

# NEW EXCLUSIVE: Chamonix Trail Running Camp

NEW EXCLUSIVE: Chamonix Trail Running Camp

NEW EXCLUSIVE: Chamonix Trail Running Camp

From: £895

Intermediate

Tracks and Trails will be working with sponsored athlete and director of x-training school, Chloë Lanthier, offering a unique collaboration of skills and experience. Our carefully designed running camp is designed to improve your trail and over all running performance whilst in the heart of the French Alps.

We are delighted to be combining Chloë's specialities in trail running/training and sports specific rehab & performance, with our experience and knowledge of the mountains to offer you this unique running experience.

Designed for regular runners wishing to improve their performance we base this week in what is now seen as the 'running capital of the world', Chamonix. Experience running on sections of the Ultra Trail du Mont Blanc and the Marathon du Mont Blanc while surrounded by awe-inspiring vistas and glaciated peaks.

## *Expert coaches and beautiful trails!*

Not only will you simply have fun running in the mountains with like-minded people, you will also learn A LOT!!!

- Expert coaches: Chloë Lanthier of [xtrainingschool.com](http://xtrainingschool.com) & International Mountain Leader Seb Gros
- Techniques to get faster & stronger!
- Option to join without accommodation
- Hill training: climbing and descending drills and form training
- Video analysis review: beginning and end of camp, see your improvements!
- Route planning
- Advice on equipment, clothing, racing, training and nutrition
- Traditional 3\* mountain hotel with pool and spa facilities
- Private room available
- Learn to stay injury free
- Yoga class

Running with nature can add many new dimensions both to your health, mind and other sports. Getting off the beaten track and varying your training with time on the trails can help prevent injuries, improve your strength and fitness and provide an easy way to explore the great outdoors, where ever you are.

**LOVE RUNNING? THEN YOU'LL LOVE THIS. TRAIL RUNNING IN CHAMONIX.**

`<iframe width="560" height="315" src="https://www.youtube.com/embed/EsdS0dK0Adc" frameborder="0"`

allowfullscreen></iframe>

## [Departures](#) [Chamonix Trail Running](#)

Our trail camp is suited to regular runners who love the freedom of getting out and exploring new places. If you can comfortably run 20kms or for 2 hours and are looking to learn, explore and improve then this trail running camp is for you!

We aim to offer a comprehensive week of trail running, performance guidance and education so that you can go home feeling confident and informed to explore and take your training to the next level. The skills learned on this week will not only improve your road or trail running performance but can also be converted to many other adventure sports.

# Itinerary

*We always aim to complete the itinerary as outlined below. However, the following itinerary will be followed only when conditions and weather make it appropriate, both in terms of safety and enjoyment. Your guide will make a decision on your route based on those conditions.*

## Day 1 Arrival in the Chamonix Valley

Our group hotel for this trip is [Située à l'Hotel Agence de la Mairie](#) 'Glacier de Bossons' there's no wonder why we've chosen this charming family run hotel for this trip. Relax and unwind by pool or in the spa then enjoy the first of many tasty meals to come. Your coach will meet you at your hotel this evening and brief you on the days ahead. Massages are available and can be arranged through your coach or hotel reception.



## Day 2 Running Efficiency & Injury Prevention

Each day of the camp you will receive one-on-one coaching, video analysis for all terrain, and individual drills to improve your form and efficiency to run in the mountains.

**Morning:** The day starts with coaching by Christophe. Enjoy a walk with coaching by Christophe. door and focus on training techniques to maximize efficiency, speed, economy for distance and different terrains. Return to the hotel for lunch.

**Afternoon:** Seminar on injury prevention and practical with 'prehab' drills & exercises to keep you safe on the trails and in training.

## Day 3 Hill Training & Video Analysis

**Morning:** Today we start with a session on how to tackle hills! With the help of some handy 'drills' explore climbing and descending methods to help improve your hill technique whilst developing good overall 'form' along the way. Return to the hotel for a lunch.

