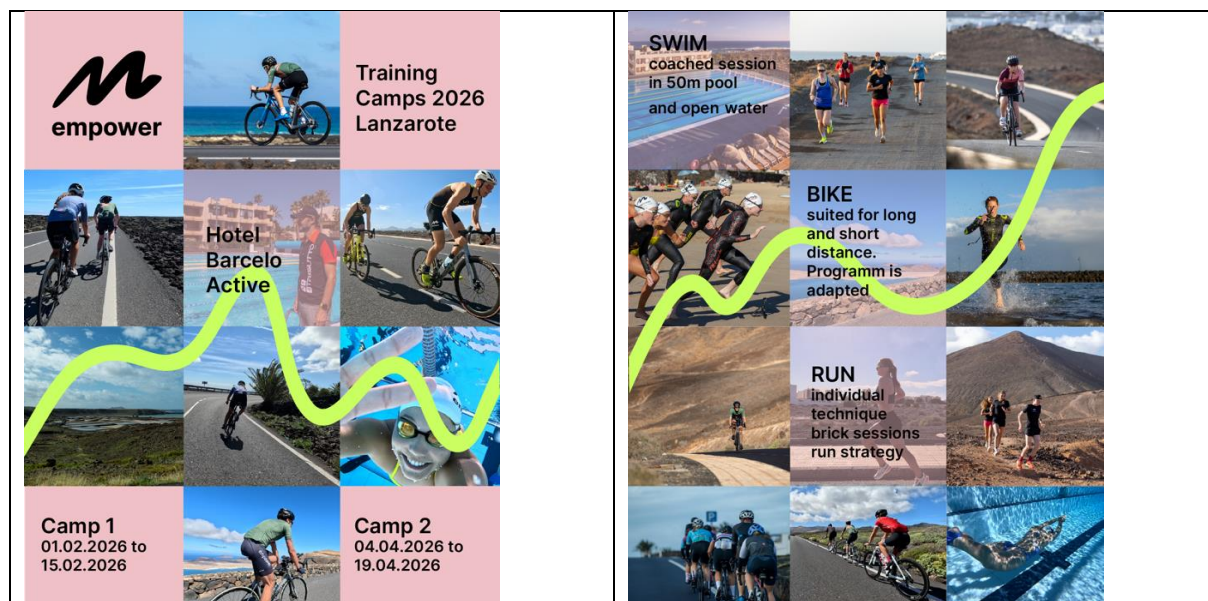


Camp Lanzarote 2026



Lanzarote Training base Hotel Barcelo Active Resort in Costa Teguse.

Camp 1 : 01.02.2026 to 15.02.2026

Camp 2 : 04.04.2026 to 19.04.2026 (arrival can be earlier due to Easter holidays)

(Can be booked for just one week, even though the programme is designed to be built up gradually)

The camp is aimed at triathletes who are motivated to build up their endurance foundation during the European winter. The programme is suitable for both short-distance athletes (e.g. juniors aged 16 and above) and those training for distances up to Ironman. The programme is tailored on participants level and goals.

Lanzarote offers stable training conditions (17 to 22 degrees, varied routes, relatively strong winds). Swimming training takes place in the famous Barcelo Active Resort swimming pool in Costa Teguse.

Recommended Lodging: Athletes can stay Barcelo Active Resort where the camp takes place. We offer attractive prices for accommodation and flight with TUI Brig. Please contact directly kerstin.tenisch-schwery@tui.ch

Price for coaching only: 490.- / week (pool entrance included for the coached sessions)

Discount for athletes coached by empower triathlon.

For more details on the camp, don't hesitate to reach out marco@empowertriathlon.ch

Example week schedule

(flexible due to weather and athletes level of fitness)

Arrival day : easy bike, short swim

Day 1: Swim, Bike, Run, adaptation day

Day 2: Double bike, Swim

Day 3: Double Run or brick, Swim

Day 4: Long Swim, optional Hike, easier day

Day 5: Swim + long Bike

Day 6: Swim and Long Run

Your coach :

Marco Schwab head coach at www.empowertriathlon.ch

My training base is located between Bern and Fribourg, where I coach athletes of all levels to help them achieve their sporting goals. In collaboration with the Bern swimming club, I have set up a triathlon training programme for young talent.

At the same time, I coach ambitious and motivated athletes who are committed to giving their all to achieve their sporting goals.

With my scientific background I combine consolidated methods with novel data driven training approaches. I'm truly convinced that simplicity is key in building a training strategy. Holding a healthy training routine with specific stimuli and individual adaptation over time brings success.

Based on precise qualitative and quantitative feedback from the athlete, I optimize the response to the stimulus applied on training over an iterative (agile) approach.

Certifications:

Trisutto coach since 2020 : I spent numerous camps alongside Brett Sutton while he was training world level athletes including Nicola Spirig and Daniela Ryf. I tailor my camps on the successful model of Trisutto camps allowing motivated athletes from all abilities to train together with a plan tailored to their level and needs.

Swisstriathlon A-Trainer : as part of the triathlon training programme for young athletes, I work with clubs to set up a training structure for talented youngsters. I have helped prepare athletes to join the national junior team and continue to work with the federation to enable these athletes to continue their development.