



# 15. Intern. Master – Triathlon – Training camp

with Dieter Holz, 7-time Ironman-Hawaii-Finisher, A-Licence-Trainer

in



from

**12. March – 22. March 2011**

This is a training camp with special flair. Camp leader Dieter Holz knows the most beautiful spots of the island and its traffic-poor new roads. The Camp stands out due to its small training groups with a personal support. A stress-free stay is guaranteed, you'll have no obligation to take part in the training units. The coaches will advise you on the way to reaching your season's goal.



- for performance-oriented masters/age group sportsmen of 30 - 60 years
- **Training in small groups**, no mass treatment
- Endurance training of in all 3 disciplines
- Training emphasis on cycling
- Functional gymnastics and stretching
- Swim training on a reserved 50-m lane
- Running training around the area and on the track
- Theory/seminar: endurance training
- **special preparation for the Ironman Lanzarote**

**Intended programme of the 14<sup>th</sup> Master Triathlon Camp in the club La Santa Lanzarote from 06.03. to 16.03.2010 with Dieter Holz and his team.**

## 1st Week:

<i>Date</i>	<i>Time</i>	<i>Activity</i>	<i>Meeting point</i>
Saturday	07:00	arrival	
	14:30	Info-Meeting	Olympia-Pool
	15:00	Swim training (for all present participants)	Olympia-Pool
	17:30	30-minutes run	Stadium
Sunday	07:00	Warm up + Stretching	Stadium
	09:30	Bike training in performance-based groups, 3 hours	Stadium
	15:00	Swim training	Olympia-Pool
	17:00	Running training	400m-lane
Monday	07:00	Warm up + Stretching	Stadium
	09:00	Bike training in performance-based groups, 3 - 4 hours	Stadium
	15:00	Swim training	Olympia-Pool
	18:00	Running	

Tuesday	07:45	Half marathon	Stadium
	12:00	Bike training in performance-based groups, 4 hours	Stadium
	17:00	Swim training	Olympia-Pool
Wednesday		<b>day of rest</b>	
	07:00	Warm up + Stretching	Stadium
	10:00	Theory/ Seminar	Seminar room
	15:00	Swim training	Olympia-Pool
	17:00	Running (relaxed)	Stadium
Thursday	07:00	Warm up + Stretching	Stadium
	09:00	Bike training in performance-based groups, 4 - 5 hours	Stadium
	15:00	Swim training	Olympia-Pool
	18:00	Mountain run	Stadium
Friday	07:00	Warm up + Stretching	Stadium
	10:00	Bike-Run-transition training ca. 2,5 hours	400m-lane
	15:00	Swim training	Olympia-Pool
	17:00	Strength training (esp. torso)	Fitness
Saturday	07:00	Warm up + Stretching	Stadium
	09:00	Swim training	Olympia-Pool
	12:30	Bike training in performance-based groups, 2 - 3 hours	Stadium
	17:00	Stretching	

**Changes of programme are subject to alterations !!!!**

**More information:** Dieter Holz; Phone (Mon-Fri from 20 o'clock on): +49 6241-88613 , Email: [info@dholz-sports.de](mailto:info@dholz-sports.de)

**costs of registration: 120,00 EUR per person**

You have to bring your own bike and equipment (helmet, spare parts, etc.).  
Please transfer the costs (and hand in your registration at the same time) to the following account:  
**Sportservice Holz, Account number 791 477, Bank sorting code 553 500 10, Sparkasse Worms-Alzey-Ried, keyword: TRICAMP LANZAROTE**

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**Registration for the 15th Master-Triathlon-Training camp in Club La Santa on Lanzarote,  
12. March – 22. March 2011**

Tick where applicable and fill in using block capitals!

female    male   Date of birth: \_\_\_\_\_ season's goal: \_\_\_\_\_  
Day / Month / Year

Surname / first name: \_\_\_\_\_

Address: \_\_\_\_\_

post code / place: \_\_\_\_\_ Tel. (during the day): \_\_\_\_\_

I booked the trip at \_\_\_\_\_, and will be staying at Club La Santa from the \_\_\_\_\_  
to the \_\_\_\_\_ 2011.

Please notice: You are only allowed to register when staying at Club La Santa.

I hereby declare that I will keep to the regulations of the Master-Triathlon-Training camp. I accept that the organisation won't be liable for loss, damage, claims or costs that might result from me and/or my participation. I assure the organisation that my physical condition is suitable and that I take part on my own risk and responsibility..

\_\_\_\_\_  
Place, Date

\_\_\_\_\_  
Signature

Please send the completed and signed registration form by post or fax to the following address:  
Sportservice Holz, Karolingerstr.22 , D-67547 Worms , Fax +49 6241 – 88 644