



# The Kenya Experience

Running camps in the heart of the Great Rift Valley

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
- Warm year round temperate climate
- Located on the escarpment of the Great Rift Valley – truly inspirational views and scenery (watch the sun rise over the valley every morning run!)
- Ideal location to watch and learn from the approx. 800 elite runners based in Iten
- Friendly welcoming attitude of local people
- Easily accessible from the UK and only a 2 hour time difference
- High altitude means malaria is not an issue



## Why HATC?

Here at the High Altitude Training Centre we provide:

- Full board accommodation comfortable with rooms and en-suite bathrooms
- World class training environment
- State of the art gym
- 25m solar heated swimming pool
- Conference facilities for training seminars
- 3 meals a day and hot drinks throughout the day
- Professional chefs cooking with our own home grown produce (individual dietary requirements met on request)

## Schedule:

Arrival PM arrive Nairobi International Jomo Kenyatta Airport

Day 1: Nairobi Sightseeing/Tourist Trips and Transfer to Lake Nakuru

Day 2: Safari at Lake Nakuru and cross the Equator line as we Travel to HATC

Day 3 – 14: Based at HATC, Iten

Day 14: Transfer to Eldoret for internal flight transfer to Nairobi Jomo Kenyatta International Airport

## Visits:

### 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. We will arrive in the early evening, enjoy a campfire style dinner before settling down for the night. The following morning we will rise early to enjoy the animals at their most active.



### St Patricks High School

St Patricks can hold claim to be the greatest running school of all time. With school records that a small nation would be proud of and Olympians and world record holders galore 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.



### 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.



### Visit to local Runners home

Visit the humble abode of a local runner in Iten and experience the famed Kenyan hospitality. A cup of hot Chai is sure to be on the menu as an emerging runner allows you a glimpse into their world.



### Guest visit from Kenyan Champion runner

We will bring in a local guest runner to talk exclusively to you about their life and career. 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.



### Dinner at Moses Tanui's restaurant

Moses won the World Championship 10000m in 1991 and in 1993 became the first man to run below an hour for the half marathon. These days Moses is a successful businessman. We will visit Moses at his restaurant for lunch and offer guests the opportunity to have their photo taken with the man himself\*

\*Moses is a close friend of the program and excited to welcome our guests. However, Moses personal schedule cannot 100% guarantee that he will be present for all visits.

## **Emani 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.

## **David Sheldrick Wildlife Trust Elephant Orphanage**

Meet the orphaned elephants rescued from the wild. Watch their keepers feed them their favourite meal and listen to the story of their rescue and rehabilitation back into the wild.

## **Giraffe Centre**

This is close up encounter with one of Kenya's most intriguing animals where you get to feed a giraffe from your own hand!

## **Training Seminars**

**The Magic of Iten** – Why do hundreds of elite runners base themselves in Iten?

**How to run like a Kenyan** – How do the Kenyans Train?

**Running Free** –Running like a Kenyan (running form).

**Key ingredients of a successful training plan** – Improve your performance from 5k to the marathon.

**Practical nutrition for the busy runner** – How to incorporate the Kenyan diet into your own busy lives.

**How to develop your own training plan** – Incorporate the lessons learned in your own running.

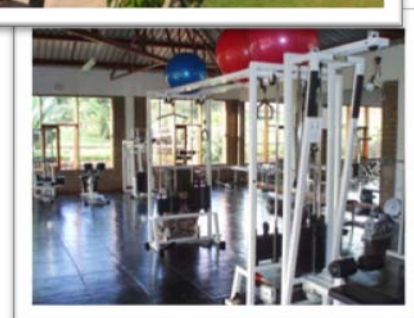
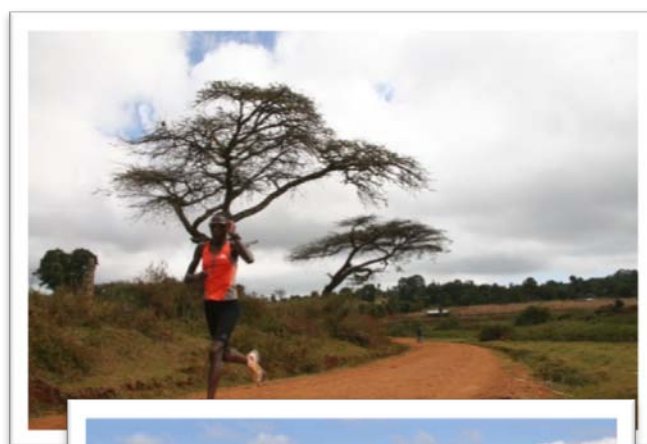
### **Practical Workshops:**

**Cross Training for enhanced running performance** – How to utilise other forms of training for maximised running performance.

**The importance of core stability** – Why core strength is vital to your running performance and how to develop it.

**Stretching and Flexibility Workshop** – You will see Kenyans hoisting their legs to some unlikely places during the post run stretch, find out why flexibility is important and learn the best routines for distance runners.

**Drills and exercises to improve and develop running form** – Practical session on specific drills and exercises to improve your efficiency and running style.



### Also included:

- All internal transfers and transport including internal flight from Eldoret - Nairobi
- Entry, local taxes and transport price for all trips, visits and outings.
- 3 meals a day every day of the trip including arrival and departure BBQ's
- 2 personal sports massage appointments (60minutes each)
- Full use of camp facilities (Gym, Swimming Pool, Sauna)
- Fun group activities
- Kenya Experience Technical Training T Shirt
- 24hr access to experienced staff there purely to make your trip enjoyable

For more details please visit [www.lornah.com](http://www.lornah.com)

Email [kenyaexperience@lornah.com](mailto:kenyaexperience@lornah.com)

A typical Kenya Experience Holiday lasts 2 weeks and costs £899pp. For group bookings holidays can be tailored to your requirements.

**Group Bookings available throughout the year** (minimum 6 participants) - email your requirements

**Camps for individuals/couples/small groups:**

**15<sup>th</sup> March - 29<sup>th</sup> March 2011** - Perfect preparation for London Marathon 2011

**9<sup>th</sup> August - 23<sup>rd</sup> August 2011**

Additional dates available on request.

### Special Discounts for Running Clubs and Groups.

#### **Book By 31/12/2010**

Minimum 6 people = £50 discount per person

Minimum 12 people= £50 discount per person & 1 free place per group

#### **Book by 28/02/2011**

Minimum 12 people = 1 free place per group

Please quote 'Club Discount' in email correspondence or on booking form to receive your discount.