

**The North Face Ultra Trail du Mont Blanc Running Camp**  
**Training and preparation for "UTMB", "CCC" (Courmayeur-Champex-Chamonix) or "TDS" (Sur les traces des Ducs de Savoie)**

Are you passionate about trail and mountain running, and do you dream to be in the mountains? Have you already committed to one of the races of the Ultra Trail du Mont Blanc and do not yet know exactly how to prepare for it? Or do you need just a little confidence to compete in one of the qualifying races? Then our UTMB camp is exactly right for you - if you bring just a little joy of running, endurance and adventurous spirit.

The camp will be adapted to meet the needs of the course participants, however the intention is to make a mountain journey over four days, following the exact route of the UTMB. If we complete the route in its entirety then we will cover an average of 40km per day, with an average of 2400m ascent. Be prepared! But we also can take our time to enjoy the stunning mountain panorama, to linger a while, to enjoy a picnic - without the pressure of race conditions. While we are on route we can discuss topics ranging from running technique to nutrition and equipment to mental strategies. We will carry our picnic and spare clothing in a small running backpack.

Benefit from the experience of international mountain runner Lizzy Hawker (Ultra Trail du Mont Blanc winner 2005 and 2008, 2006 100km World Champion, record holder for the Swiss Alpine Marathon (78km) and the Zermatt Marathon). Lizzy will be leading you throughout the camp and can offer you valuable advice on training, equipment and competition from her personal experiences of UTMB.

The UTMB Running Camp offers you a wonderful trail running experience in an awe-inspiring mountain environment under competent leadership. It is ideal preparation for The North Face Ultra Trail du Mont Blanc. Join Lizzy and start your journey over the mountains! Be inspired to challenge yourself .....

**Course director:** Lizzy Hawker

Date	Level	Description	Price
14.07.10 - 19.07.10	F2/P	UTMB Training and Preparation Camp	980.- CHF **

\*\* Exact course timing will depend on any change in the programme depending on course participants.

\*\* Price is based on 4 nights bed and breakfast and 1 night half-board accommodation sharing a double room. It may be possible to have a small reduction for dormitory accommodation (3 nights) if necessary.

\*\* Price is exclusive of public transport costs (if required)

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**Course contents:**

- \* Mountain running tours over the route of The North Face Ultra Trail du Mont Blanc
- \* Techniques of mountain running: how to run with good economy and greater enjoyment
- \* Specific training focused towards UTMB
- \* Tips and advice for training, nutrition and competition - focused specifically on UTMB

**Included:**

- \* 4 day Mountain Running Tour with training on route
- \* 5 nights accommodation in mountain huts or mountain hotels with half-board
- \* Evening presentation by Lizzy - the story of her first UTMB ....
- \* Welcome gift
- \* End of course discussion with individual advice

**Please contact us for the detailed programme if you would like further information.**