

Running Camps Iten Kenya The Kenya Experience is the perfect holiday for running enthusiasts of all levels. The camps combine one of the world's premier training locations and expert coaching advice, with a unique opportunity to look inside the lives of the world's greatest runners and Kenyan culture.

Training / Running Camps Iten Kenya camps are based at Lornah Kiplagat's High Altitude Training Centre in Iten, Kenya. Iten is the perfect training location with 2400m of altitude, endless soft dirt running trails, year round sunshine and hundreds of elite Kenyan runners to watch and learn from.

As well as expert training advice, guided runs and coached workouts you will receive training talks and practical workshops all with an emphasis on doing it 'The Kenyan way'. You will meet and learn from the stars with a guest talk and Q&A from a superstar of Kenyan running. www.codileracers.com

We provide an action packed itinerary but there will be plenty of time to relax and recover in the beautiful surroundings of The Great Rift Valley and the HATC training centre, and to explore the local area of Iten.