



MARATHON CAMP KENYA

By RunningTrips.co.uk

A photograph of two male runners on a dirt path. The runner on the left is wearing a white t-shirt, dark shorts, and a black and white checkered visor, giving a thumbs up. The runner on the right is wearing a blue jacket with a white 'A' logo, dark pants, and bright yellow-green shoes. In the background, another runner in a blue shirt is visible on the path, which is bordered by green grass and trees under a clear sky.

AUGUST/SEPTEMBER
2023

What to expect during
August/September 2023
Marathon Camp Kenya

www.traininkenya.com



Marathon Camp Kenya

August 27th - September 9th 2023



Marathon Camp Kenya

Training camp with a specific focus on preparing for autumn marathon races, under the guidance of expert coaches and sports performance staff.

Suitable for:

Competitive runners of all levels who want to improve their marathon performance and/or prepare for a specific marathon race in the autumn..

Dates:

Arrival: August 27th 2023

Departure: September 9th 2023

Arrival: Throughout the day on August 27th. We will meet you on arrival at Eldoret Airport.

Departure: Outbound flights from Eldoret throughout the day on September 9th.
(Different arrival & departure dates can be accommodated)

Camp Status:

This trip is confirmed to go ahead on the stated dates.

Cost:

2 weeks £1350

What's Included

- 13 nights full board accommodation
- Return transfers from Eldoret Airport
- Coach and expert led running camp
- Local guide runners
- A full itinerary and training program centred around marathon performance, including coached sessions, seminars, Q&A's, meet & greets with local runners, and more.
- Full customer support in advance of your trip from our UK based team
- Marathon Camp Kenya T-Shirt
- Full financial protection

Transport:

All transport used during the camp, for airport transfers, trips and visits and attending training sessions will be in private hire vehicles. All drivers are professional and licensed to carry passengers. No public transportation will be used at any time.

Accommodation:

High Altitude Training Centre, Iten (HATC). Marathon Camp Kenya guests are accommodated in the HATC Deluxe Twin Rooms. These are equipped with en-suite private bathrooms with hot water showers.

Rooms are on a twin basis. If travelling solo you will be placed with another same-sex runner.

Limited single occupancy rooms are available.



Staff and Coaches

During Marathon Camp Kenya you will be hosted by our Head of Guest Relations Willy Songok who will be on hand at all times to ensure you are comfortable and have everything you need during your stay so that you can focus on your training and recovery without any stress.

We use only the highest quality staff, thus ensuring that your enjoyment, safety and training are maximised.

Willy is joined by a team of coaches including Collins Kibet and Richard Mukche, experts on Kenyan running, Additional sports performance staff will be joining us on this camp and these exciting announcements will be made in due course. Last year we were joined during Marathon Camp by Matt Bergin of Performance Team who led practical and seminar sessions on the biomechanics of running.

We will also be joined by our run guides led by captain Emmanuel, during all training session

Staff for this Camp include:

Willy Songok
Head of Guest Relations



Collins Kibet
Coach



Emmanuel Kipruto
Run Guide Captain



Richard Mukche
Coach



Additional Sports Performance
Staff to be announced



Booking Process

- Book your place using our online form at www.traininkenya.com/book/
- When we receive your booking details we will send an invoice for the £100 deposit which will secure your place. We will then send your welcome pack.
- 8 weeks from your arrival date we will send your invoice for the remaining balance, as well as your pre-camp information. The pre-camp information pack will contain everything you need to know to prepare for your trip, from Visa info to suggested items to pack.
- Your final payment is due 4 weeks prior to arrival.
- All money paid is 100% transferable in the event that you are unable to travel due to injury or illness.
- We accept payment via bank transfer or credit/debit card.

Any Questions? Email us at info@traininkenya.com and we will be happy to help



Insurance & Financial Protection



Book with confidence

In compliance with The Package Travel and Linked Travel Arrangements Regulations 2018, an insurance policy has been arranged with Travel & General Insurance Services Limited (t&g), to protect customers' prepayments in the unlikely event of financial failure,

Customers' prepayments are protected by a topp policy. This policy is provided by Travel & General Insurance Services Limited (t&g), registered number 02527363 and underwritten by Hiscox Insurance Company Limited (Hiscox), registered number 00070234. t&g and Hiscox are authorised and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (number 113849)

