

# **Coach Cox Lanzarote Training Camp 2018**

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*Camp Guidebook*

## Table of Contents

<b>Packing Advice</b> .....	<b>4</b>
Swimming .....	4
Cycling .....	4
Running .....	4
The Rest .....	4
<b>General Training Guide</b> .....	<b>6</b>
Swim .....	6
Bike .....	6
Run .....	8
Meals .....	8
<b>Contact Details</b> .....	<b>9</b>
Sands Beach Resort .....	9
Coach .....	9
<b>Itinerary</b> .....	<b>10</b>
<b>Timetable</b> .....	<b>11</b>
<b>Saturday 3<sup>rd</sup> March</b> .....	<b>12</b>
Swim .....	12
Bike .....	12
Run .....	12
<b>Sunday 4<sup>th</sup> March</b> .....	<b>13</b>
Swim .....	13
Bike .....	13
Run .....	13
Bike Map.....	14
<b>Monday 5<sup>th</sup> March</b> .....	<b>15</b>
Swim .....	15
Bike .....	15
Run .....	15
Swim Plan.....	16
Bike Map.....	17
<b>Tuesday 6<sup>th</sup> March</b> .....	<b>18</b>
Swim .....	18
Bike .....	18
Run .....	18
Bike Map.....	19
<b>Wednesday 7<sup>th</sup> March</b> .....	<b>20</b>
Swim .....	20
Bike .....	20
Run .....	20
Swim Plan.....	21
<b>Thursday 8<sup>th</sup> March</b> .....	<b>22</b>
Swim .....	22

Bike.....	22
Run.....	22
Swim Plan.....	23
Bike Map.....	24
<b>Friday 9<sup>th</sup> March .....</b>	<b>25</b>
Swim.....	25
Bike.....	25
Run.....	25
Swim Plan.....	26
Bike Map.....	27
<b>Saturday 10<sup>th</sup> March .....</b>	<b>28</b>
<b>After the Camp .....</b>	<b>29</b>

## 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 the day before. 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 morning; additionally, on request, I am happy to spend some one-to-one time working on your swim. 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 10:30 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 join athletes on some rides and 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.

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 I don't want to hold people back. After the first day or two groups should naturally form and I 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 me on the mobile provided in the contact details, I will do everything I 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 Teguisse, Costa Teguisse 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 run 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 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 9:00 to allow yourself time to eat and catch up with others and to be ready to ride by 10:30 most mornings.

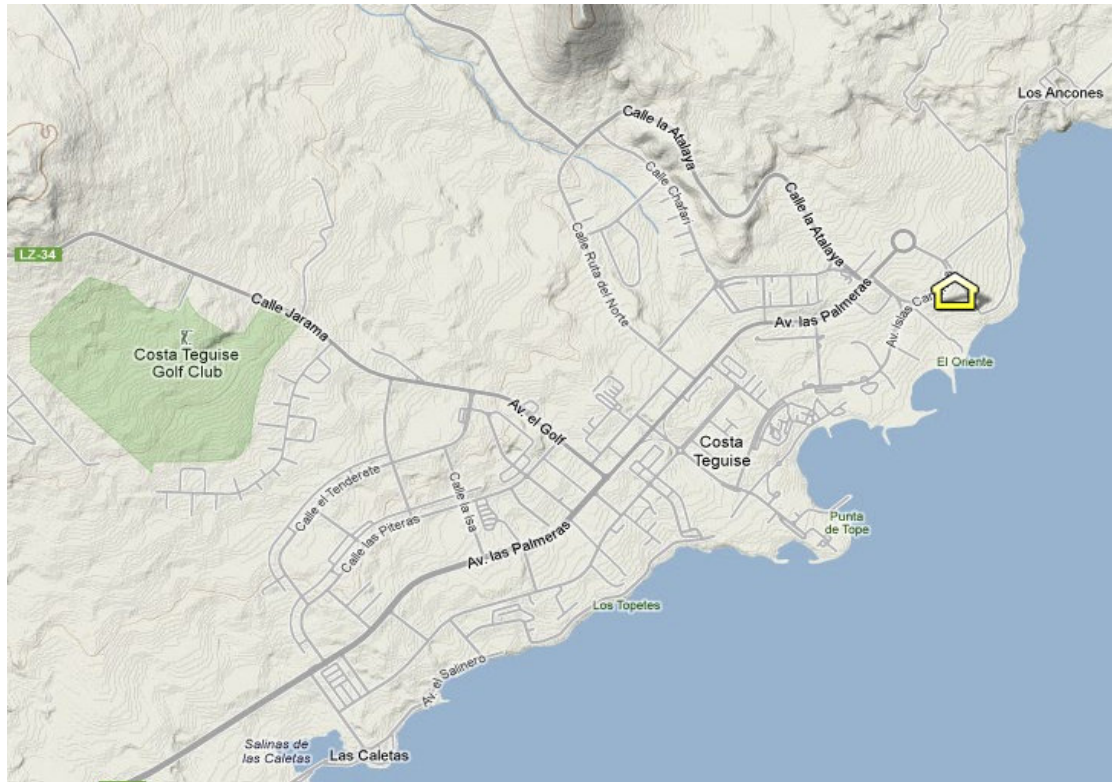
Dinner is from 7:00 pm until 10:00 pm each day. As we will have an early start the following morning again it is best to eat early and then relax for the rest of the evening. Dinner will also be an opportunity for the group to catch up and organise the following days plans.



