

# **Coach Cox Lanzarote Training Camp 2019**

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*Camp Guidebook*

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## 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
- Pull Buoy
- Paddles
- *Wetsuit*
- *Kick Board*

### Cycling

- Bike
- Bike computer/GPS
- Bike tools (we will have some, but bring the basics)
- Mini pump (for the road, CO2 canisters are available on the island)
- Inner tubes (for the road, tubes can be purchased in the hotel)
- Helmet
- Sunglasses
- Cycling Shoes
- Cycling Jerseys (2-3 minimum)
- Cycling Shorts (2-3 minimum)
- Bottles (2, drinks can be replenished on the road)
- *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)*
- *Light rain jacket (it has been known to be cold/wet)*

### 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 European winter)
- Energy food (sports nutrition is available in local shops)
- Euros (for food stops, lunches, drinks etc.)
- Mobile phone (please ride with your mobile in case of emergencies)
- Laptop (free wifi codes are included with your stay)
- European Adaptor (if you're coming from the UK)

- 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*

Wetsuits are not required for this camp. An open water swim is not part of the plan, but it may be an option if conditions are good.

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. Do pack some warmer clothing for evenings as mornings as temperatures can drop once the sun goes down.

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're 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 different portions of the island. We 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's 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. 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.





## **Itinerary**

The following is the proposed itinerary for the week in Lanzarote, you are encouraged to complete as much of it as you can. Don't be daunted, plans will be adjusted for individual needs.

The timetable gives a rough outline to the day, you can expect rides to take a little longer than planned, 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	Swim Session	
08:00								
08:30					Ironman Bike			
09:00								
09:30								
10:00								Aquathon
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 2<sup>nd</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 3<sup>rd</sup> March**

### **Swim**

The camp starts with a swim before breakfast. If you are swimming, please be at the pool, ready to swim for a 7:30am start.

In the afternoon I will film each of you swimming 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 Teguse 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!

## Swim Plan

### Warm Up

2x	200 Front crawl	On 30s rest
	200 Front crawl – pull	On 30s rest
	100 Front crawl – building	On 20s rest
		<b>1,000</b>

