

LANZAROTE TRAINING CAMP

18 -25 MARCH 2026

Dear Athletes

Welcome to the Lanzarote Training Camp 2026. Our aim is to help you grow your skills in the sport of triathlon, provide insights into resilience thinking and mental wellbeing and having lots of fun at the same time. It is suitable for all levels of athletes from beginner to elite and the training program is designed to be flexible to suit all needs.

Things you need to know:

Fitness required:

To ensure your safety you must be comfortable on a bicycle, preferably around other cyclists, and able to cycle 40km.

For swimming you must be able to swim 400m unaided as we use a 50m pool with no shallow end. We want you to be comfortable in this environment.

What to expect from Lanzarote:

Wind, wind, wind! In March the climate is varied so temperatures can change by the hour! It is generally warm during the day but cooler in the evening. What is consistent is the wind with most days having some form of breeze. These can get quite strong so please do not bring aero wheels. It is also hilly so please try to ensure you have the right gearing for your capabilities.

What is included in your camp:

The alpha state training camp includes

- transfers from the airport in Lanzarote,
- half board accommodation with buffet breakfast and dinner that caters for all food options. Unless specified rooms are double shared. We found there was plenty of space for two people with bike boxes and bikes!
- Access to a coach who will support you during your week, analyse your data and provide feedback and areas of focus and improvement opportunities.
- 7 x 1 hour coached swimming sessions at the 50m lap pool. This will include video analysis and poolside coaching. There is also plenty of opportunity to do additional

sessions during quieter times. There will be an opportunity to do sea swims next to the hotel weather permitting.

- Daily cycle rides around the island of Lanzarote to match athletes training plans, abilities and focus. It is planned that there will be something for everyone. Included is an option for a longer big day out around the island which is likely to be a full day over 100 miles.
- Running sessions with a mixture of endurance and tempo. These will be coached sessions and there will be an opportunity to be videoed for gait and stride analysis. These sessions are normally done close to the hotel with some spectacular views of the ocean
- Access to a gym where it is possible to do S&C sessions, core work and stretching. Coaches can be on hand to provide advice and feedback.

What's not included in the camp costs:

Transfers to and from UK airport

Flights to Lanzarote – these will be booked separately, please see below

Lunches

energy nutrition

Bike spares

That's about it!

Flight Date and Times

London Luton to Lanzarote

Flight Number EZY2301

Departure

12:55 Wed 18th Mar

Arrival

17:15

Lanzarote to London Luton

Flight Number EZY2302

Departure

18:05 Wed 25th Mar

Arrival

22:15

Baggage Options

Small bag is included (laptop size) Max 45x36x20cm

Flight choices	Total to Pay
Flight with Bag (23kg) and Box (32kg)	£ 312.00
Flight with Bag only (23kg)	£ 182.00
Flight with Box Only (32kg)	£ 195.00

Conduct:

Alphastate coaching is a rich, diverse and inclusive community, and we want everyone staying at the hotel and who observe us on the road to view us as that. As ambassadors for our brand please respect everyone and refrain from language or actions that could upset other parties. Remember this is a family hotel and we should act accordingly.

Costs:

The cost per athlete is £825 with a deposit £160 being paid on sign up and the balance to be paid by 28th January 2026.

Example costs with flights:

Flight choices	Deposit due 24/01/26	Balance due 28/01/26	Total Trip Cost
Flight with Bag (23kg) and Box (32kg)	£ 472.00	£665	£1,137
Flight with Bag only (23kg)	£ 342.00	£665	£1,007
Flight with Box only (32kg)	£ 355.00	£665	£1,020

Everyone at Alphastate coaching is looking forward to making your week as fun and productive as you hope for and we can't wait to share this growth journey with you.

See you in Lanzarote!

Alpha State Coaching Team