## 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

## **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							
07:30			Swim Session			Swim Session	Swim Session	
08:00								
08:30					Ironman Bike			
09:00								
09:30								
10:00								
10:30		Bike Session		Bike/Run Brick Session				Bike Session
11:00								
11:30								
12:00								
12:30								
13:00								
13:30								
14:00								
14:30			Swim Analysis					
15:00								
15:30								
16:00								
16:30								
17:00								
17:30		Run Session				Run Session		
18:00								
18:30								

## **Saturday 3<sup>rd</sup> March**

Most of us will arrive over 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 4<sup>th</sup> March**

### **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. Filming starts at 14:30 and will take roughly 5 minutes per person.

### **Bike**

The first ride of the camp is a 'gentle' introduction to the island. We'll be riding north on the highway to Orzola with the option of some climbs for the faster athletes.

We will ride 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.

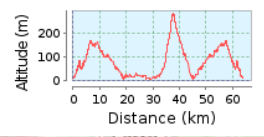
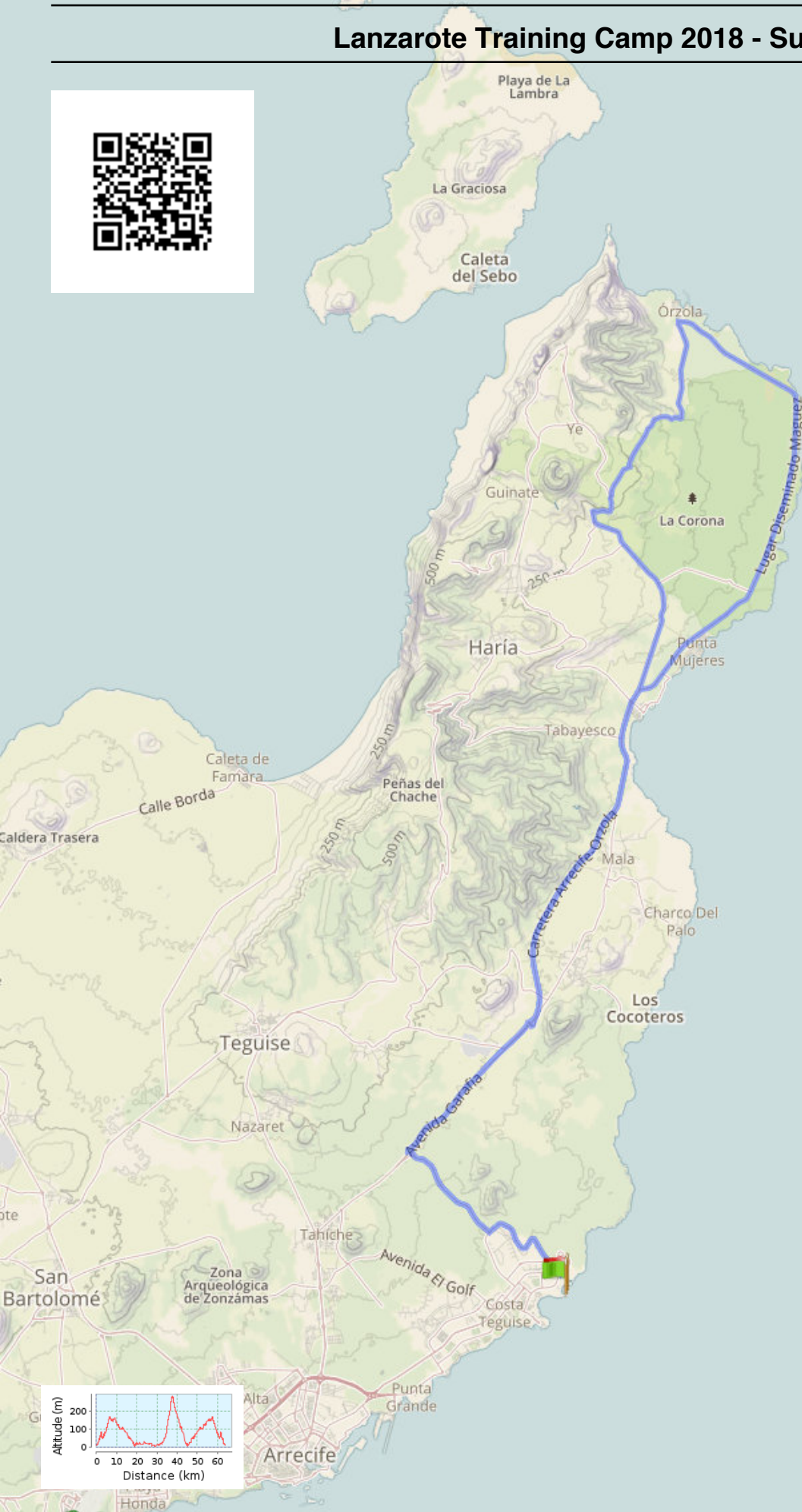
If you wish to extend the ride the obvious option is to continue the climb all the way to Mirador del Rio before returning to the hotel. Make sure you get back in time for the hill work and swim analysis!

**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 2018 - Sunday



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 5<sup>th</sup> March**

### **Swim**

We will swim first thing in the morning before breakfast, following the plan on the next page. If you are swimming, please be at the pool, ready to swim for a 7:30am start.

### **Bike**

Today's ride will take us south to the El Golfo loop.

The route starts by heading out to the Tahiche roundabout and then over to San Bartolomé and south down the LZ-30 to Yaiza. This time we'll take in the El Golfo loop, but to make it more interesting, as a time trial effort. The circuit will bring everyone back to Yaiza and at this point there are choices.

The route heads back along the LZ-30 all the way to Teguisse before descending down to Costa Teguisse and the hotel. Alternately, you can ride over Fire Mountain and either head down to La Santa or back through the middle of the island. Just be aware that you'll be doing much of this route again tomorrow on the Ironman course.

