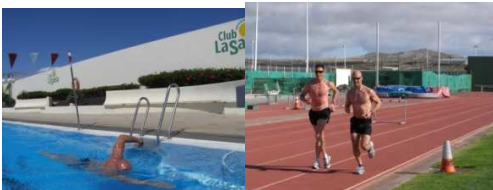


## Exeter Tri Training in Club La Santa 2009

Well for all of you who decided not to join in on the March 2009 trip to Club La Santa, Lanzarote you missed a real treat.

The entire week went very quickly with a variety of training including Club La Santa organised Ridge Run, Duathlon and Triathlon competitions.



The swim training took place in a fantastic 50M pool. Training sessions put together courtesy of Rob saw us all tripping up and down this pool a number of times!!!

The bike rides were amazing, riding through the lava fields and from coast to coast. The super smooth tarmac roads were a joy to spend so long on not to mention the fantastic warm weather conditions.

For running treats we all completed the Volcano ridge run, also had some time training on the track and taking runs around the lagoon.



ExeterTri Club made their presence felt.

There was of course plenty of time to enjoy other facilities at the complex.



Relaxing by the leisure pool.



Crazy Golf took its toll on some though!!!!



Guess who these belong to?????!



Evenings there to be enjoyed for those with the



stamina.

All that training required lunchtime re-fuelling.

### **And so on to 2010**

If you like the look of the above we will be arranging another trip out to Club La Santa Feb/Mar next year.

If you are interested in joining us for this pre-season training camp please let Sue Scott or Nicky Quant know as we will soon be starting to make arrangements for next year's club trip.