



**A unique journey through running,
wellness and culture in the heartlands of Kenya**



**Travel Dates:
15th to 27th June 2019**





Highlights of this unique experience:

- *The best runners in the world:
Kenyan runners and their approach to training and life*
- *Dedicated staff and completely customized training
for each runner (yes: any level of runner!)*
- *Presence of Italian supervisor and sportswoman Mrs Chiara Raso,
with all her experience on Kenya*





The Heart of Kenyan Running ***Program from 15th to 27th June 2019***

Saturday, June 15th 2019

COUNTRY OF ORIGIN/FLIGHT TO KENYA

Departure from your country of origin; flights are not included in this package.

Sunday, June 16th 2019

ARRIVAL IN KENYA - ITEN

Arrival at Nairobi airport and flight to Eldoret, transfer from Eldoret airport to High Altitude Training Centre in Iten (approx. 1 hour by car; we can provide private car transfer, see quotation).

Start of our services:

Welcome meeting with Coach Timo and your Kenian pacer.

Check-in in your twin room at HATC.

Lunch (if your flight timings allow it).

After some rest, introduction to the local area and interviews in order to organize the best training plan for each guest.

In the afternoon: 40' easy run for those who want, and stretching at HATC gym.

19.00-20.00 Dinner.

20.15-21.00 Discussion of the training plan for the following day.

Monday, June 17th 2019

High Altitude Training Centre, Iten

7.30-9.00 Breakfast.

9.30 Easy run for the group with pacers (for those who would like to try the Kenyan way, the run can be done before breakfast.

Stretching and mobility at HATC.

12.30-13.30 Lunch.

14.00-15.00 Rest.

16.00 40' Easy run or Bike.

17.00 Core class with Coach Timo.

18.00 Optional Sauna.

19.00-20.00 Dinner.

Tuesday, June 18th 2019

High Altitude Training Centre, Iten

7.30-9.00 Breakfast.

9.00 Departure for Tambach Track: group session of drills and speedwork with Coach Timo.

11.00 Tea/Coffee break and rest.

12.30-13.30 Lunch.

14.00-15.00 Rest.

15.00 Meeting with Kenyan Elite Runner or Coach for a talk about culture, training and nutrition of Kenyan runners.

16.30 40' Easy run and drills session with Coach Timo.

19.00-20.00 Dinner.



Wednesday, June 19th 2019

High Altitude Training Centre, Iten & visits

6.15 or 8.30 Morning run with pacers.
7.30-9.00 Breakfast.
10.00 Visit of school at Coach Timo's Village (you are invited to bring books or school material as a present for the students).
12.30-13.30 Lunch.
14.00-15.00 Rest.
16.30 Warm up (running or bike).
17.00 Core class with Coach Timo.
18.00 Optional Sauna.
19.00-20.00 Dinner.

Thursday, June 20th 2019

High Altitude Training Centre, Iten

7.30 Breakfast.
8.30 Leaving for fartlek: watch the start and run the fartlek with your Kenyan pacer.
11.00 Tea/Coffee break and check point about your training so far.
12.30-13.30 Lunch.
14.00-15.00 Rest.
15.00 Meeting and talk with Elite athlete Victor Kimutai Chumo or Coach John Litei.
17.00 40' Easy run and mobility.
19.00-20.00 Dinner.

Friday, June 21st 2019

High Altitude Training Centre, Iten & visits

6.15 Morning run with pacers.
7.30-9.00 Breakfast.
9.00 Departure to Eldoret, visit to Amani Shop of local handcraft and to Toby Tanser's Hospital.
13.30 Lunch at HATC.
14.30-15.30 Rest.
15.30 Talk about road race planning for 2019.
17.00 Core class with Coach Timo.
19.00-20.00 Dinner.

Saturday, June 22nd 2019

High Altitude Training Centre, Iten (optional visit to Eldoret)

7.30 Breakfast.
8.00 Departure to Chekoleil or Tambach Track: drills and speedwork session with Coach Timo.
12.30-13.30 Lunch.
14.00 Optional second visit to Eldoret for shopping (additional cost € 20 per person).
As an alternative at 14.30: visit home of upcoming athlete.
19.00-20.00 Dinner.

Sunday, June 23rd 2019

High Altitude Training Centre, Iten & visits

7.30-9.00 Breakfast.
9.30 Singore Forest long run with pacers.
12.30-13.30 Lunch.
14.00-15.00 Rest.
15.00 Departure to Iten view point over the Rift Valley and walk up to the Waterfalls in Kessup Forest.
17.00 Visit to Kerio view.
19.00-20.00 Dinner.



