

RUNNING4YOU

RUNNING CAMP – LIVIGNO, ITALY

Date: Monday 20 July 2015 – Sunday 26 July 2015

Location: Alexander Charme Hotel, Livigno, Italy

Take part in our Running Camp in the stunning surroundings of the Italian Alps.

An opportunity for runners of all levels to join us in the beautiful surroundings of Livigno, Italy, for a week of training, seminars and relaxation. There is also the option to take part in the StraLivigno Half Marathon on the final day of the Camp.



RUNNING CAMP: ACCOMMODATION, TRAINING, SEMINARS & WORKSHOPS:

- ✓ 6 nights/7 days in the Alexander Charme Hotel on a half board basis (based on 2 sharing).
- ✓ Daily group training sessions along the trails and cycle paths of Livigno
- ✓ Workshops and seminars on technique, motivation, training approach and altitude training.
- ✓ Running4you technical t-shirt
- ✓ Discount onRunning4you [Custom Training](#) or [Marathon Packages](#)

Excluded:

- Flights to/from Milan
- Travel insurance
- Additional drinks, meals and snacks (the accommodation is provided on a half board basis)
- Airport transfer – but we can arrange this for you upon request.
- Registration fee for the Stralivigno Half Marathon (participation optional)

PROGRAM**Monday 20 July**

Registration, meet the team.

Presentation of the Running Camp Livigno 2015

Early afternoon – optional easy group run to acclimatise to the altitude

Tuesday 21 July

Morning : Group Training: warm up, group training along the Livigno cycle path followed by stretching.

Afternoon : Seminar – *“Distance Running – What You Need to Know for Optimal Training & Results”*

Wednesday 22 July

Morning: Group Training: warm up + hill sprints & fartlek session, cool down

Afternoon: Seminar – *“Race Preparation – Course Selection, Training, Race Strategy & Review”*

Thursday 23 July

Morning: Group Training: warm up, running technique & drills, followed by group run

Afternoon: Seminar – *“Mental Tips, Tricks & Techniques to Get & Stay Motivated”*

Friday 24 July

Morning: Warm up + long slow run along the cyclepath (we will arrange an alternative session for those who have opted to do the Stralivigno half marathon on Saturday 26th)

Afternoon: Free time or optional analysis of the Stralivigno half marathon course.

Saturday 25 July

Morning: Optional group run & stretching session.

Afternoon: The [Stralivigno Half Marathon](#) (participation optional).

Sunday 26 July

Morning: Breakfast then hotel check-out.

Note: The program may be subject to slight changes or modifications.

ACCOMMODATION: Alexander Charme Hotel, Livigno.

The Alexander Charme Hotel offers views over the mountains and Livigno Valley. Each room has an LCD satellite TV, a minibar, and free WiFi. The restaurant serves a wide range of mediterranean and international dishes and has a select wine list. There is a bar and TV lounge.

Guests have access to the wellness centre, which includes swimming pool, sauna, Turkish bath, and a hot tub. There are also a variety of beauty treatments on offer and a gym. A free bus service to the centre of Livigno leaves every few minutes and takes 5-10 minutes.

See the photo gallery [here](#).



HOW TO BOOK YOUR PLACE:

Write to us at events@running4you.org and we'll send you the relevant booking form. We'll ask you for an initial deposit to hold your place and register your race number (if relevant), with the balance to be paid no later than 30 June 2015.

Please note, to participate in races such as the Stralivigno in Italy you either have to be a member of a national federation affiliated with IAAF (ie, a member of a UK Athletics registered running club) or alternatively you must submit a health certificate signed by your doctor that states you are in good health and fit to compete in ATHLETICS events. We can provide you with a draft health form if required.

COSTS:

Accommodation Type	Price per person 6 nights
Double/Twin	£575
Single	£575

Limited single rooms are available. We suggest you book early if you would like your own room. Otherwise twin and/or double rooms are available if you are happy to share.

Please contact us for pricing if you would like to bring non-runner friends and family with you.

ABOUT LIVIGNO:

Livigno, at an altitude of 1800m, is a summer training location for many elite athletes, including the Italian national marathon, cycling and rowing teams. It is known for its stunning beauty, climate and the amazing trails all of which have led it to be nicknamed “Little Tibet”. It is a great location for runners as there is a long, flat cycle path that runs for approximately 20km, so you can run on the “flat” whilst surrounded by the beautiful mountain scenery. And if you enjoy a little shopping, Livigno is a duty-free area, so purchased goods are all VAT free.

HOW TO GET TO LIVIGNO:

Private Transfer to/from Airport:

We can arrange a private transfer leaving from Milan Central Station in the morning of Monday 20 July 2015 and returning to Milan Central Station on the morning of Sunday 26 July 2015.

Please contact us if you would be interested in using this service and we will provide the details, including timetable and costs. (approximately 60-80 euros for a return journey depending on numbers).

Public Transport from Milan:

To get to Livigno from Milan using public transport you will need to take the train from Milan Centrale to Tirano. From Tirano there is a coach service to Livigno, via Bormio. There are regular coaches from each of the 3 Milan airports – Malpensa, Linate or Bergamo – to Milan Centrale train station. Travel time to Milan Centrale is : 1 hour from Bergamo, 50 minutes from Malpensa and 25 minutes from Linate. From Milan Centrale take the train to Tirano. See the [Trenord timetable here](#).

At Tirano you can take a coach to Livigno (often with a change or short stop at Bormio). See the [Bus Perego timetables here](#) or contact us for help in planning your trip.

Car Hire:

You may hire a car directly at any of the airports. We can help you to arrange this and to plan your route to Livigno.