

EXAMPLE ITINERARY KENYA CAMP*														
DAY	TIME													
	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20
Sun	Arrivals throughout the day						Lunch		Arrivals throughout the day		Welcome Meeting		Dinner	
Mon		7.30: easy run	Breakfast		Walk through Iten. Relax and drink at View Point			Lunch				Strength exercises		Dinner
Tue	5.30: depart for Eldoret	Track session + watch elite runners		Seminar 1 (Sylvia Kibet)			Lunch				Visit St. Patrick's High School		Dinner	
Wed	6.30: easy run	Breakfast		Walk to waterfall			Lunch		Meet and greet		optional second run		Dinner	
Thu	Breakfast		8.00: workout			Seminar 2		Lunch			Strength exercises		Dinner	
Fri	6.30: easy run	Breakfast		Visit shoe stores and bracelet shop			Lunch						Dinner	
Sat	Long run on forest trails			Breakfast			Lunch		Optional Two day wildlife safari at Lake Nakuru national park (\$ 210)				Dinner	
Sun		Breakfast	optional church visit		Kerio valley hike		Lunch at Lelin Campsite						Dinner	
Mon	6.30: easy to moderate run	Breakfast			Seminar 3		Lunch		Meet and greet with elite athlete		Strength exercises		Dinner	
Tue	6.15: depart for Eldoret	Track session Eldoret		Breakfast at Java	Visit to Creation Hyve			Lunch					Dinner	
Wed	6.30: easy run	Breakfast					Lunch				Visit traditional Kalenjin house		Dinner	
Thu	6.30: easy run	Breakfast			Seminar 4		Lunch				Strength exercises		Dinner	
Fri	Long workout on Moi Ben Road			Breakfast				Lunch at Kerio View					Dinner	
Sat	6.30: easy run	Breakfast		Departures throughout the day			Lunch		Departures throughout the day					

\* The itinerary may change due to unforeseen circumstances, but the general offering will not be compromised.

At your leisure	Training session	Seminar	Activity	Meal time
-----------------	------------------	---------	----------	-----------