

Alpine Trail Running

Introduction to Alpine Trail Running
Alpine Trail Running
£799 or 920 Euros
Moderate

Are you a regular runner, running up to 10km or half marathon in distance, who would enjoy the opportunity to run in the mountains? Then join us for a week in the Chamonix Valley, France, running amongst some of the highest mountains in the world, with coaching from a World Champion athlete.

This is a unique opportunity to learn the fundamentals of Alpine Trail Running with the added challenge of entering a race at the end of the week. Chamonix offers several annual events on mountain trails which include: a 10km, half & full marathons and ultra distances. Previous experience of off-road running would be an advantage - but not essential.

- Be coached on trail running and gain expert advice
- Enter a local 10km trail run or the half marathon
- Enjoy classes in core stability and Yoga classes
- Pre race massage included
- Relax in the evening in your fully catered chalet with a hot tub and sauna
- Enjoy running with stunning views of the Mont Blanc range

[Click here to read the Health & Fitness Magazine's 2009 review](#)

[Departures](#)

Coaches



Lizzy Hawker

Sponsored athlete: 2006 100km World Champion, 2007 & 2008 Winner of Ultra-Trail Tour du Mont Blanc (165km), Swiss Alpine Davos (78km), Zermatt Marathon. Lizzy is also an Aspirant International Mountain Leader.

Julia Tregaskis-Allen

International Mountain Leader and Personal Trainer, trail runner & nordic ski teacher.

Itinerary

Day 1 Arrival in Chamonix Valley

We meet you at your chalet in Argentiere in the evening when we will brief you on the week and answer any questions.

Day 2 Run in Chamonix

We aim to spend the day enjoying a run with views of the Mont Blanc Massif.

- Local Run - we will use this run to familiarise ourselves with the 10km race route
- Introduction of different running techniques to tackle different types of terrain
- On our return we will cover what to carry, wear and preparing your mind, body and feet for the longer distance
- Nutritional advice whilst on the move
- Core stability work out for the trails and stretching
- Enjoy a relaxing sauna and soak in the hot tub

Day 3 Hill Walk

Our chalet base is ideally situated as we can hike from the door, with the use of poles, gaining essential acclimatisation over some of the 22km race route. Whilst out in the mountains we will start familiarising ourselves with map reading and the following:

- The need to acclimatise for your event and training, staying healthy
- Running with poles: on hills - technique involved
- Knowing the route - route choice and introduction to mountain navigation, night running!

In the evening before dinner there will be a talk given by Lizzy Hawker on her background and adventures worldwide!

Day 4 Run in Vallorcine

We will be taking the Mont Blanc Express - one of the world's most picturesque train journeys to the neighbouring valley of Vallorcine. The run is not designed tire us out but to keep the body gently ticking over but put together the techniques learnt.

We will have a low level run to access a cable car. We shall use this to gain height and then continue with a run along some of the Tour du Mont Blanc circuit. We will take a break up high to benefit from the higher altitude. On our descent we will look at good descending techniques.

Day 5 Rest Day - from running!

- We start the day with a Yoga class and a good stretch.
- Time to look at future goals & creating a training programme - going the extra mile!
- Running routes on a variety of terrain. How to plan runs in new areas be it near you, on business or abroad. How to navigate on the move and mountain hazards to consider.

The rest of the day is for you to enjoy exploring. Perhaps take advantage of the local swimming pools or just relax and enjoy the mountain scenery from your hot tub!

- Use of sauna & hot tub
- Pre Race Massages at your accommodation - from 3pm

Day 6 Easy Run

- 20-30 min run with little bursts of speed to wake the legs up!
- Getting Organised to race and take part! Benefit from the support of others prior to entering a race abroad and get answers on all those questions of what to take in new terrain and weather conditions
- Registration & pre-race briefing
- Enjoy a relaxing stroll in Chamonix

Day 7 Race Day (optional)

- 10km and Half Marathon Race day - for those that would like the challenge! Or enjoy a day to explore the area and support the races.
- Home for dinner and medals!

Day 8 Departure Day

If time allows there may also be the opportunity to watch some of the Mont Blanc Marathon which could be next years challenge? For your information the advert for this years event is given below. If you wish to stay on any extra nights we are happy to advise on the options available.

Accommodation



Our chalet accommodation is located in the village of [The Yeti Lodge](#) Argentière. The chalet has a sauna, hot tub and wonderful views of Mont Blanc. The bedrooms are twin or triple bedded, so you should be prepared to share your room with one or two course participants. The group also has the use of the very comfortable lounge area which has a real fireplace, satellite TV & DVD and free WIFI. There is a secure underground car park and overnight shoe dryers in the basement. Most meals are included (breakfasts, packed lunches and 6 three-course evening meals).

Price

Included: All meals (except one evening meal) based on shared accommodation in a luxury chalet with hot tub and sauna. Coaches fees and their expenses, pole hire, massage, yoga and core stability class, lift use on 2x mountain days.

Not included: One evening meal, insurance, drinks, flights and transfers any extra activities out with the itinerary.

Minimum numbers

This week will run once a minimum number of 8 clients have booked, we will accept up to 16 people between 2 mountain leaders.

Insurance

Please note that you must have the appropriate insurance for your chosen activity. As we will be from time to time in the mountains you must be covered for helicopter rescue, repatriation and medical costs. With regard to this please be sure you have read the Insurance section in our [Terms and Conditions](#).

Further Information

Upon booking a full kit list will be provided along with booking details for the races. The itinerary is designed to cover the essential information for those starting out or wanting to improve in trail running. The coaches will split the groups appropriately to ensure you get the most out of your week. We will certainly cover all aspects of the itinerary but due to changing mountain weather conditions we ask you stay flexible so that we can get the most out of each day.



If you would like to consider any extra nights in the valley or to enter the full marathon on the Sunday then we can also advise on this. We presume that most clients would like to try competing in the weekend events therefore we urge you enter the event online as soon as you commit to the trip. To do so follow this link to the Chamonix Club des Sports website:

<http://www.montblancmarathon.fr/index.php?rub=66&langue=an>

If you are less concerned about entering the race or are not competitive with your time and want more time out exercising then why not consider hiring bikes, using the pool or trying any of the other sports Chamonix has to offer for further cross training. Whilst staying in the Argentiere chalet you will receive a pass to allow you travel free travel by train and bus up and down the entire Chamonix Valley.

Travel

Chamonix is easily reached from Geneva airport by transfer, train, bus or car. It is a drive of approximately 1 hour 15 minutes. Please ask for information on the best options.

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No



Out training
with views of
Mt. Blanc