

# **RUNNING4YOU**

## **RUNNING CAMP – LIVIGNO, ITALY**

**Date:** Monday 18 July 2016 – Sunday 24 July 2016

**Location:** Hotel Valtellina, 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 Hotel Valtellina 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 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 18 July**

Registration, meet the team.

Presentation of the Running Camp Livigno 2016

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

**Tuesday 19 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 20 July**

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

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

**Thursday 21 July**

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

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

**Friday 22 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 23 July**

Morning: Optional group run & stretching session.

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

**Sunday 24 July**

Morning: Breakfast then hotel check-out.

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

## **ACCOMMODATION: Hotel Valtellina, Livigno.**

The Hotel Valtellina is a charming family-run establishment offering views over the Alps and its own restaurant serving a wide range of local and international dishes with a choice of local, national and international wines. It has its own spa and wellness centre with sauna, Turkish bath, Kneipp track and whirlpool is available to guests free of charge. There are also mountain bikes available for hire and wi-fi in all of the rooms.

See the photo gallery [here](#).

## **HOW TO BOOK YOUR PLACE:**

Download the booking form, complete and send to us at [events@running4you.org](mailto:events@running4you.org) 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 17 June 2016.

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:**

<b>Accommodation Type</b>	<b>Price per person 6 nights</b>
Double/Twin	£545
Single	£645

**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 will arrange a private transfer leaving from Milan Central Station at midday on Monday 18 July 2015 and returning to Milan Central Station at 09.30am on Sunday 24 July 2016. The transfer is approximately 4 hours (including a short break for the driver). If you intend to use this service we recommend that you fly into Milan on Sunday 17 July or earlier to ensure no last minute panics (especially if Monday morning flights are delayed) and a late afternoon or evening flight back on Sunday 24th. The transfer will leave you at Milan Central station, don't forget to allow time to get to the airport, check-in time etc.

Please contact us if you would be interested in using this service. (We require a minimum number, and cost is approximately £60-80 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.