**Afternoon:** Review of video analysis so far. Video feedback is instant and works as an incredibly helpful tool in working to develop and learn new techniques. In this session receive one-to-one coaching and individual tips to improve your form before heading back out on the trails to put it into practice.

We end today with a run specific stretching session.

Complete your day with time by the hotel pool before enjoying another delicious home cooked meal.



## Day 4 Training, Fuelling & Route Planning

**Morning:** Begin the day with a fun 'run specific' workout to improve your overall strength that can be adapted to use at home. Develop this further and start planning for future goals.

Seminar: The importance of nutrition and getting your fuelling right. Video analysis review: See your improvements so far! Lunch break.

**Afternoon:** A practical session on planning routes & mapping runs and an introduction to basic compass work. We then put it into practice with the opportunity to try a professionally marked French orienteering course in the Bois du Bouchet.

## Day 5 Vallorcine Valley & the Aiguillette des Possettes

**Full Day:** The next 3 days are all about getting high in the mountains! Using the Mont Blanc Express train to reach the village of Vallorcine to experience the benefits & power behind poles! We have numerous trail options to explore in this more remote valley. With the use of light-weight running poles we'll practice a mix of 'fast uphill hiking' and running, following the route of the famous 'Tour du Mont Blanc' walking circuit and yet more of the Mont Blanc Marathon as we aim for the Aiguillette des Possettes, 2201m. This route can easily be shortened or lengthened to suit individual needs. 10-20km.

## Day 6 Chamonix Glaciers, Vertical Kilometre & Yoga Class

**Full Day:** Enjoy running from our hotel door first on good trails over rocks through the forest & up to high mountain meadows. Our focus today will be how to achieve a [Vertical Kilometre](#) to take it steady and enjoying breaks along the way, we aim to stop for lunch at the top of this famous Chamonix climb. Our trail then travels along a beautiful single track trail on what is known as the [Grand Balcon Sud](#) [Mont Blanc Marathon route](#). The views of the Chamonix peaks and glaciers are simply awe-inspiring. After coffee and snacks on the mountain, we begin our descent on superb trails back down to the valley floor.

**Late Afternoon:** We complete the day with a yoga class tailored to runners

## Day 7 Peak of the Week!

**Full Day:** Today is all about putting everything into practice. We plan to run/hike to a local 'summit' & ensure that you finish your week on a true high! We'll cover distance and gain height for some unforgettable views. You will go home with the confidence and motivation to hit the trails when you return home. 15-20km. Your coaches will spend time this afternoon offering a

debrief and will be available to answer any questions before enjoying a final meal together.

## Day 8 Departure Day

Today is departure day and the package finishes after breakfast.

## Meet the Coaches



**Chloë Lanthier:** She is the Founder & Director of the [xtrainingschool.com](http://xtrainingschool.com), a [trail ambassador for Patagonia](#), she has a BA in Exercise Physiology/ Masters Science of Biomechanics & Human Performance. She is a consultant, speaker and education provider in sports rehabilitation & performance training. She has over twenty years working on an international platform. Chloë loves sharing her knowledge and experience as an elite endurance athlete through her outdoor school programmes, sporting events and with diverse collaborations. Chloë is also an avid backcountry skier, mountain biker and enjoys writing in her downtime. Canadian, she now lives in Chamonix.



Chamonix born and bred **Sebastien Gros** fell in love with the mountains at a young age. Following his grand father's 'guide' steps he started skiing before he could walk and competed in cross-country ski races in his teens. He moved to the south of France to study and has travelled extensively around the world but would always return to 'his' Chamonix valley. He finally decided there will be no other place for him to live. For Seb the outdoors is a 'way of life' and knows the Chamonix trails like the back of his hand. Sebastien has a Masters in Sport, Tourism and Local Development and is qualified as both an 'Accompagnateur en Moyenne Montagne' (International Mountain Leader for hiking and

trail running) and an Alpine Ski Instructor. He is passionate about trail running as it allows him to explore new places like: the famous GR20 in Corsica, the Swiss Alps, Mallorca, South of Spain, and off the beaten track in France such as the lesser known Cathar paths. When he's not outdoors, Seb lectures in 'mountain environment' to high school students to prepare them to become future hiking guides.

