

Road to season 2024

Episode Tenerife





Trainings

[Tenerife O Camp – Google My Maps](#)

Some extra trainings

- Diamond Arenag Negra
- Intervals Chinyero Norte
- Arguayo sprint
- Puerto de Santiago sprint

GPS-tracking in use in most of the trainings. Probably not in the easy sprints.

Logistics

Flights

Arrival to Tene

21.2 15:20 Allu, Valtteri, Sanna, Eerika

22.2 10:20 Damiano, Marco

23.2 12:30 Philipp

24.2 11:45 Family Gaasenbeek

25.2 21:15 Karo

Departure from Tene

29.2 Valtteri

2.3 Damiano, Marco, Philipp, Family Gaasenbeek

5.3 Allu, Sanna, Eerika, Karo

Cars

During the camp checking all the time what is the most wise way to fill the cars.

Car 1 – (Driver Allu) 21.2-5.3

Car 2 - (Driver Philipp) 23.3-2.3

Car 3 – Gaasenbeek family



Accommodation

The villa has 4 bedrooms, a fully equipped kitchen with a dishwasher and an oven, a washing machine, and 3 bathrooms with a hair dryer and free toiletries. Towels and bed linen are available in the villa.

[Island Golf Villas Amarilla Golf \(Espanja San Miguel de Abona\) - Booking.com](#)

Beds:

Double bed 1: Dami + Marco

Double bed 2: Valtteri, PVA

Individual beds. Allu, Sanna, Karo, Eerika.

Food

Buying basic food together – breakfast, lunch, dinner, some basic snacks (fruits etc.).

Making food together in the accommodation. Eating possible some time in some restaurant.

1. Send to group if you have allergies or diets for the food.
2. Send to group if you have specialities which food you would like to make.
3. Sharing the food making duties etc. during the camp.

Wise to take some own box for the recovery food etc. after trainings.



Weather

Warm and sunny! Though many times windy and might be lot cooler when getting higher in the mountains (forest trainings mostly over 1000m). So take also bit warmer clothes the temperature might drop over 10 degrees when getting higher.

Payments

250€ for Allu 28.2. All paying same amount now and then after camp we I will check the exact individual costs.

IBAN: FI5356121120281552

BIC: OKOYFIHH

Rest after the camp when all the gasoline and food costs are clear.

Other activities

Games evening

Planning together.

