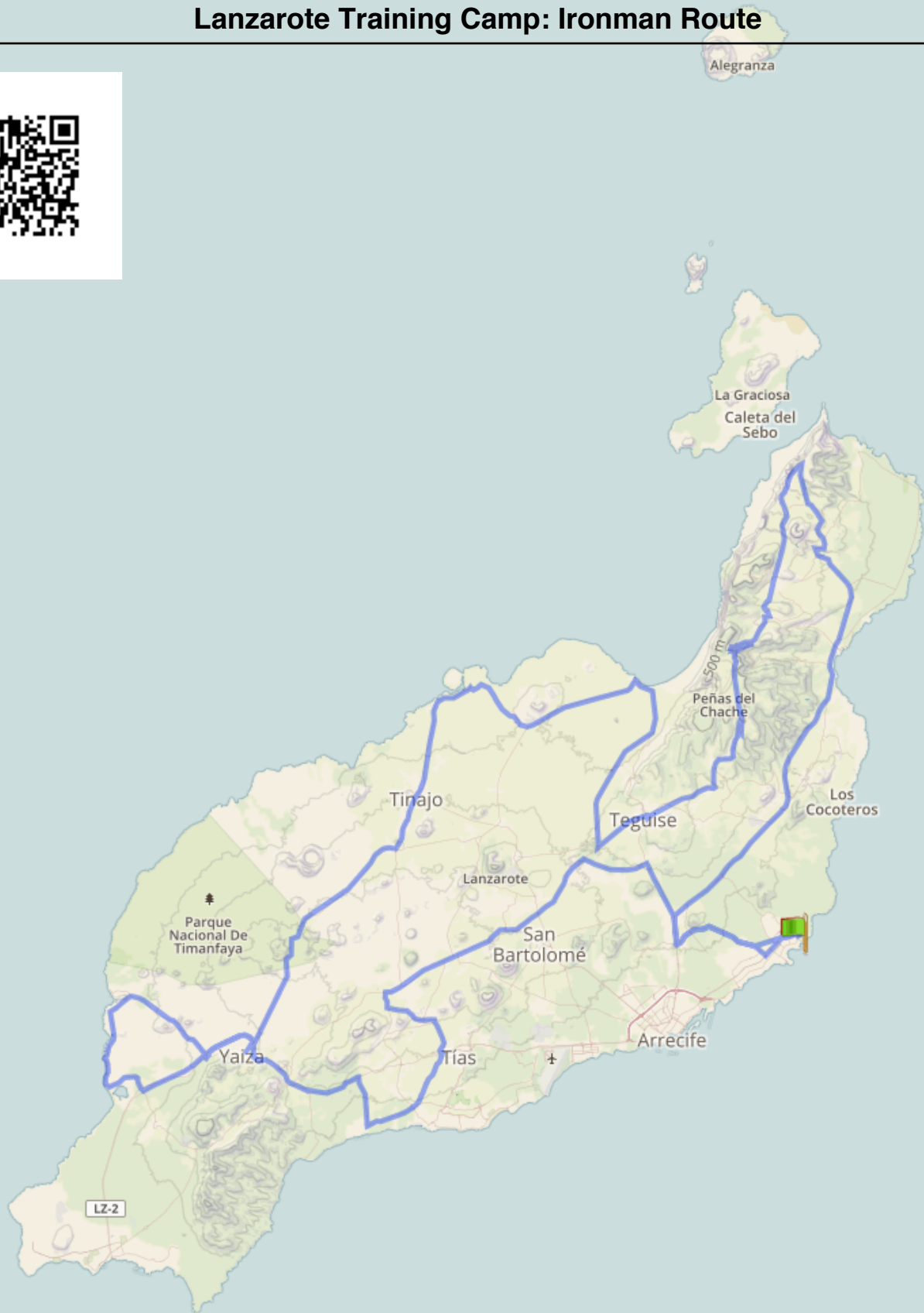
This is a long ride and because there is the potential for the group to split it's important I know your plans before the start of the ride. I'll discuss the route with all of you and the many options to shorten it if necessary.