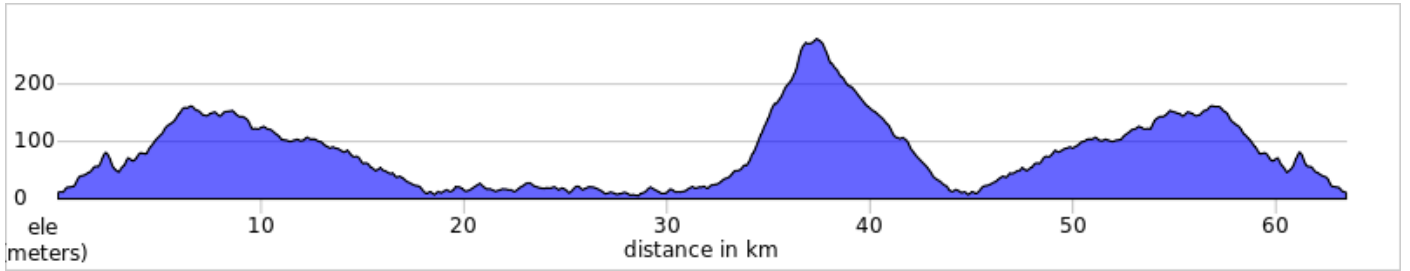
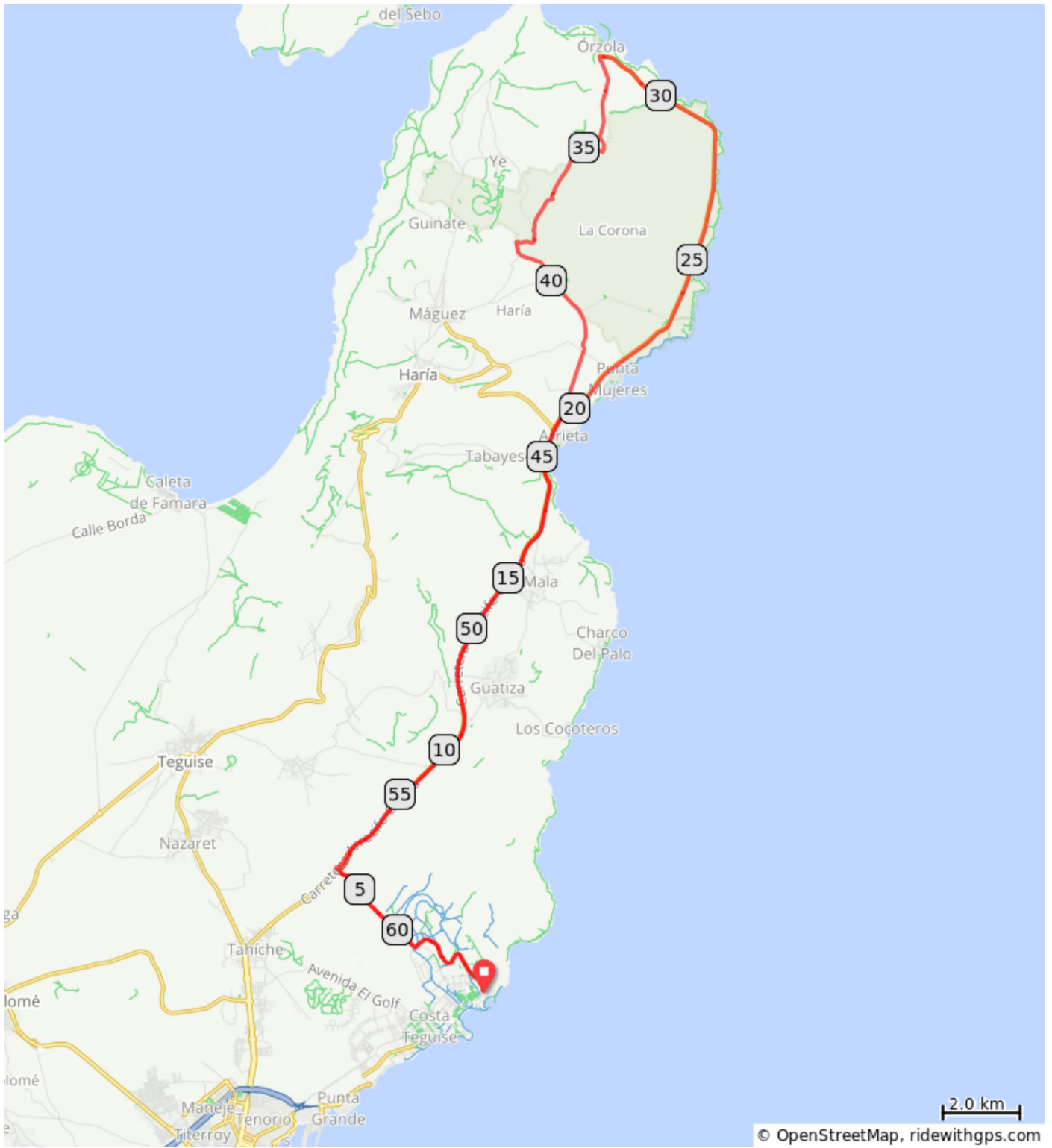
### Main Set

200 Front crawl – pull	On 30s rest	
200 Front crawl – steady	On 30s rest	
200 Front crawl - moderate	On 30s rest	
200 Front crawl – pull	On 30s rest	
200 Front crawl – steady	On 30s rest	
200 Front crawl - moderate	On 30s rest	
		<b>2,200</b>
200 Front crawl – pull	On 30s rest	
200 Front crawl – moderate	On 30s rest	
200 Front crawl - hard	On 30s rest	
		<b>2,800</b>

### Cool Down

200 Choice		
		<b>2,400 – 3,000</b>

# Bike Map



## **Monday 4<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 sections of the original Ironman course. We will head out via the golf course road to Tahiche and from there head directly to San Bartolomé. Once we reach the middle of the island we head south down the LZ-30, through the wine region and to the village of Uga. From Uga it's a short hop to Yaiza and from Yaiza we start the ascent of Fire Mountain.

