



Program of „Sylt meets Kenya“ 10.09. - 17.09.2023

At our running week with the Kenyan top athletes at Sylt you can expect the following*:

Sunday:

Afternoon: Individual arrival, get to know your top athletes and training partners at a welcome cocktail and dinner

Monday:

Morning: First easy run in the dunes 5-6km to get a feeling for the area and you're your most comfortable pace for the next days

Afternoon: Extensive stretching lesson from the pros

Tuesday:

Morning: Easy run 7-8km on the beach at a relaxed pace

Afternoon: Warm-up and easy hill work runs in the dunes for the motivated ones among us or coordination and running ABC school session

Wednesday:

Morning: Light warm-up and stabilization training for the hips and upper body

Afternoon: Lecture "Living and training in the heights of Kenya" and possibility of a bike tour to the southern parts of the island

Thursday:

Morning: easy run 5-6 km on the dyke and for the motivated ones short speedwork and increasing session

Afternoon: Relaxing time or shake-out water aerobics for runners in the indoor pool

Friday:

Morning: Light warm-up and backstrength workout for runners

Afternoon: Lecture “Competition planning throughout the year” for motivated amateur runners

Saturday:

Morning: 7-8km very easy run in the dunes

Afternoon: Relaxing time or opportunity for a bike tour in the National Park “Lister Ellenbogen” and the most northern point of the country

Sunday:

Morning: Opportunity to take part in the beautiful 10k run around the Rantum basin

Afternoon: farewell, gifts and individual departure

You are free to choose how many and which sporting activities you would like to take part in and how you would like to organize your personal running week with our top athletes.

*Subject to slight changes to the program