Approximate distance: 180km

Run

There is no planned run today, but for those with the time and energy, I suggest a short brick on the local trails.

Lanzarote Training Camp: Ironman Route



177.86 km (round trip)

Total climb: 2591 m, Total descent: 2592 m

Altitude range 582 m (Altitude from: 2 m to 584 m)

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Wednesday 2nd March

Swim

There will be a drop in session from 7:00-8:00 in the morning. This is an opportunity for a small number of you to work on specific technique issues. We'll arrange who is attending the session the night before.

There will also be a late morning group session. This will follow the plan on the following page.

Bike

This is the easy day of camp. You don't have to get on your bike! There is the option of a spin up the hill for coffee and cake in Teguisse though.

Approximate distance: 20 - 40km

Run

There is no planned run, but there are plenty of options for those who wish to run. I'm happy to help those who want to run add an appropriate session into their day.

Swim Plan

Set	Notes
Warm up	
400m 4x 50m 200m 2x50m	Easy 25m Doggy paddle, 25m front crawl Steady 25m easy, 25m hard on 10s rest
Main Set	
3x 50m 3x 100m 3x 200m 3x 300m	Easy, steady, hard on 15s rest Easy, steady, hard on 25s rest Easy, steady, hard on 35s rest Easy, steady, hard on 45s rest
Cool down	
150m	Choice
Maximum distance: 3k	

Thursday 3rd March

Swim

There will be a drop in session from 7:00-8:00 in the morning. This is an opportunity for a small number of you to work on specific technique issues. We'll arrange who is attending the session the night before.

There will also be a late afternoon group session shortly before dinner. This will follow the plan on the following page.

Bike

Today's ride takes in the middle and some of the south of the island. We'll be reversing some of Tuesday's Ironman route. We start by riding out to Tahiche and from there up to Nazaret where we'll take the rough Ironman road for fun! We'll head across the island and down to Famara and around to La Santa.

From there it's a climb back up to the middle of the island before we divert at Mancha Blanca to climb over Fire Mountain in reverse. It's an easier climb, followed by a fast 5km descent. I would suggest stopping in Yaiza for a coffee and ice cream.

From Yaiza we head onto the LZ-30 cutting through the middle of the island. This starts with a few climbs, but then levels out into a headwind all the way home. We turn off at San Bartolomé and descend back to Tahiche and on to Costa Teguisse.

No need to brick run today, the plan is for a steady run (on tired legs) later in the afternoon.

