

PROGRAMME EXAMPLE FOR TRAIL RUNNING CAMP

	BREAKFAST	MORNING ACTIVITY	LUNCH	AFTERNOON ACTIVITY	DINNER
DAY 1	N/A	AIRPORT TRANSFER	INCLUDED AT THE MILL	GENERAL CAMP BRIEFING	INCLUDED AT THE MILL
DAY 2	INCLUDED AT THE MILL	RUN 1: 15 KM	INCLUDED AT THE MILL	TALK: TRAIL RUNNING AND RACING	INCLUDED AT THE MILL
DAY 3	INCLUDED AT THE MILL	RUN 2: 25 KM (1000M+)	INCLUDED AT THE MILL	WORKSHOP: NUTRITION	OUTSIDE DINNER (NOT INCLUDED)
DAY 4	INCLUDED AT THE MILL	RUN 3: 35 KM (1500M+)	INCLUDED AT THE MILL	WORKSHOP: ORIENTATION AND GPS	INCLUDED AT THE MILL
DAY 5	INCLUDED AT THE MILL	RUN 4: 20 KM (800M+) RUNNING POLES AND DOWNHILL TECHNIQUE	INCLUDED AT THE MILL	10 KM NIGHT RUN WITH HEADLAMPS	INCLUDED AT THE MILL
DAY 6	INCLUDED AT THE MILL	RUN 5: 12 KM GROUP FAREWELL	INCLUDED AT THE MILL	TBD	OUTSIDE DINNER (NOT INCLUDED)
DAY 7	INCLUDED AT THE MILL	AIRPORT TRANSFER	N/A	N/A	N/A

AFTER DAILY RUNS, WHOLE FRUITS AND REFRESHMENTS WILL BE PROVIDED, AS WELL AS A COOKED MEAL ON RETURN TO THE ACCOMMODATION.