

Lanzarote Camp Timetable 2022

DAY	DATE	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Friday	04/02/2022											Swim 6-8, analysis & video collection		
Saturday	05/02/2022	Swim		Cycle long easy aerobic 3-4 hrs				Brick run	Stretch & Core		Evening Q&A			
Sunday	06/02/2022	Swim		Cycle long easy aerobic 3-4 hrs				Brick run	Stretch & Core		Evening Q&A			
Monday	07/02/2022	Cycle full Ironman route									Evening Q&A			
Tuesday	08/02/2022	Long run easy aerobic				Stretch & Core			Swim		Evening Q&A			
Wednesday	09/02/2022	Cycle inc mountain TT			Brick run	Stretch & Core				Evening Q&A	Swim 6-8, analysis & video collection			
Thursday	10/02/2022	Swim		Cycle long easy aerobic 3-4 hrs				Brick run	Stretch & Core		Evening Q&A			
Friday	11/02/2022	Run easy												