

ANNE HAUG

TRIATHLON CAMP

LANZAROTE

13 – 20 DECEMBER 2026

📍 Costa Teguisse

THE BASE CAMP

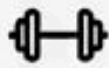
TRIATHLON CAMP

TRAIN. LEARN. IMPROVE.

A week of swimming, cycling, running, technique, strength and knowledge – open to all levels.



Guided training sessions in different ability groups (swim, bike, run)



Strength & mobility sessions



Workshops & practical knowledge (e.g. smarter training, pacing, nutrition, recovery)



Q&A sessions with Anne



Discover Lanzarote – train in an inspiring environment



A supportive and motivating community

PRICE (incl. hotel & half board)

Double room

€ 1,290

per person

Single room

€ 1,490

per person

OPTIONAL UPGRADE

PERFORMANCE UPGRADE

UNDERSTAND. ANALYSE. PROGRESS.

Add individual performance testing and analysis to your camp week and get a deeper understanding of your physiology and training.



Individual performance diagnostics

Lactate test, VO₂max, thresholds, Moxy (muscle oxygenation)



Analysis across all three disciplines

Video analysis & technique feedback (swim, bike, run)



Your individual training zones

Heart rate, pace and power zones



Personal debrief

60 min 1:1 – discuss your results and get concrete training recommendations

UPGRADE PRICE (in addition to camp package)

+ € 500

Limited to 6–8 spots for individual support.



THE DETAILS



HOTEL

Vitalclass ****

Costa Teguisse – Lanzarote



HALF BOARD PLUS

Healthy and varied cuisine



DATES

13 – 20 December 2026

ALL INFO & BOOKING →



ANNE HAUG
PERFORMANCE



OCEAN AND SPORTS