**Approximate distance:** 96km

### **Run**

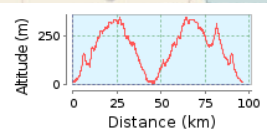
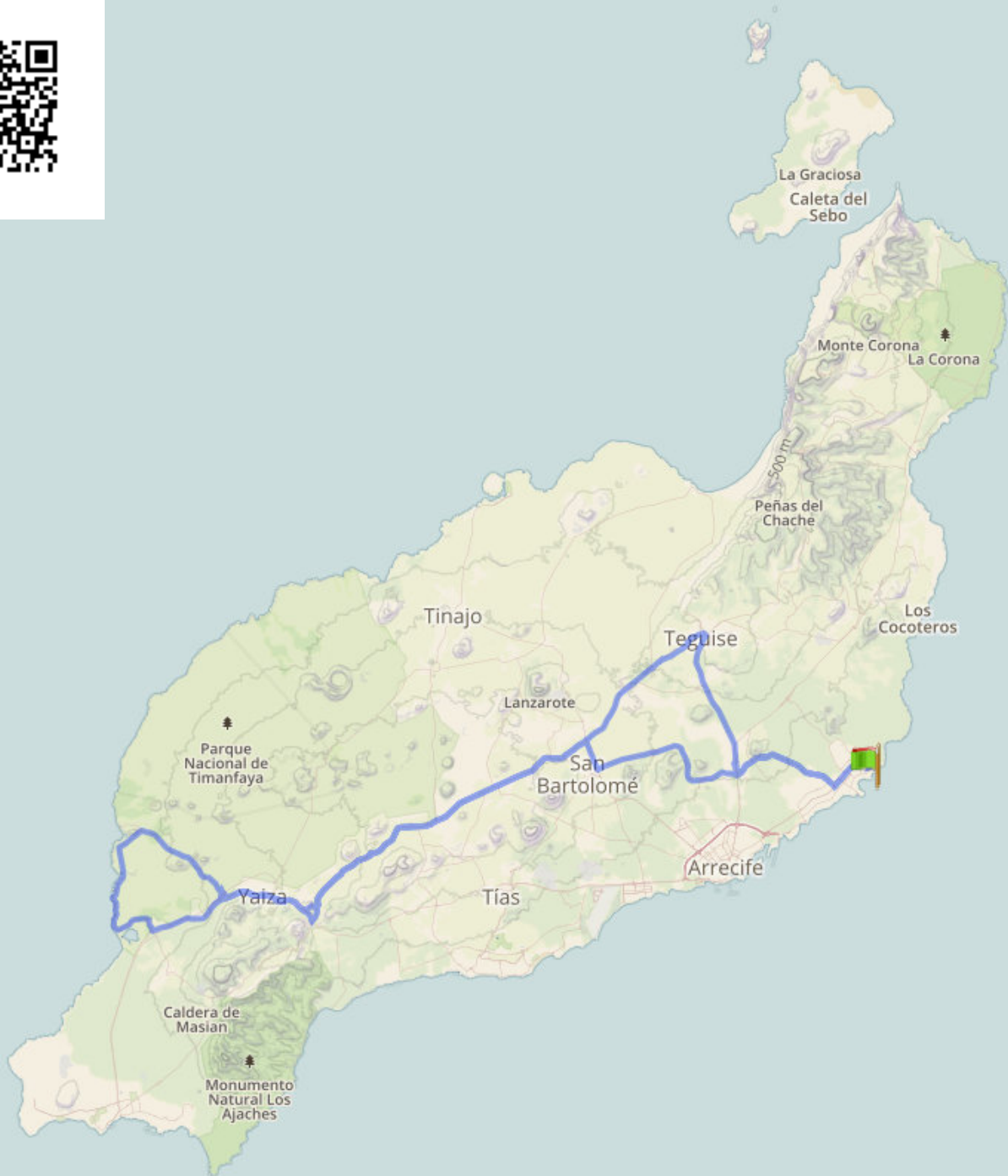
Today's run will take the form of a brick session off the bike. Return your bike to your rooms, switch to run gear and head out of the hotel. I will layout the aims of this brick session on the day but expect some strides.