Monday, June 24th 2019

High Altitude Training Centre, Iten

6.00 – Leaving for Moiben Road Long run.
9.00 Breakfast and rest.
10.30 Stretching and mobility.
11.00 Tea/Coffee break.
12.30-13.30 Lunch.
14.00-15.00 Rest.
14.30 Visit to Run Fast Training Camp.
16.15 Warm up (easy run or bike).
17.00 Core class with Coach Timo.
18.00 Optional sauna.
19.00-20.00 Dinner.

Tuesday, June 25th 2019

High Altitude Training Centre, Iten

7.30 Breakfast.
8.00 Leaving for track session at Lornah's Track: drills and speedwork with Coach Timo.
11.00 Tea/Coffee break.
12.00-13.30 Lunch.
14.00-15.00 Rest.
14.00 Optional visit to Moiben Road Giraffe's Park (additional cost € 20 per person).
As an alternative at 16.15: Easy run.
17.00 Core stability class with Coach Timo.
19.00-20.00 Dinner.

Wednesday, June 26th 2019

High Altitude Training Centre, Iten & Departure

6.15 or 8.30 Morning run with pacers.
7.30-9.00 Breakfast.
10.00 Visit to Saint Patrick's School.
12.30-13.30 Lunch.
14.00-15.00 Rest.
15.00 Final meeting with Coach Timo and local staff: greetings.
Depending on your flight's timing: departure to Eldoret airport ([see separate price for this private car transfer](#)).
Departure of your flight to your country of origin; [flights are not included in this package](#).

Thursday, June 27th 2019

Connection flight and Arrival in your country of origin

Connection flight and arrival in your country of origin.



Our Accommodation:

HIGH ALTITUDE TRAINING CENTRE

Iten, Kenya



Iten is a town along the Elgeyo escarpment. The altitude of 2400 m. / 7900 ft. above sea level is **ideal for high altitude training**. From recreational runners to elite level athletes, everybody is welcome in the HATC. Trainers and coaches are trained to deal with runners of all kind of levels.

This top level training centre was founded by world champion Lornah Kiplagat and offers twin rooms with ensuite bathrooms and hot water, full board with local professional Chefs preparing menus based on local products 90% of which come fresh from the Centre's Organic Farm and harvested the same day. TV room, well equipped Gym (Cardio and Weight Machines, free Weights, Balls, Steps and Floor mats), Tartan professional Track for training, 25 mt swimming pool and sauna.

Iten and High Altitude Training Centre welcome you to the Home of Champions!



The Heart of Kenyan Running

Program from 15th to 27th June 2019

**PARTICIPATION FEES per person, based on shared twin room accommodation,
min. 4 participants
€ 1.580,00**

Single room supplement: € 150 (limited availability, please ask)

Return private car transfer Eldoret airport/HATC

€ 60 per person

Above prices include:

- 10 nights accommodation in shared double room at High Altitude Training Centre in Iten
- Full board at High Altitude Training Centre
- Water during meals, coffee and tea
- Use of all Training Centre facilities (Gym, Swimming pool and Sauna, TV room)
- All activities and training sessions listed in our program
- Customized training for each runner and level of running, by Kenyan coach
- Customized non running trainingz (gym etc)
- Visits listed in our program

Above prices do not include:

- Flight to/from Eldoret to your country of origin
- Visa
- Travel Insurance
- Transfer from Eldoret airport to/from HATC (see above supplement)
- Incidentals and personal expenses, drinks and snacks outside mealtimes
- All what is not clearly mentioned in 'Above prices include'

**Pricing and Program will be confirmed with minimum 4 participants
DEADLINE FOR REGISTRATION: May 15th, 2019 (or earlier if unavailable)**

DOCUMENTS:

Non-italian participants are requested to check mandatory travel documents (passport and expiry, Visa and vaccins) through the relevant Authorities in their own country of origin.

Non-italian participants are requested to issue a personal health and repatriation insurance in their country of origin.



Bookings

Registrations: please fill in our **ENTRY FORM** + the form with **LIST OF SERVICES**

Penalty fees in case of cancellation

- 30% of the rate for cancellation up to **90 days** before the departure
- 50% of the rate for cancellation from **89-60** days before the departure
- 75% of the rate for cancellation from **59-30** days before the departure
- 90% of the rate for cancellation from **29-16** days before the departure
- 100% of the rate for cancellation from **15 days** before the departure
 - in case of NO-SHOW
 - in case of non-regular personal expatriation documents

Issued air tickets are not refundable and cannot be amended.

IDEA AND GENERAL ORGANIZATION:

TTS Srl – Mrs Chiara Raso – Aosta - Italy - chiara.tts@gmail.com

TECHNICAL ORGANIZATION and REGISTRATIONS:

Melville Travel Agency – Born 2 Run Reggio Emilia - Italy born2run@melville.it +39 0522 272266

This program has been issued: 14/01/2019