

Master's Triathlon Camp 50+

Club La Santa is looking forward to hosting a new Triathlon camp with Dieter and Jochen Holz. The target group of this camp is the Age Group 50+, i.e. men and women who have different fitness goals. You may want to lose some weight, improve your health and overall fitness, or work towards competing. Whatever your objectives are, we will help you to achieve them through well directed training and nutrition, allowing you to improve your daily routine and stay fit.

The Training

This is a training camp with a special atmosphere. The head coach Dieter Holz and his team know the most beautiful corners of the island and its low-traffic roads. Small training groups coupled with personal supervision distinguish this camp. You will train for the endurance sports; swimming, running, cycling and triathlon on the beautiful volcanic island of Lanzarote. Swims will take place in the 50m pool and also in the Club La Santa lagoon. You will run both on and off road, with some sessions on the track. Please note that if you want to rent a bike, you have to arrange this separately with your travel agent. The price for a bike is around 85 € per week or 18 € a day.

The camp caters for all abilities and is designed to be especially suitable for sportsmen and women aged, 50+. During workshops and lectures you will be taught the essentials of exercise, relaxation, nutrition and a balanced diet. The camp also includes a fitness test.

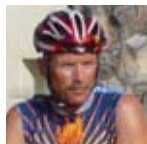
We expect a variety of nationalities, however the spoken languages are English and German.

Club La Santa

Club La Santa offers more than 30 kinds of sports and different activities, many free of charge. You can also spoil yourself with a massage or unwind in the Club La Santa Wellness centre and the fantastic leisure pool area.

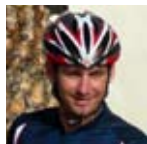
Price

The price for the week is 150 €, which includes all the activities in the programme, coaching, lectures, a dinner in the restaurant La Casa and a special event t-shirt. Companions can participate by paying 24€ for a 3 course meal and half a bottle of wine. Flights and accommodation have to be booked separately with one of our agents.



Dieter Holz

Dieter Holz, the head coach and a licensed trainer, has been coaching sportsmen and women of all ages competently for the last 35 years; both free-time and performance-oriented age group athletes. He is himself a long-time endurance athlete and 7 time Ironman Hawaii and 3 time Vasaloppet finisher. Over the years, he has also coached athletes in various other sports including water polo, cross-country skiing and Nordic walking.



Jochen Holz

Jochen is a B Licence trainer and long-time coach for swimming, running, triathlon and fitness. He is himself an endurance athlete in triathlon, cross-country skiing and MTB and a 4 time Ironman finisher.

Example Programme

Thursday

09:00 Welcome meeting
10:00 Main emphasis bike - 2 hour
17:00 Hill Run 8 km
18:00 Stretching

Friday

09:30 Main emphasis run - fitness test
17:00 Stretching
18:00 Welcome meeting for new people

Saturday

09:30 Main emphasis bike - 2 ½ hour
16:00 Run 45 min mainly off-road

Sunday

15:00 Main emphasis swim 1 ½ hour
17:00 Stretching
18:00 Welcome meeting for new people

Monday

09:30 Main emphasis bike – 3 hour
16:00 Workshop: Training steering with POLAR RS 300
18:00 Stretching

Tuesday

8:00 Main emphasis run, possible participation in a half marathon
12:00 Bike 1 ½ hour
17:00 Core-Training

Wednesday

09:30 MTB trip to El Grifo – first group
13:30 MTB trip to El Grifo – second group
19:30 Dinner in the restaurant La Casa

Thursday

09:00 Main emphasis swim 1 ½ hour
16:00 Run 45 min mainly off-road
17:00 Stretching



Provisional programme - subject to alteration.



www.clublasanta.com

Photos: Club La Santa foto

Entry Form

Please sign me up for the Master's Triathlon Camp 50+:

3-12 December 2009

9-18 December 2010

The price is 150 €, which includes training and coaching, a weekly dinner in restaurant "La Casa" and a special event t-shirt.

Event weeks are restricted to guests staying at Club La Santa.

T-shirt size: S M L XL

Male Female Date of birth _____

Surname _____ First name _____

Address _____

Tel. private/work _____ E-mail _____

In case of emergency contact _____

Date of arrival _____ Date of departure _____

I declare that I will abide by the rules of the Club La Santa event week. I accept I have to ride wearing a helmet and that the organizer will not be liable for any loss, damage, action claim, costs or expenses that may arise as a consequence of my participation in this event. I declare that I will only compete in the various events if I am in good health and do so at my own risk.

Date

Signature

Book by e-mail to eventweeks@clublasanta.com or forward this entry form by fax or post to the Club La Santa office closest to you.

Club La Santa Denmark

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7190 Billund
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Club La Santa England

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Tel: +44 161 790 9890
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Club La Santa Germany

Sperberhorst 11
22459 Hamburg
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In accordance with the Spanish Constitutional Law 15/1999 of the 13th of December relating to the Protection of personal data, please be aware that by your participation in the event week you give your consent to include your data in the existing database automatically generated by Club La Santa, SA. The aim of this database is to manage and develop the event. The responsibility for the database is Club La Santa, SA at the address Avda. Krogager s/n, 35560 Tinajo, Lanzarote, Canary Islands, Spain.



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3rd – 12th December 2009 & 9th – 18th December 2010

with Dieter & Jochen Holz



Enjoy the Club La Santa Lifestyle