## Swim Plan

Set	Notes
<b>Warm up</b>	
100m 2x 50m 100m 2x 50m 100m 2x 50m 100m 2x 50m	Easy 25m Front scull, 25m front crawl Steady 25m Doggy paddle, 25m front crawl Steady 25m Doggy paddle, 25m front crawl Easy Front crawl - building
<b>Main Set</b>	
3x 200m 100m  <i>Repeat 2-3 times</i>	Front crawl – pull on 20s rest Front crawl - hard on 20s rest
<b>Cool down</b>	
200m	Choice
<b>Maximum distance: 3.1k</b>	



# Lanzarote Training Camp 2018 - Monday



Lajares Parque Natural de Corralejo  
**GPSies**

96.25 km (round trip)

Total climb: 1292 m, Total descent: 1292 m

Altitude range 346 m (Altitude from: 2 m to 348 m)

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## Tuesday 6<sup>th</sup> 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.

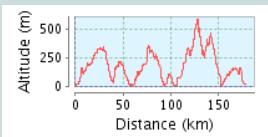
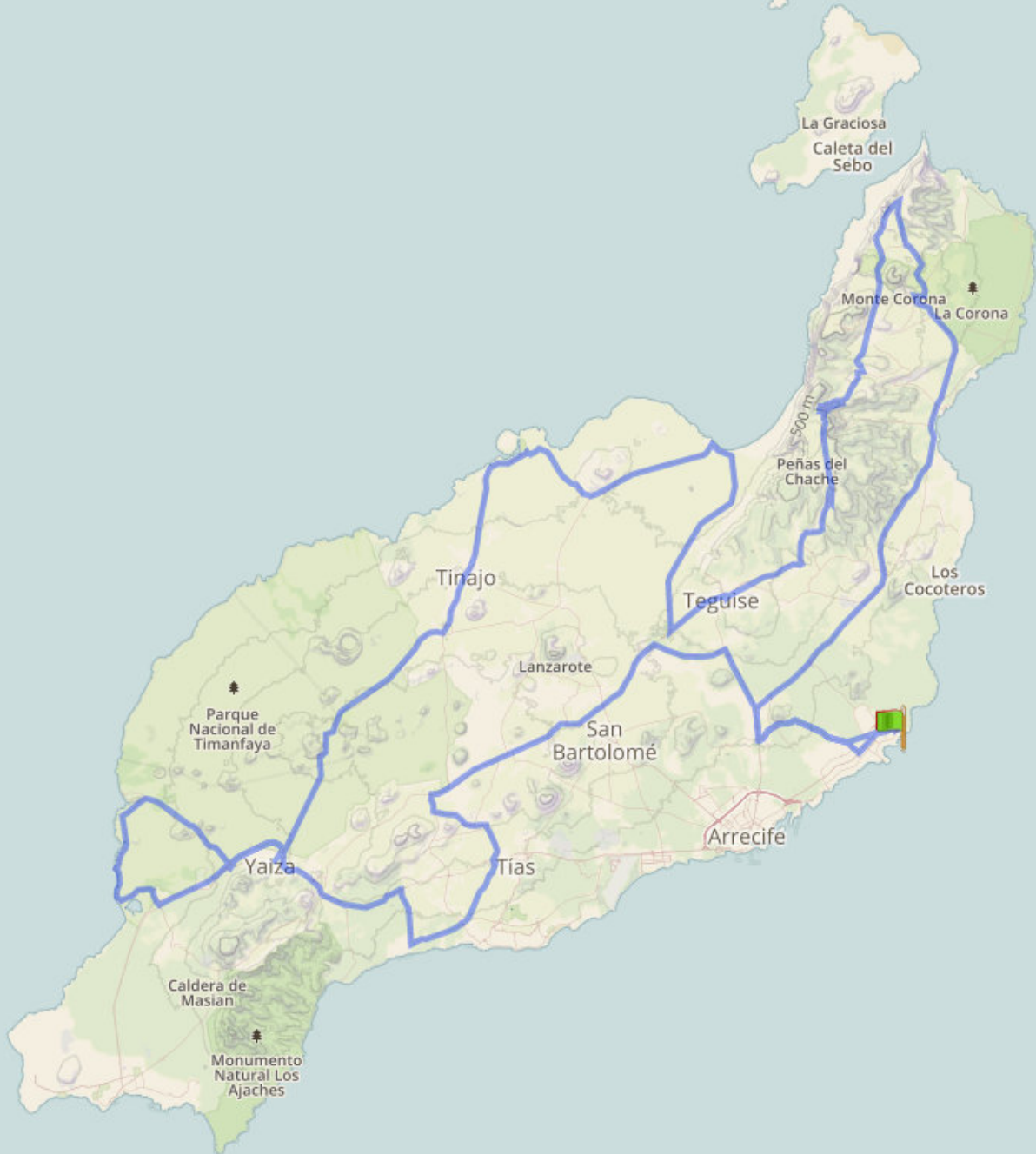
This is a long ride and because there is the potential for the group to split it's important I know your plans before the start of the ride. I'll discuss the route with all of you and the many options to shorten it if necessary.

