

Trail Running Camps

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£1095 or 1315 Euros
Moderate

Our Trail Running Camps are designed for all runners wishing to either improve their performance or 'get started' off-road. We base our camps in Chamonix, France where you are spoilt for choice with both trails and views of the Mont Blanc range. During your week our experienced coaches will share their expert advice and provide you with a balanced itinerary of running, coaching tips and relaxing. Our camps are ideally suited to regular runners or for those who are active and would like a new way to exercise. Run with us in the heart of the French Alps where it will be the views that will take your breath away. You don't need to be a marathon runner or a speed demon to join our running camps. If you can run 10km - at any speed - and love running, then our trail running holidays are for you!

More than your average running camp

Not only will you simply have fun running in the mountains with like-minded friends, but you'll also learn a LOT!

- Run with a 'pro' on nature's trails with mountain vistas
- Healthy, balanced BUT delicious food created by our chef/nutritionist
- Accommodation in a luxury mountain chalet
- Learn how to plan, navigate your own routes
- Expert advice on: nutrition, equipment, clothing, racing, training & keeping safe
- Core & flexibility classes
- Complete Fitness Test
- A Sports Leg Massage

We aim to offer a comprehensive week of fun and facts so that you can go home feeling confident and informed to explore. The skills learnt can be transferred to many other adventure sports.

[Departures](#)

Off-road running on trails and amongst the hills has grown in popularity in recent years. Running with nature can add many new dimensions both to your health and to your sport. By taking to the trails runners find that they can escape by getting off the beaten track and get to discover new places. Varying your training and building up your off-road running can help prevent sports injuries and improve your strength and fitness along the way.

Itinerary

Day 1 Arrival in Chamonix Valley

You will meet your coaches at your chalet in the evening who will brief you on the week ahead. Afterwards, relax and unwind by tucking into the first of many tasty dishes to come. Our chef & nutritionist has designed the perfect 'runners' menu for the week. A healthy and nutritious selection of delicious meals all with locally sourced produce.

Day 2 Chamonix Valley Run & Complete Fitness Test

Morning: An easy run with stunning views of the Mont Blanc range. Speed is not an issue! To ensure that you get the most out of your week we will have two coaches available on our group runs to enable us to have two groups if necessary.

Afternoon: We complete our first day with a series of (non-frightening!) fitness tests and user friendly ways that you can assess and monitor your own fitness improvements. Our Complete Fitness Test (including heart rate zones), body composition analysis, video biomechanics analysis is a 1:1 consultation and the full report can be printed to take home.

We will also cover what we will need to carry & wear for our mountain day.

Each afternoon time will be set a side for the sports leg massage - an important time to repair and restore.

Day 3 Mountain Highs & HRMs

Full Day: Our chalet base is ideally situated to access the mountains from the front door! We plan for a full day out taking a light lunch and snacks and explore some of the many trails the valley has to offer both walking and running. During the day you will learn running techniques to tackle different types of terrain and route choice. As we progress we will get use to using maps and introduce simple, effective navigation along with advice on route choice.

If you have a heart rate monitor (HRM) then bring this along as we will use the information found from the fitness tests the previous day to help with our training,

Day 4 Learn to Love Hills!

Morning: A morning run looking at running 'drills' (don't be scared...) and training methods to strengthen your legs for both on and off road. We will also have a session to try running poles - a great help if on a steeper climb.

Afternoon: Injury prevention and nutritional & hydration advice for pre, during & after racing and training. Stretching and flexibility class.

Day 5 Vallorcine Valley

Full Day: We take the Mont Blanc Express - one of the world's most picturesque train journeys to the neighbouring valley of Vallorcine. Today we will run along some of the famous 'Tour du Mont Blanc' walking circuit following the trails of the Chamonix Marathon. On our way we will progress our navigation skills further and introduce the use of GPS. We will cover 'night-running', mountain hazards, weather, terrain, emergencies and how to handle/ avoid them!