## Accommodation



For this trip we stay in [3\\* Hotel Aiguilles du Midi](#) a traditional French mountain hotel perfectly situated at the foot of the famous Glacier des Bossons. The hotel is within easy reach of the centre of Chamonix and is ideally situated for the trails. The trip price is based on twin rooms with en-suite bathrooms. Single rooms may be available on request for a supplementary payment. However, these are limited in number and we recommend that you book early if you wish to be sure of a single room. Please contact us for details. It includes a 3 course Dinner, Lunches, Bed and Breakfast. Meals can be adapted to suit any dietary requirement. The hotel offers a spacious living and dining area, free wi-fi, spa facilities, massage room and garden with pool boasting wonderful views of Mont Blanc. Massages are available and can be arranged through your coaches and hotel reception.



## Trip Price - All Inclusive Package

**Included:** Full board accommodation including a 3 course evening meal, bed and breakfast, 5 packed lunches and 1 light lunch at the hotel. Accommodation based on two people sharing in the 3\* Hotel Aiguilles du Midi. The services of an International Mountain Leader and experience running coach. Patagonia hat and Tracks and Trails Souvenir. 1 x single cable car ticket (if needed as part of your itinerary), equipment hire for all sessions within the itinerary, 1x yoga

class, pre-hab/core class, and lots of trail run training.

**Not included:** Flights, airport transfers, insurance, drinks, massages and maps.

## Trip Price - Coaching Only Package

**Included:** The services of an International Mountain Leader and experienced running coach. 5 packed lunches and goodies for the hotel. Patagonia cap, Lyofood the trail and Tracks and Trails Souvenir. 1 x single cable car ticket (if needed as part of your itinerary), equipment hire for all sessions within the itinerary, 1x yoga class, pre-hab/core class, and lots of trail run training.

**Not included:** Flights, accommodation, breakfast, dinner, airport transfers, insurance, drinks, massages and maps.

## Weather

In mountainous terrain the weather can vary considerably. Temperatures can reach over 30°C in the height of the summer (July/August), but can be as low as 5°C on the passes. It is often sunny with good clear days, but it can rain and snow (even in July or August) so you should be prepared for any eventuality. The average temperatures range from 15-25°C in the valleys and 5-15°C on the passes. Upon booking a full kit list will be provided

## 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

The itinerary is designed to cover the essential information for those wanting to improve their running ability and is not suitable for beginner level runners. You should comfortably be able to run 20kms or 2 hours. 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.

To get the most out of your week you may wish to 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 and 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 75 minutes away by road, making shared transfers, buses or trains easy to arrange. Please [contact us](#) if you need further advice on your specific travel requirements.

```
<iframe width="425" height="350" frameborder="0" scrolling="no"
marginheight="0" marginwidth="0"
src="http://maps.google.co.uk/maps/ms?hl=en&ie=UTF8&t=h&msa=
0&msid=213201162817846344091.000498f5bcb0415ad20c6&ll=45.97406,6
.877441&spn=1.336183,2.334595&z=8&output=embed"></iframe><br
/><small>View <a
href="http://maps.google.co.uk/maps/ms?hl=en&ie=UTF8&t=h&msa
=0&msid=213201162817846344091.000498f5bcb0415ad20c6&ll=45.97406,
6.877441&spn=1.336183,2.334595&z=8&source=embed"
style="color:#0000FF;text-align:left">Alpine Trail Running </a> in a
larger map</small>
```

No





Group Trail  
Runs &  
Coaching