It's a 5km climb to the top followed by a short descent and a relatively flat ride to Mancha Blanca. Here we turn left and descend through Tinajo down to La Santa. From Club La Santa we ride up to Soo and then back down to Famara. It's more climbing as we head back up to the centre of the island and the town of Teguisse.

Once there we descend again through Teseguite and have a short ride alongside the LZ-1 highway before returning 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 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

### Warm Up

2x	100 Front crawl	On 20s rest
2x	25 Front crawl - streamline kick	On 10s rest
	50 Front crawl	On 10s rest
4x	50 Front crawl – 25 Side kick, 25 Stroke	On 15s rest
2x	50 Front crawl – 25 6-1-6 Drill, 25 Stroke	On 15s rest
2x	50 Front crawl – 25 6-3-6 Drill, 25 Stroke	On 15s rest
	100 Front crawl	On 20s rest
	100 Front crawl – building	On 20s rest
		<b>1,000</b>

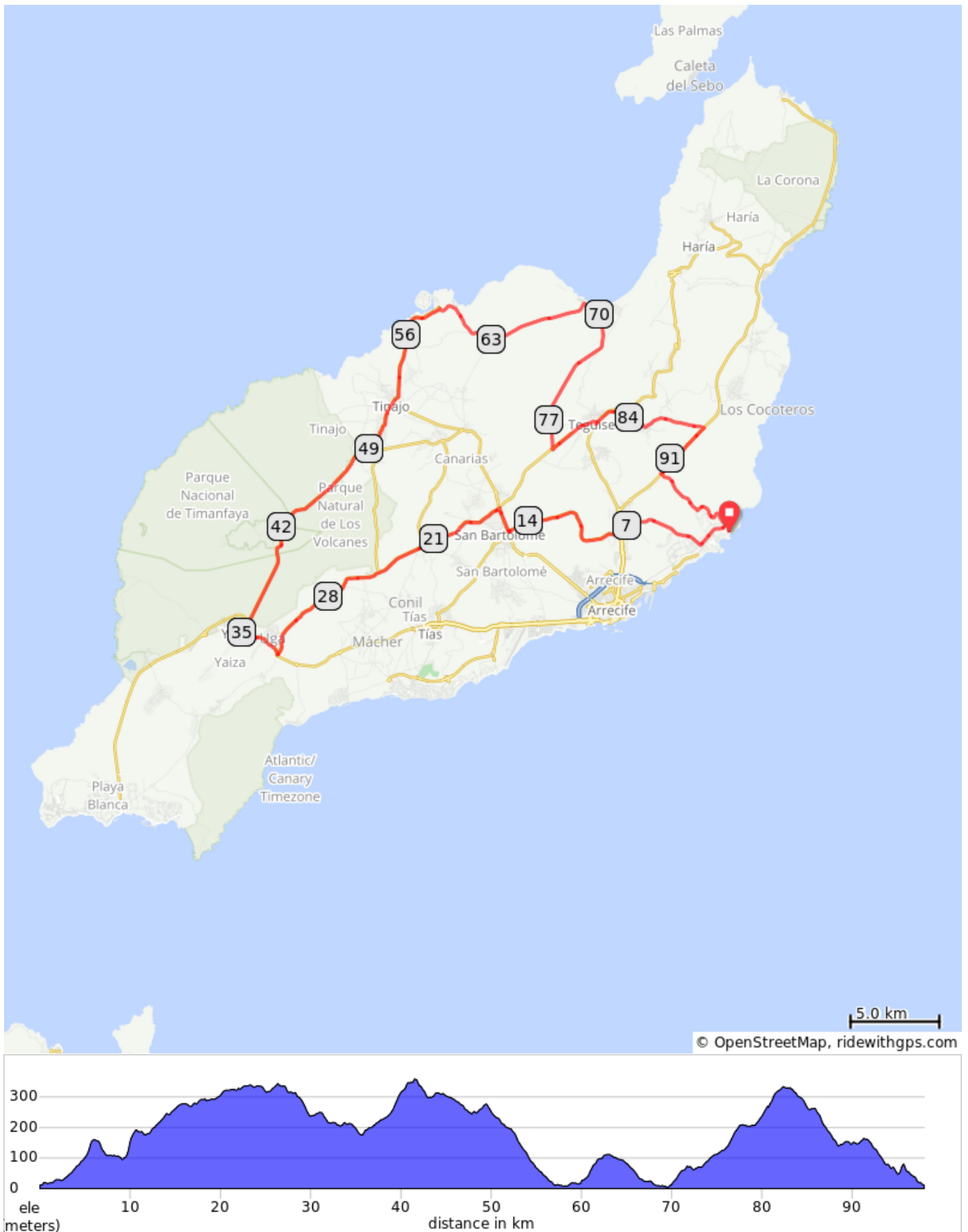
### Main Set

	300 Front crawl	On 40s rest
3x	100 Front crawl – descending <i>Easy – Steady - Hard</i>	On 20s rest
	300 Front crawl	On 40s rest
3x	100 Front crawl – descending <i>Easy – Steady - Hard</i>	On 20s rest
		<b>2,200</b>
3x	300 Front crawl	On 40s rest
	100 Front crawl – descending <i>Easy – Steady - Hard</i>	On 20s rest
		<b>2,800</b>

### Cool Down

	200 Choice	
		<b>2,400 – 3,000</b>

# Bike Map



## **Tuesday 5<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 latest Ironman course only omitting the sections around Puerto del Carmen.

We start by riding out on the golf course road to Tahiche and then up to Teguisse. Here we join the official route heading south towards the wine region. We follow the LZ-30 until we reach Uga and from there continue south past Yaiza on the LZ-2 highway. Exit the highway around La Hoya for the El Golfo loop. Around El Golfo and back to Yaiza, before we tackle the climb up Fire Mountain as on Monday.

From the top of Fire Mountain we head through to Mancha Blanca and (unlike Monday) turn back to the centre of the island. Travelling north we pass through San Bartolomé again, then take a brief detour down towards Famara before turning back. We climb up to Teguisse and on 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 take a side road to Tesequite. This takes us back up to Teguisse and from there we leave the Ironman course to descend back home.

