

PROGRAMME EXAMPLE FOR TRAIL RUNNING HOLIDAY

	BREAKFAST	MORNING ACTIVITY	LUNCH	AFTERNOON ACTIVITY	DINNER
DAY 1	N/A	AIRPORT TRANSFER	INCLUDED AT THE MILL	GENERAL HOLIDAY BRIEFING	INCLUDED AT THE MILL
DAY 2	INCLUDED AT THE MILL	RUN 1: 10 KM	INCLUDED AT THE MILL	LEISURE ACTIVITY	INCLUDED AT THE MILL
DAY 3	INCLUDED AT THE MILL	RUN 2: 12-15 KM (500M+)	INCLUDED AT THE MILL	LEISURE ACTIVITY	OUTSIDE DINNER (NOT INCLUDED)
DAY 4	INCLUDED AT THE MILL	RUN 3: 21 KM (800M+)	INCLUDED AT THE MILL	LEISURE ACTIVITY	INCLUDED AT THE MILL
DAY 5	INCLUDED AT THE MILL	RUN 4: 14 KM (500M+)	INCLUDED AT THE MILL	LEISURE ACTIVITY	INCLUDED AT THE MILL
DAY 6	INCLUDED AT THE MILL	RUN 5: 8 KM GROUP FAREWELL	INCLUDED AT THE MILL	LEISURE ACTIVITY	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.