

The Kenya Experience

The perfect holiday for the running enthusiast; Combine the world's finest training location and expert coaching, with a unique opportunity to look inside the lives of the greatest runners in the world. Welcome to the Kenya Experience.

Why Iten?

- Standing at 2400m above sea level it is at the ideal altitude for endurance training
- The endless soft dirt trails are perfect for distance running
- Located on the escarpment of the Great Rift Valley – truly inspirational views and scenery.
- Ideal location to watch and learn from the approx. 800 elite runners based in Iten
- Friendly welcoming attitude of local people

Why HATC?

The High Altitude Training Centre provides:

- Full board accommodation
- All rooms have en-suite bathrooms
- World class training environment
- Well equipped gym
- 25m solar heated swimming pool
- Professional chefs cooking with home grown produce (individual dietary requirements met on request)

We will provide a full program of running training designed by our expert coaches. Our coaches have experience of working with elite Kenyan runners who have competed on the international stage as well as elite and non elite recreational runners from outside Kenya.

The training programs will be tailored to meet individual needs but will focus on giving each runner a unique and genuine experience of training 'The Kenyan Way.' Using methods such as Long Runs, Fartleks, Speed Workouts, Hills and easy recovery runs.

Of course non of the training runs are compulsory and each runner is free to decide whether to follow all, part of or non of the program which our coaches provide for them

As well as the running itself we will also provide you with the following during your stay:

Visits:

Chepkoilel/Kameriny Track

To see the Kenyan elite runners perform their speed work sessions is to watch poetry in motion. We will be there, with expert guides on hand to point out the superstars and champions.



St Patricks High School

St Patricks can hold claim to be the greatest running school of all time. With school records that most nations would be proud of and Olympians and world record holders among their alumni. St Patricks is widely acclaimed as having started the Iten running phenomena. The St Patricks school grounds pays homage to its own illustrious past, and it is the current home to the legendary coach Brother Colm O'Connell and world 800m record holder David Rudisha.

Visit to local Runners home

Visit the humble abode of a local runner in Iten and experience the famed Kenyan hospitality. An emerging runner allows you a glimpse into their world and to see the typical living conditions of Iten's runners. Meet and chat the runners.

Visit to Kenyan Athletes Training Camp

Visit the famed training camps where Kenyan's live together and train hard for running success. Meet and chat with the athletes living in the camp and learn about their experiences both in and out of Kenya

Imani Workshop

Providing women living with HIV an outlet for creativity and employment this workshop offers a range of authentic handmade arts, crafts and gift items.

Free Time for Shopping and Exploring in Eldoret

Eldoret is Kenya's fastest growing town, mainly due to the investments of the star runners. You will have time to explore and visit the town and shop for gifts and crafts in Eldoret's markets.

Visit Local primary School

The local Children are often one of the lasting memories people take from a visit to Iten. We will take you to one of their schools to meet the children and teachers and experience school life in rural Kenya.

Optional Visit:

Lake Nakuru National Park

Enjoy a spectacular safari at one of East Africa's favourite wildlife parks famous for its flamingos, Black Rhino's and Lions. This is a one day trip and will require an early morning start and you will arrive back to camp in the evening. (This activity carries an additional cost of £150pp)

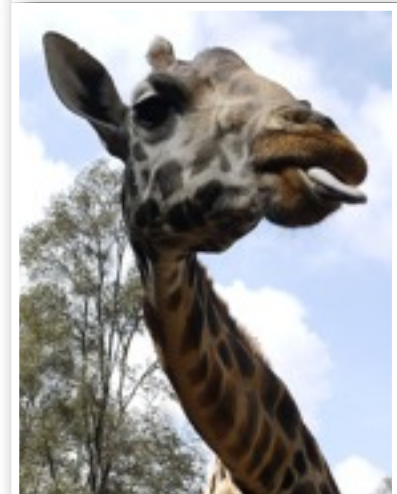
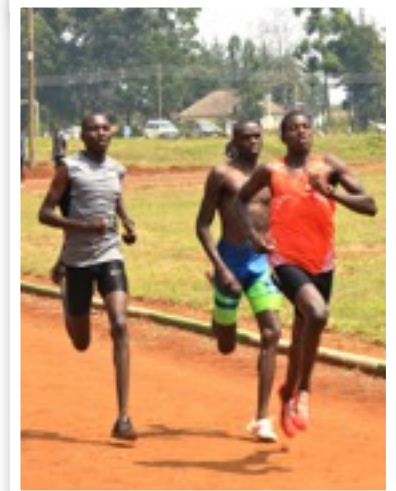
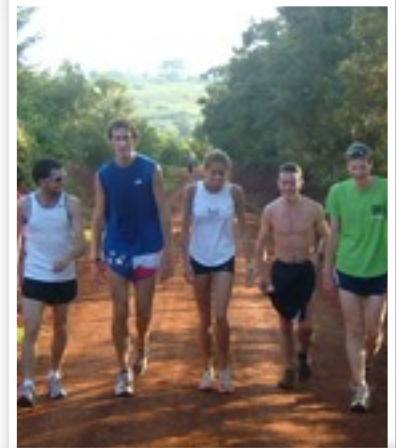
Training Seminars and Guest Speakers

Guest visit from Kenyan Champion runner

We will bring in a local guest runner to talk exclusively to you about their life and career. This is your chance to question a world class runner on their training and racing experiences. With so many to choose from your guest visit is sure to be from a truly exciting athlete.

Guest Visit from Up and Coming Kenyan Runner

Learn about and experience life on the other side of the coin with a guest visit from a young aspiring Kenyan Runner, or a 'Mid Level' runner training full time in Iten to try and break into the World Class Ranks of the superstars.



Seminars and discussions

Guest Coach of Elite Kenyan Runners

Discussion with a coach of Kenya's top International Star Runners. Learn about the training methods used by these top runners and talk and discuss these methods with the coach.

Lectures and Discussions with Resident Coaches

Our Coaches will sit with you and explain the training methods they used in their own running careers and what they now use with their athletes.

Practical Workshops:

Core Stability

Specific Exercises for runners to improve strength, balance and co-ordination

Stretching and Flexibility Workshop

Learn the exercises used by Kenyan Runners to maintain flexible and supple limbs.

Also included:

- Transport for all trips, visits and outings.
- Full Board Accommodation – 3 meals a day every day of the trip + Hot Drinks throughout the day and snacks mid morning and mid afternoon
- Full use of camp facilities (Gym, Swimming Pool, Sauna)

Price:

£899 (based on Shared Twin Room)

All Camps are 14days Long (Tuesday – Monday) Longer or shorter stays are available on request)

Additional Extras:

Lake Nakuru Safari = £150 (Including Transport from HATC, Safari Park Entry fees, Buffet Lunch, and Guided Safari in Lake Nakuru National Park with Professional Safari Guide and Van)

This can be booked in advance or arranged whilst you are already in Kenya.