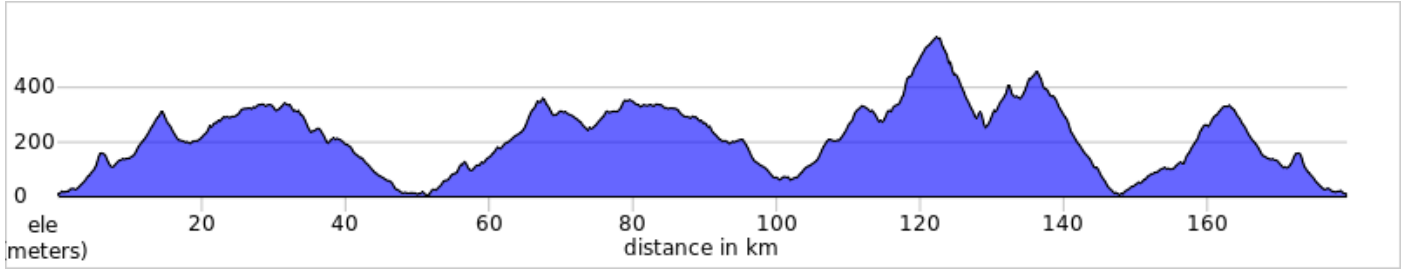
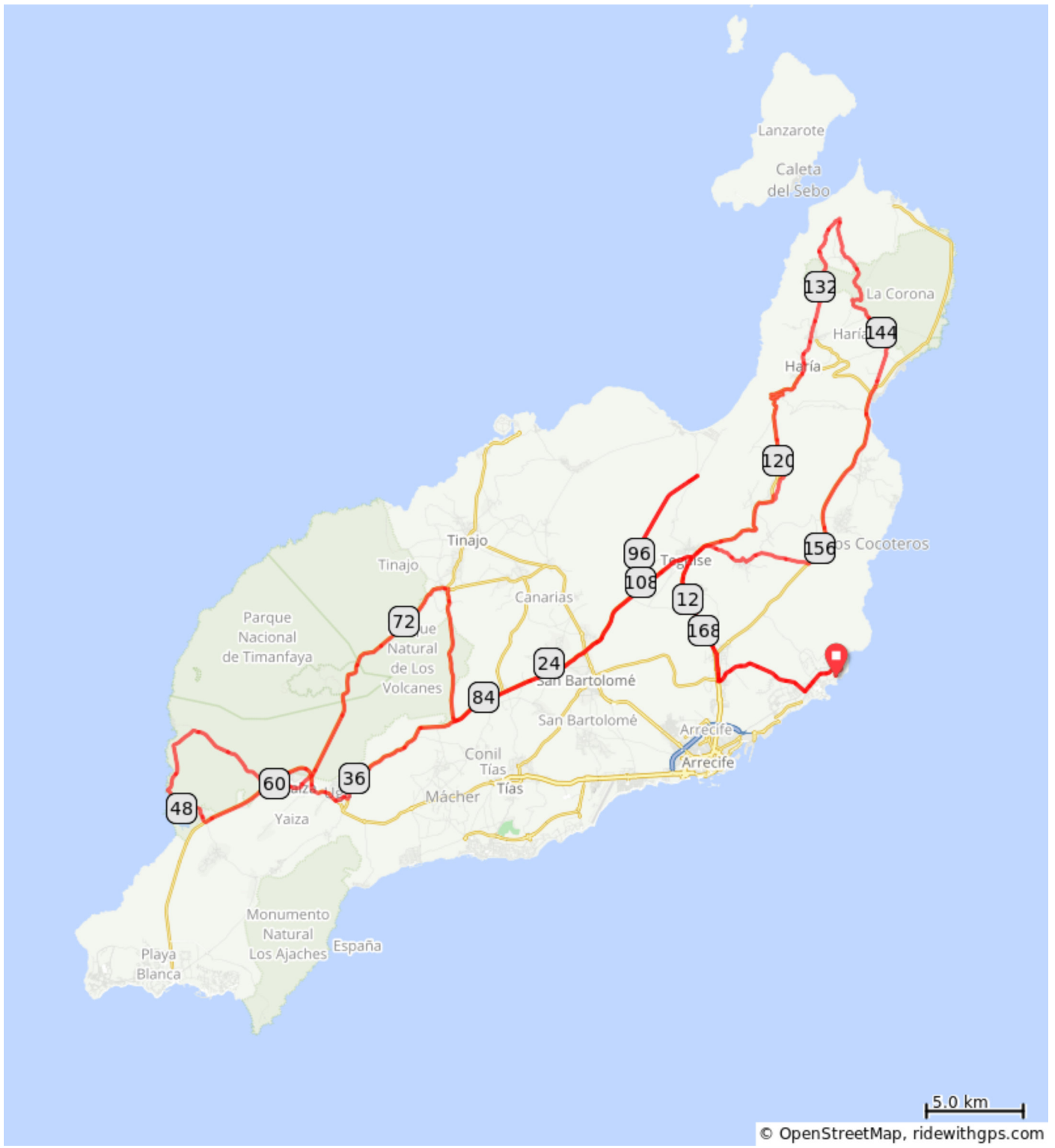
This is a long ride and because there is the potential for the group to split it's important I know your plans before the start of the ride. I'll discuss the route with all of you and the many options to shorten it if necessary.

**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.

# Bike Map



## **Wednesday 6<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

### Warm Up

	300 Front crawl	On 30s rest
4x	25 Front crawl - streamline kick	On 20s rest
	200 Front crawl	On 30s rest
4x	25 Front crawl - moderate	On 20s rest
	200 Front crawl	On 30s rest
4x	25 Front crawl – 15 hard, 10 easy	On 20s rest
		<b>1,000</b>

### Main Set

4x	300 Front crawl	On 40s rest
	4x 25 Front crawl – <b>best effort</b>	On 30s rest
		<b>2,600</b>

### Main Set B

8x	25 Front crawl - hard	On 20s rest
	25 Front crawl - easy	On 20s rest
		<b>3,000</b>

### Cool Down

	200 Choice	
		<b>2,800 – 3,200</b>

## **Thursday 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**

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.