**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 7<sup>th</sup> March**

### **Swim**

We will swim first thing in the morning before breakfast, following the plan on the next page. If you are swimming, please be at the pool, ready to swim for a 7:30am start.

### **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
<b>Warm up</b>	
400m 3x 50m 200m 3x 50m	Easy Easy, Steady, hard - on 20s rest Pull Easy, Steady, hard - on 20s rest
<b>Main Set</b>	
4x 100m 400m  <i>Repeat 2-3 times</i>	Front crawl – hard on 20s rest Front crawl – steady on 45s rest
<b>Cool down</b>	
200m	Choice
<b>Maximum distance:</b> 3.5k	

## **Thursday 8<sup>th</sup> March**

### **Swim**

We will swim first thing in the morning before breakfast, following the plan on the next page. If you are swimming, please be at the pool, ready to swim for a 7:30am start.

### **Bike**

Today's ride takes in Haria again, crossing the island to start the full climb from Famara.

We'll leave Costa Teguse via the highway and head up to San Bartolome. From there we'll head south on the LZ-30, turning off to cross the lava fields to Mancha Blanca and descending through Tinajo to La Santa. We're back on the Ironman route now.

From La Santa we'll head round to Famara and from there we'll climb to the top of Haria via Teguse. We'll descend the other side of Haria turning down to Tabayesco. From there it's straight along the highway home.

The obvious way to extend this ride is to continue north and finish off the Ironman course with a trip to Mirador del Rio. Equally if someone wants a shorter ride it's easy to head home from Teguse and skip the full climb.

