

Serpentine Club La Santa 2025 programme overview

Schedule										
	Thu 13-Mar	Fri 14-Mar	Sat 15-Mar	Sun 16-Mar	Mon 17-Mar	Tue 18-Mar	Wed 19-Mar	Thu 20-Mar	Fri 21-Mar	Sat 22-Mar
1 Swim										
Morning										
Fitness		7:00-8:00	7:00-8:00	8:00-9:00	7:00-8:00	7:00-8:00	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00
Technique		8:00-8:30	8:00-8:30	9:00-9:30	8:00-8:30	8:00-8:30				
Skills		8:30-9:00	8:30-9:00	9:30-10:00	8:30-9:00	8:30-9:00				
Evening										
Coached	17:00-19:00				15:00-16:00	17:00-18:00	15:00-16:00			
Long (sessions avble)		17:00-19:00	17:00-19:00	17:00-19:00	15:00-17:00	17:00-19:00	15:00-17:00	15:00-17:00	15:00-17:00	17:00-19:00
Short (sessions avble)		17:00-19:00	17:00-19:00	17:00-19:00	15:00-17:00	17:00-19:00	15:00-17:00			
Swim video (sign-up reqd)		17:00-19:00	17:00-19:00	17:00-19:00						
Coffee w coaches (El Lago)			9:15	9:15		9:15	9:15			
OW skills at the lagoon		17:00	17:00	17:00						
2 Bike										
Long route 1		El Golfo (85k/1100m)	Mano via Omas (113k/1600m)	Tabayesco comp Haria (92k/1600m)	Tequise loop (80k/1050m)	Soo/Famara repeats				
Long route 2			Ida Lanza (1160k/2040m)							
Medium route		El Golfo (69k/805m)	Haria via Mirador (99k/1640m)	Tabayesco comp (87k/1300m)	Tequise loop (60k/700m)	Soo/Famara repeats				
Short route		Mozaga (48k/500m)	Mancha Bl. Uqa. Yaiza (50k/700m)	San Bartolome (40k/474m)	Tequise loop (45k/550m)	Soo/Famara				
Bike skills										
Group riding intro		13:00-15:00								
Bike maintenance		15:00								
Bike fit intro						9:30				
Cornering etc						10:30				
Bike speed day						11:30				
Bike hill day			9:30							
Bike long day			8:30, 9:30							
Bike Z2 day		9:30	9:30	9:30, 10:30	9:30	11:30				
3 Run										
Run off bike			off-bike	off-bike		off-bike				
Run speed intervals		8:30				16:30				
Run threshold		16:30				8:30				
Run hills			8:30							
Run long				8:00 bus						
Run S&C					8:30					
Run z2/easy/social	16:30		16:30		16:30		8:30	8:30		
4 Races										
OW handicap swim						7:00				
Mini tri							11:00			
Frank Horwill Mile							17:00			
5 Other										
T1+T2 (and elastic bands)				16:15						
Post-activity stretching	16:00	16:00	16:00	16:00	16:00	16:00		16:00	16:00	16:00
6 Social										
Tour of CLS	18:30									
Welcome pizza & intro	19:30									
Quiz night			19:30							
Treasure hunt					19:30					
Last night drinks & dinner							18:30			