**Approximate distance:** 92km

### **Run**

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

## Swim Plan

### Warm Up

	200 Front crawl	On 30s rest
4x	25 Front crawl – Stroke Start	On 15s rest
4x	50 Front crawl – 25 Doggy Paddle, 25 Stroke	On 20s rest
	100 Front crawl	On 20s rest
	100 Front crawl – Fist Drill	On 20s rest
2x	50 Front crawl - moderate	On 20s rest
2x	50 Front crawl - building	On 20s rest
		<b>1,000</b>

### Main Set

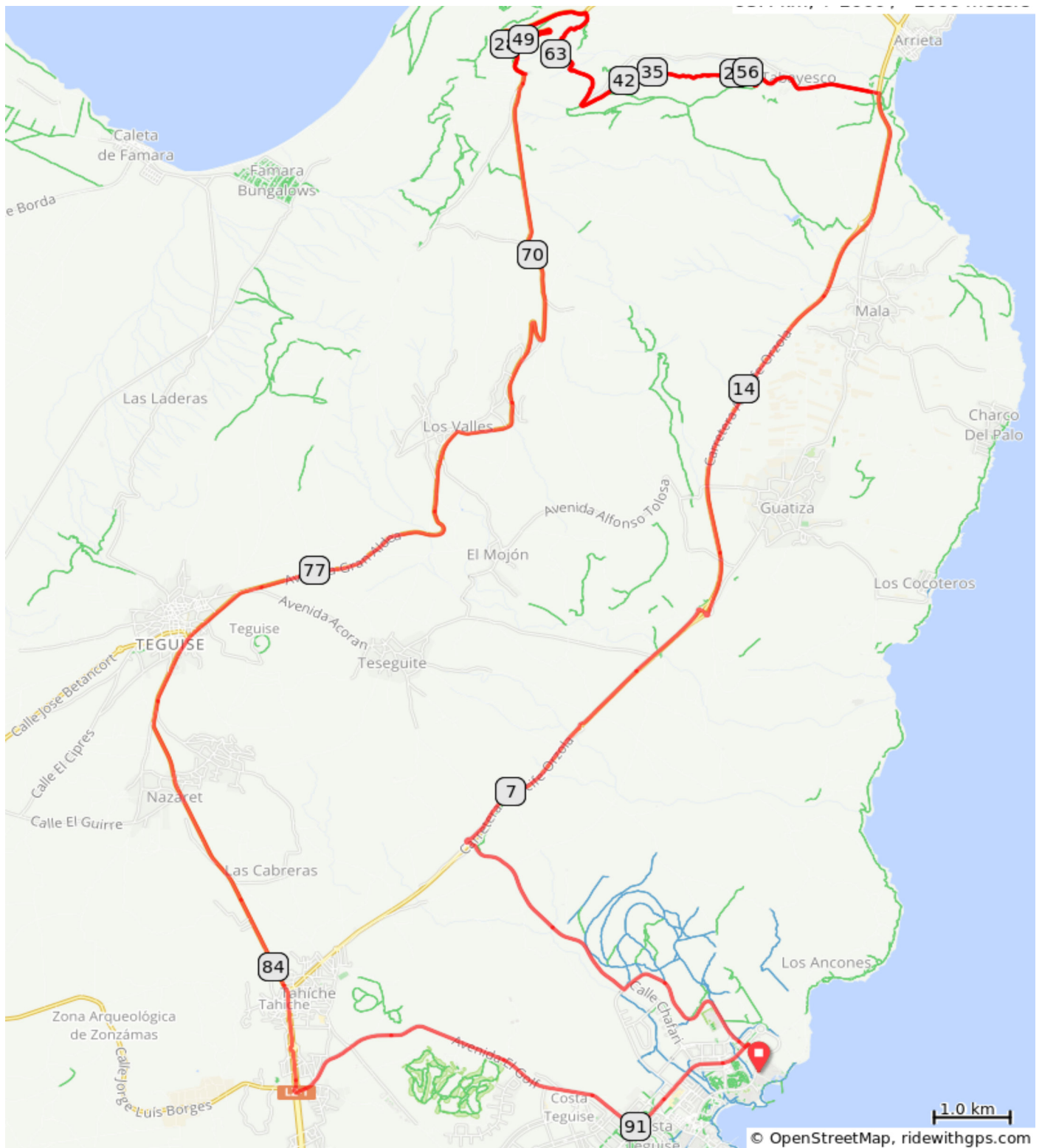
4-5x	200 Front crawl - pull	On 40s rest
	2x 50 Front crawl – 25 Doggy Paddle, 25 Stroke	On 20s rest
	2x 50 Front crawl – hard	On 30s rest
		<b>2,600 – 3,000</b>

