



P R E P A R E · O P T I M I Z E · P E R F O R M

RACE PREP

TRIATHLON CAMP

14 DAYS. 3 DISCIPLINES. 1 GOAL.

PERFORM WHEN IT MATTERS



14.-28. MAY 2027



LA SANTA, LANZAROTE



RACE-SPECIFIC TRAINING

Race-specific workouts to build endurance, speed and race confidence



TEST & OPTIMIZE

Test your setup, fueling and strategy in real conditions and optimize every detail



RACE / MENTAL PREPARATION

Race - specific pacing and mental strategies to execute under pressure



INTERNATIONAL GROUP

Train with motivated athletes around the world

FOR WHO?

FOR TRIATHLETES PREPARING FOR THEIR MAIN RACE AND WANT TO BE BEST PREPARED ON RACE DAY

- ✓ You have a solid endurance base and a clear race goal
- ✓ You want to train race-specific at the right intensities
- ✓ You want to test and optimize your setup, fueling and race strategy
- ✓ You want to be ready to race with confidence and no open questions

WHAT'S INCLUDED?



RACE-SPECIFIC WORKOUTS

Two weeks of structured and race-specific sessions across all disciplines



RACE PACE & INTENSITY CONTROL

Learn to hold your race pace, manage effort and respond to the demands of long-distance racing



MATERIAL & SETUP & FUEL TESTING

Test your position, bike setup, equipment, nutrition and transitions to ensure efficiency and reliability



RECOVERY & MENTAL FRESHNESS

Daily focus on recovery, and sleep to absorb the load and arrive fresh



MENTAL STRATEGIES & RACE EXECUTION

Insights from 20+ years of high performance sports - from decision making to race execution

INFORMATION

LOCATION: Club La Santa *** | La Santa - Lanzarote

MEALS: Half Board

ROOM: Comfort 1 Apartment with Kitchen

DATE: 14.-28. May 2027

PRICE: tba



ANNE HAUG
PERFORMANCE



READY TO JOIN?

MORE INFORMATION
& BOOKING



www.oceanandsports.com

