

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	Arrival					Lunch	Arrival	Welcome meeting	Walk through Iten + drink at View Point		Dinner			
Mon		Easy run	Breakfast		Seminar 1	Lunch	Optional visit to sports- and bracelet stores	Strength exercises		Dinner				
Tue		Easy run at Kamariny Track Iten		Breakfast		Lunch	Visit St. Patrick's High School			Dinner				
Wed	Easy run		Breakfast	Walk to waterfall			Lunch				Dinner			
Thu	Easy to moderate run on forest trails		Breakfast		Seminar 2	Lunch		optional second run		Dinner				
Fri	Easy run		Breakfast		Workshop: how to make chapatis	Lunch	Visit traditional Kalenjin house	Strength exercises		Dinner				
Sat	Small Breakfast	Workout (intervals)		Big Breakfast	Optional two day wildlife safari at Lake Nakuru national park (€ 259)						Dinner			
Sun		Breakfast	Optional church visit / Or wildlife safari Lake Nakuru			Lunch	Optional two day safari				Dinner			
Mon	Easy to moderate run		Breakfast		Visit athletes at home	Lunch	Seminar 3	Strength exercises		Dinner				
Tue	Small Breakfast	Track session Eldoret		Breakfast at Java	Seminar 4 - Sylvia Kibet	Creation Hive	Lunch				Dinner			
Wed	Easy run		Breakfast		Performance traditional dancers	Lunch		Meet and greet elite runner		Dinner				
Thu	Easy to moderate run		Breakfast	Visit Kamokos or Kolol Primary school			Lunch	Seminar 5	Strength exercises		Dinner			
Fri	Small Breakfast	Long workout on Moi Ben Road			Big Breakfast			Lunch at Kerio View		Seminar 6	Dinner			
Sat	6.30: easy run	Breakfast		Departures throughout the day			Lunch	Departures throughout the day						

At your leisure

Training session

Seminar

Activity

Meal time

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