### Cool Down

	200 Choice	
		<b>2,800 – 3,200</b>



# Bike Map



## **Friday 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.

### **Aquathon**

The main event in the morning is a short swim-run relay organised by Sands Beach. It's a small event open to every training camp at the resort. Circuits of the pool, and a short run out along the sea front. No obligation to race, but a nice bit of speed to finish the week.

### **Bike**

The final planned ride of camp is a leisurely trip to the cake shop in Teguisse and then rolling down the hill home. For those who want to do more on their final day you're free to extend or plan your own route. As ever, let me know in advance.

**Approximate distance:** 55km

### **Run**

Depending how everyone is feeling camp finishes with a race of sorts – team relays. We'll mix the teams up to try to keep the race tight. Given everything else we've done this week, this will be short!

## Swim Plan

### Warm Up

	200 Front crawl	On 40s rest	
3x	50 Front crawl – descending <i>Easy – Steady - Hard</i>	On 20s rest	
	50 Front crawl - easy	On 20s rest	
	200 Front crawl - pull	On 30s rest	
3x	50 Front crawl – descending <i>Easy – Steady - Hard</i>	On 20s rest	
	50 Front crawl - easy	On 20s rest	
			<b>800</b>

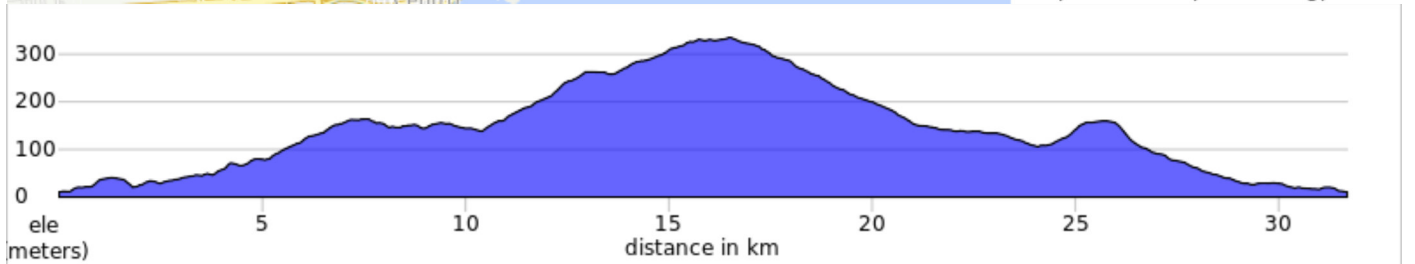
### Main Set

4x	100 Front crawl - hard	On 20s rest	
	100 Front crawl - steady	On 40s rest	
4x	100 Front crawl - hard	On 20s rest	
	100 Front crawl - steady	On 40s rest	
4x	100 Front crawl - hard	On 20s rest	
	100 Front crawl - steady	On 40s rest	
4x	100 Front crawl - hard	On 20s rest	
	100 Front crawl - steady	On 40s rest	
			<b>2,800</b>

### Cool Down

	200 Choice		
			<b>3,000</b>

# Bike Map



## **Saturday 9<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.