Approximate distance: 95km

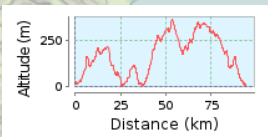
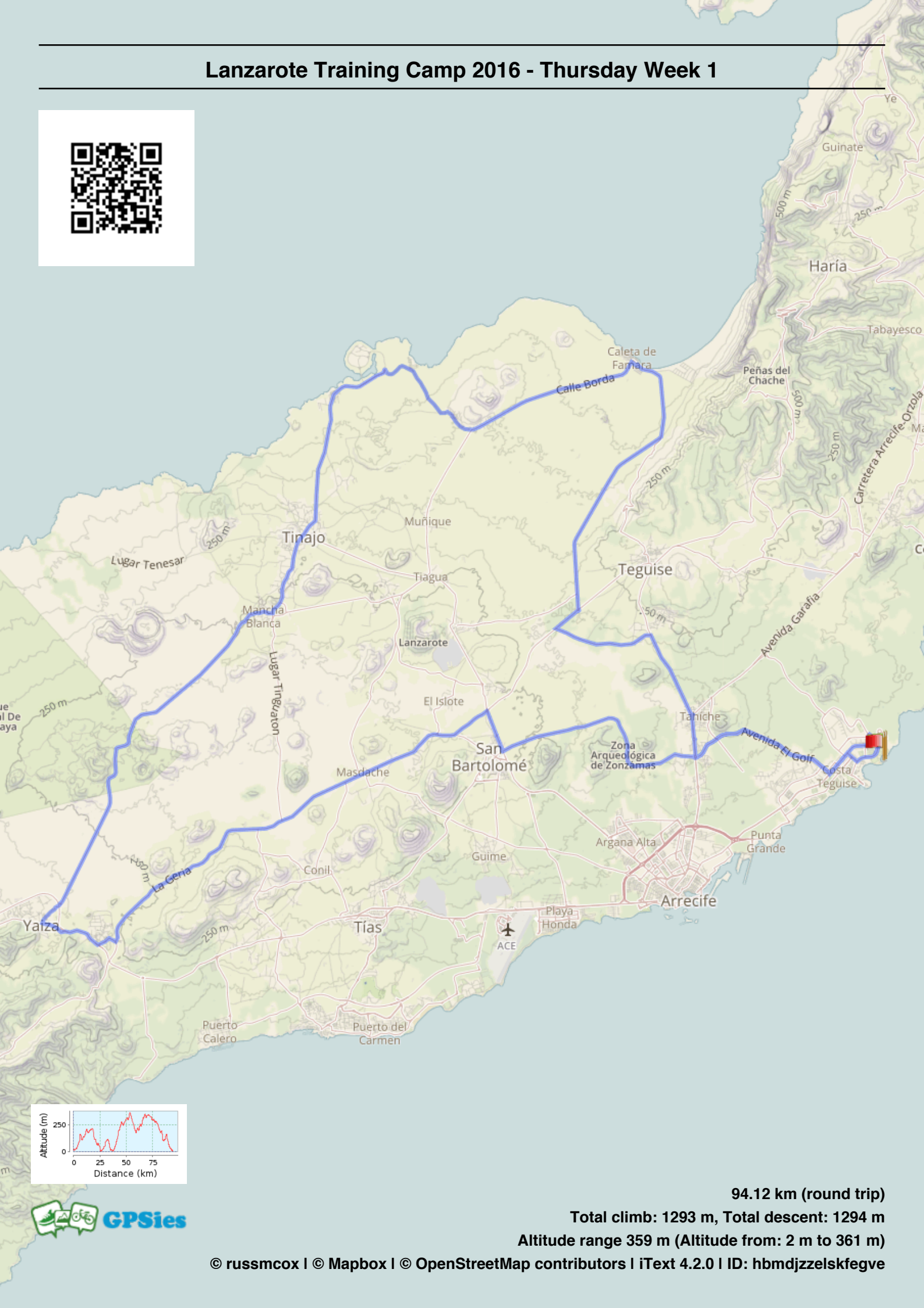
Run

Today's run is simple – steady, aerobic pace for time. Forty-five to sixty minutes on the roads and trails of Costa Teguisse.

Swim Plan

Set	Notes
Warm up	
600m 300m 150m	Easy, every 6 th length hard Easy, every 4 th length hard Easy, every 2 nd length hard
Main Set	
4x100m 100m 4x100m 100m 4x100m 100m 4x100m 100m	Hard on 30s rest Easy on 30s rest Hard on 25s rest Easy on 30s rest Hard on 20s rest Easy on 30s rest Hard on 15s rest Easy on 30s rest
Cool down	
200m	Choice
Maximum distance: 3.25k	

Lanzarote Training Camp 2016 - Thursday Week 1



94.12 km (round trip)

Total climb: 1293 m, Total descent: 1294 m

Altitude range 359 m (Altitude from: 2 m to 361 m)

Friday 4th March

Swim

There will be a drop in session from 7:00-8:00 in the morning. This is an opportunity for a small number of you to work on specific technique issues. We'll arrange who is attending the session the night before.

There will also be a late afternoon group session shortly before dinner. This will follow the plan on the following page.

