



T R A I N · U N D E R S T A N D · A P P L Y

LONG DISTANCE TRIATHLON CAMP

14 DAYS. 3 DISCIPLINES. 1 PURPOSE.
BUILD YOUR ENDURANCE.

12.-26. JANUARY

COSTA TEGUISE, LANZAROTE



PURPOSEFUL TRAINING

Structured swim, bike & run sessions with PRO insights



LONG DISTANCE FOCUS

Endurance, fueling, pacing & key long-distance skills



SCIENCE IN PRACTICE

Insights into diagnostics, heat & altitude training and performance science



GROUP TRAINING

Train with motivated people at your performance level

FOR WHO?

FOR TRIATHLETES WHO WANT TO BUILD THEIR LONG-DISTANCE PERFORMANCE AND UNDERSTAND THE WHY BEHIND THEIR TRAINING

- ✓ You want to build your endurance for long-distance triathlon
- ✓ You are a recreational or experienced athlete
- ✓ You want to understand why and how you train
- ✓ You want to improve your fueling and pacing strategies
- ✓ You want to learn from elite sport and apply it to your own training

WHAT'S INCLUDED?



PURPOSEFUL TRAINING: SWIM - BIKE - RUN

Two weeks of structured training across all disciplines



PERFORMANCE SCIENCE

Practical insights and diagnostic tools used to understand endurance performance



FUELING IN PRACTICE

Develop and test fueling strategies for training and racing



RECOVERY & STRENGTH

Mobility, strength and regeneration sessions



HIGH-PERFORMANCE INSIGHTS

Practical insights from 20+ years of high performance sports - from training to race execution

INFORMATION

LOCATION: Vitalclass **** | Costa Teguisse - Lanzarote

MEALS: Half Board PLUS

ROOM: Junior Suite with Kitchen

DATE: 12.-26. January 2027

PRICE: from 2.590,- € / Person



ANNE HAUG
PERFORMANCE



READY TO JOIN?
MORE INFORMATION
& BOOKING

www.oceanandsports.com

