



running
withus 
runningwithus.com



RUNNINGWITHUS & CEP 2018 WINTER TRAINING WEEKENDS

BEAUTIFUL LOCATION

- * HEART OF THE FOREST OF DEAN
- * STUNNING TRAILS
- * ROUTES FOR ALL ABILITIES
- * ACCOMMODATION INCLUDED
- * FOOD INCLUDED

TOP TRAINING & ADVICE

- * EASY, TEMPO & LONG RUNS
- * INTERVAL & HILL SESSIONS
- * INJURY PREVENTION & CORE
- * TRAINING WORKSHOPS
- * GUEST SPEAKERS

FUN & FRIENDSHIP

- * OPEN & POSITIVE ENVIRONMENT
- * BEGINNERS TO ELITES
- * COMPETITIONS
- * A CHANCE TO SOCIALIZE & RELAX

THE CAMPS



about the camps.

- * Want to run and train on beautiful trails in a stunning setting?
- * Want to get fitter, faster & stronger?
- * Want to get the very best from yourself whilst still having fun?
- * Want to know how elites train & incorporate this into your week?
- * Want to surround yourself with positive, inspiring people?

Then our winter training weekends in partnership with CEP are made for you!

Whether you're new to distance running or whether you're a competitive athlete our camps offer you the chance to train with some of the UK's top coaches, receive support from industry experts on kit, heart rate, recovery and injury prevention and most importantly build lasting friendships with like minded runners, training hard and having fun in the beautiful Forest of Dean.

THE CAMPS

{ camp one. }

5th - 7th January 2018

{ camp two. }

9th - 11th February 2018

£230 including;

- * Training runs, technique sessions and interval workouts
- * Coached workshops, talks and conditioning sessions
- * Accomodation at the Dean Field Studies Centre
- * Meals and snacks
- * Goody bag including £60 of free CEP compression kit

THE ITINERARY

friday.

6:00pm: Arrivals and settling in

8:00pm: Evening meal

8:30pm: Welcome talk introductions and competitions

{ AN ITINERARY FLEXIBLE ENOUGH FOR YOU TO PICK AND CHOOSE THE RIGHT SESSIONS AND RUNS FOR YOU. NO MATTER WHAT ABILITY YOU ARE WE CAN SUPPORT YOU FROM THOSE JUST STARTING OUT THROUGH TO TOP CLUB & GB ATHLETES. }

saturday.

7:30am: For those that rise early an easy pre breakfast social run...for others...a lie in!

8:15am: Breakfast

9:00am: Training talk and workshop

11:00am: Group threshold / tempo session with all our coaches and Polar there to ensure you really get the most from one of the most critical sessions in a runners week

1pm: Lunch

2pm: Interactive session with CEP covering our top tips on adaptation and injury prevention

3pm: Practical session on running technique followed by a hill session. How to include hills in your week and the best way to run them!

6:00pm: Talk on nutrition and recovery and chat with our special guests...

7pm: Evening meal followed by the pub for some....bed for others!

sunday.

8:00am: Pre long run breakfast and the chance for a slightly slower start!

9:00am: The chance to chat with our coaches, experts and guests.

10:00am: A range of supported long run options from those training for 5-10km through to marathon and ultra marathon runners with structured options for all abilities.

1:30pm: Lunch

2:00pm: Final Q&A with the coaching team and spot prizes!

4:00pm: Camp closes



OUR TEAM

Nick Anderson

As England Athletics lead coach for the marathon and over 25 years of coaching experience at the top of the sport in the UK Nick's experience is unrivaled.



Mel Wilkins

Welsh national steeplechase champion, coach and top PT Mel has a wealth of experience supporting athletes of all abilities.



Tom Craggs

As head coach for a number of the UK's top brands, one of the UK's most in demand sport and fitness experts & coach to some of the UK's best athletes Tom brings expertise in athletics, S&C & nutrition.



Siobhan Rootes

UK Head Coach and PT for Race for Life Siobhan is one UK's leading young female coaches with extensive experience working with runners across the UK.



CEP

As lead sponsors of the camps CEP will be on hand with kit and advice on performance, recovery & injury management as the industry leads on compression.



Polar

Experts in heart rate and performance data Polar will offer advice and guidance on training and recovering like a pro!



High5

As one of the UK's leading sports nutrition brands our partners High5 will make sure your nutrition and hydration strategies are helping you perform.



Guests

A range of expert guests will be attending throughout the camps to motivate and inspire you with their experience.



From elite trianing camps for national level squads through to warm weather trianing camps for over 100 athletes across Europe with our partners 2:09 Events our team has a wealth of experience delivering fantastic training camps for runners of abilities and we can't wait to host you!

THE LOCATION

Incredible location packed with routes - hilly, flat, road and trail - the Forest of Dean is a runners dream!

The Dean Field Studies Centre is a perfect training base. It offers simple, clean accommodation on a shared dorm basis - perfect for runners. All food is included in the price of the camp.



THE LOCATION





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