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

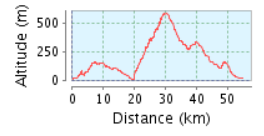
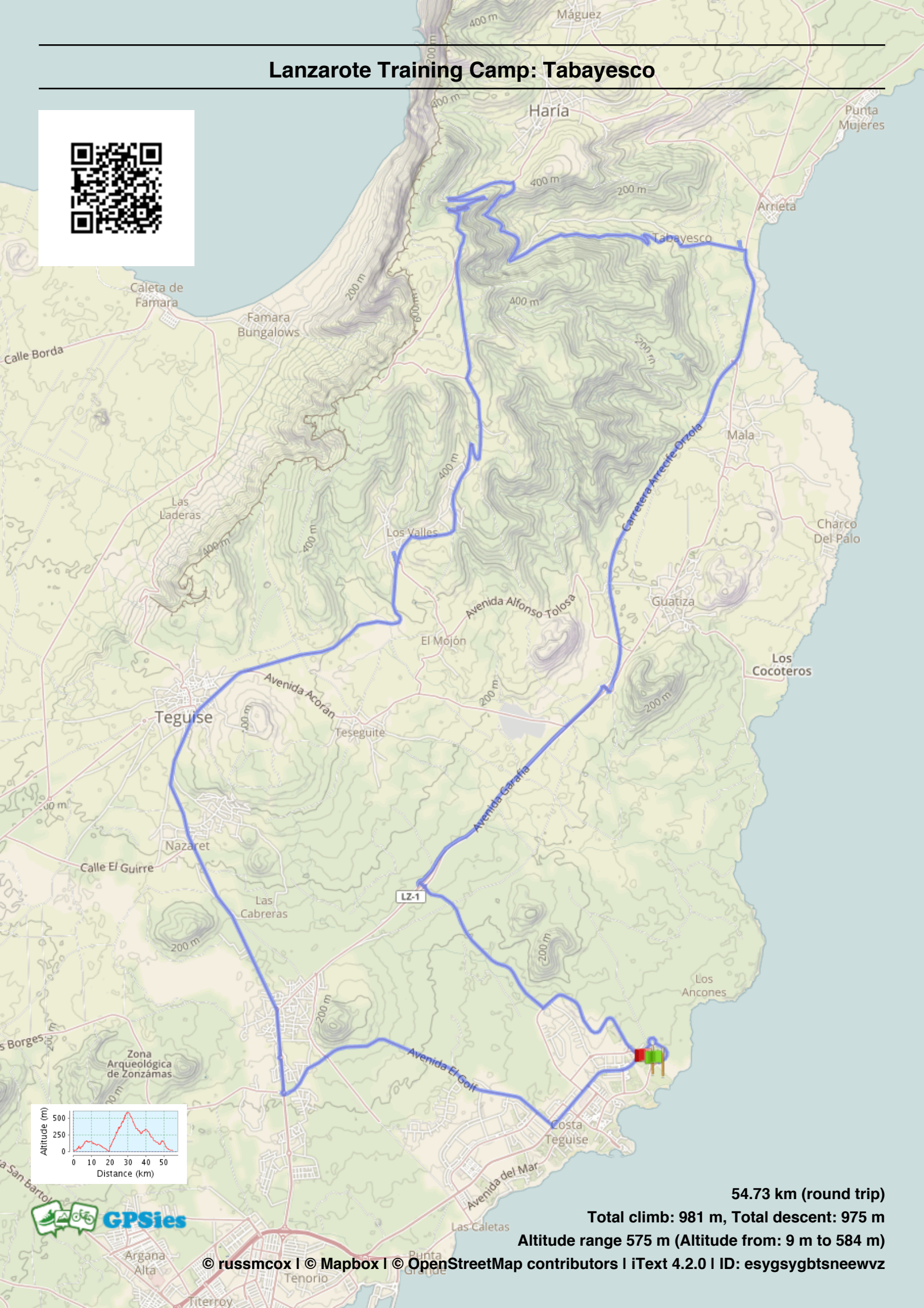
Run

Another race of sorts – a 5.4K time trial on a tough little loop. Don't expect PBs.

Swim Plan

Set	Notes
Warm up	
200m 200m 200m 200m 200m	Easy Pull Steady Pull Building
Main Set	
500m 2x 50m <i>Repeat 3-4 times</i>	Pull on 20s rest Hard on 30s rest
Cool down	
200m	Choice
Maximum distance: 3.6k	

Lanzarote Training Camp: Tabayesco



54.73 km (round trip)

Total climb: 981 m, Total descent: 975 m

Altitude range 575 m (Altitude from: 9 m to 584 m)



Saturday 5th March

This is departure day and for most there will be limited opportunities to train.
For those with later flights I can 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.