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

**Approximate distance:** 107km

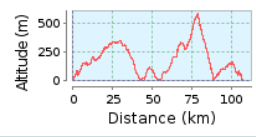
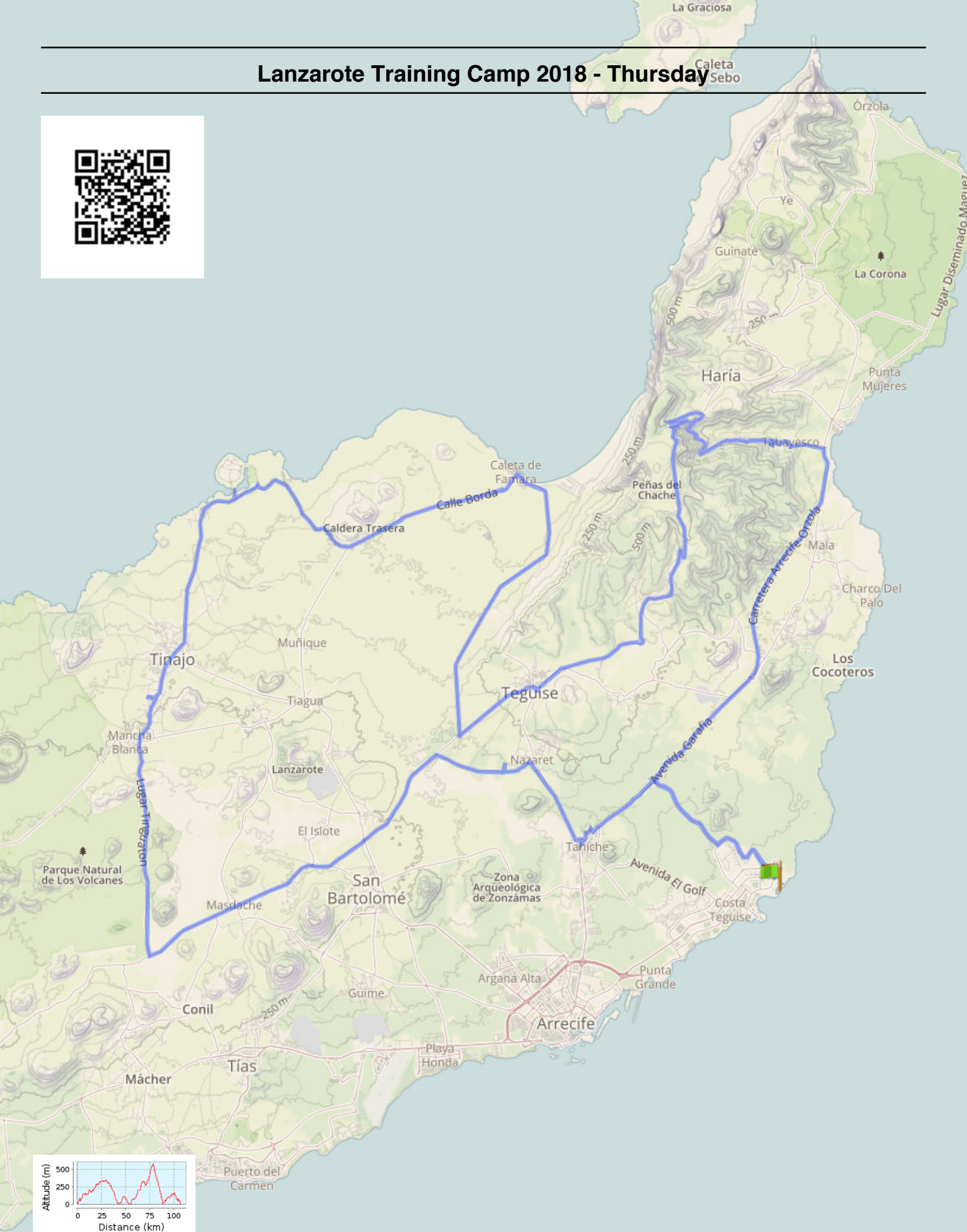
### **Run**

Today's run is simple – steady, aerobic pace for time. Thirty minutes on the roads and trails of Costa Teguse.

## Swim Plan

Set	Notes
<b>Warm up</b>	
300m 2x 50m 200m 2x 50m 100m 2x 50m	Pull Kick – on 15s rest Pull Kick – on 15s rest Pull Kick – on 15s rest
<b>Main Set</b>	
600m 600m 600m 600m	Steady Every 4 <sup>th</sup> length hard Every 3 <sup>rd</sup> length hard Every 2 <sup>nd</sup> length hard
<b>Cool down</b>	
200m	Choice
<b>Maximum distance: 3.5k</b>	

# Lanzarote Training Camp 2018 - Thursday



107.05 km (round trip)

Total climb: 1683 m, Total descent: 1684 m

Altitude range 587 m (Altitude from: 4 m to 591 m)





## **Friday 9<sup>th</sup> March**

### **Swim**

We will swim first thing in the morning before breakfast, following the plan on the next page. If you are swimming, please be at the pool, ready to swim for a 7:30am start.

