

Experience Marathon Training in Kenya

- * Standing at 2400m above sea level is ideal for endurance training
- * Join the elites of the marathon world as they train and go on with their daily lives
- * See the breeding ground for some of the best of the best the marathon world has ever seen
- * Training with the best kenyan marathon coaches this is the opportunity of a lifetime



Organized by:

Senewa
Expeditions

Marathon Package includes the following:

- Full board accommodation at a hotel
- World class training environment / Well equipped gym / swimming pool
- Accomodation at the actual high altitude training camp located in the Rif Valley, Kenya
- Full program of running training designed by our expert coaches
- Airport transfer from hotel

Various options are available with this package:

- 1.Hire a Kenyan coach who will be available for one on one basis throughout the duration
- 2.Guest visit from Kenyan Champion runner. We will bring in a local guest runner to talk exclusively to you about their life and career
- 3.Simply get together with your fellow runners and come run in the climatic conditions that you can hope for
- 4.After your training, enjoy a safari to one of the Kenyan world class wildlife parks or the white sand Kenyan coast can arranged.

For more information please contact us at:

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