Day 6 Goals setting, Core Class & Free Afternoon

Morning: We look at ways to improve our strength and stability with a gym based Core Stability work out. Discussion forum on how to prepare the mind, body and feet for the longer distances. We will take time to plan your next adventures and how to train most effectively for them we will venture into how to go for longer and pushing harder.

Afternoon: Time to explore Chamonix or just relax and hit the spa!

Day 7 Peak Performance!

Full Day: Today is all about putting everything into practice. Looking at the weather, setting a route, having the right equipment and the 'know how' to plan a fun full day out in on the trails. We plan to run/hike to a 'summit' to ensure that you finish your week on a true high! We'll cover some distance and height to gain unforgettable views and memories. You will go home with the confidence and motivation to hit the trails when you return home.

Evening: Final meal and farewells.

On the 30th June 2012 Chamonix hosts 2 trail races; the 10km and the half marathon known as the Cross. The atmosphere that week is always exceptional and as a runner you just want to be involved. If you wish to take part or to watch this even then please us know and we can accommodate this into your week.

Day 8 Departure Day

For those interested the Chamonix Marathon is the 1st July 2012. If you wish to stay on any extra nights to watch this event we are happy to advise on the options available.

Meet the Coaches: Steph Lightfoot & Julia Tregaskis-Allen



Steph Lightfoot: owns
'Be Pure Fit'

Chamonix's new fitness suite. Steph has been based in the Alps for 15 years and it is fair to say that she loves pretty much all mountain sports! Her running achievements match her fitness qualifications. Both lists are endless. She's fully qualified in France and the UK to Personal Train and has a Nutritional Diploma. Steph is a Sports Therapist and offers Remedial Massage, Postural & Biomechanics Analysis, Triathlon coaching and teaches 'Anatomical Yoga'.



Julia Tregaskis-Allen: works full time as an International Mountain Leader and cross country ski teacher. She's happy to admit that everyday her office window has a new view! Julia's sporting vices are nordic ski marathons, trail, fell and mountain marathons, climbing and biking. Her life before the mountains was as a personal trainer and triathlete.

A week in Chamonix surrounded by beautiful mountains can't fail to be inspiring. Our focus during that time is to give you the tools of the trade to continue exploring when you get back home. We will give you advice and training plans to help you enjoy and get the most out of your future challenges, fitness goals or races. All sessions within the week will be tailored appropriately to your ability.

Accommodation



We stay in a luxury chalet within easy reach of the centre of Chamonix. Our chalet was recently renovated with en suite twin rooms, spacious living and dining area, plus TV lounge, free wifi, and

gorgeous garden - where you can enjoy the incredible views of Mont Blanc while relaxing in the hot tub, stretching on the terrace, or sitting in the sun with a cool drink!

Included: Half board accommodation based on two people sharing in a luxury catered chalet, a planned runners menu by a qualified nutritionist, 2 x coaches, 1x single cable car ticket, equipment hire for all sessions within the itinerary, 1 x sports massage, flexibility and core classes, fitness testing & trail run training.

Not included: Flights and airport transfers, insurance, lunches and drinks, maps and race entry during the Chamonix Running week.

Minimum numbers

This week will run once a minimum number of 4 clients have booked, we will take a maximum of 12.

Insurance

Please note that you must have the appropriate insurance for your chosen activity. As we will be running 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. The itinerary is designed to cover the essential information for those starting out or wanting to improve their trail running. 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 join our June dates that coincide with the Chamonix Marathon and other trail races and would like to take part then please ask for more details on how to enter or visit the Chamonix Club des Sport website.

To get the most out of your week we suggest that you buy a copy of the French IGN: Chamonix Massif du Mont Blanc 1:25,000 map this is available on arrival or online. Compasses would also be useful. Some are available for loan during the week.

Travel

Chamonix is easily reached from other European & Worldwide destinations by road, rail,

coach or plane. For suggested travel links please refer to our Booking & Information pages for further details. Geneva is the closest international airport, only 1 hour 15 minutes away by road, making shared transfers, buses or trains easy to arrange. Please contact us if you need further advise on your specific travel requirements.

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[Trail Running Camp](#)

No



Run with nature