### **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

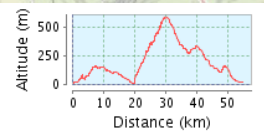
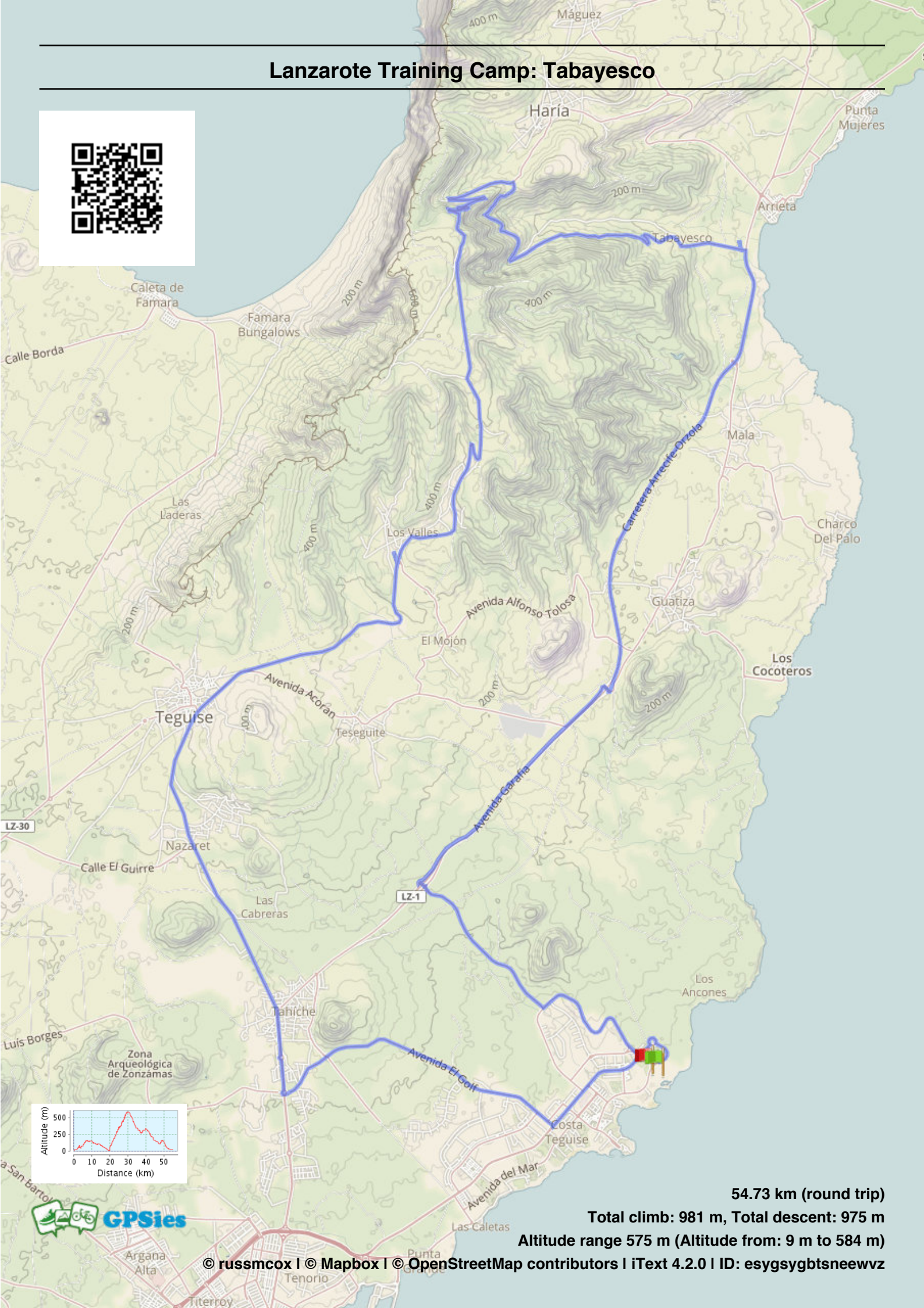
### **Run**

Camp finishes with a race of sorts – team relays. We'll mix the teams up to try to keep the race tight.

## Swim Plan

Set	Notes
<b>Warm up</b>	
600m 2x 50m 2x 50m	Mix strokes, easy to steady Building on 15s rest 25 hard, 25 easy on 15s rest
<b>Main Set</b>	
4x50m 50m  <i>Repeat 4-8 times</i>	Hard on 30s rest Easy on 20s rest
<b>Cool down</b>	
200m	Choice
<b>Maximum distance: 3k</b>	

# 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 10<sup>th</sup> 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.