

Train Like a Champion: 7-Day High-Altitude Running Camp Returns to Iten, Kenya – June 25 to July 1, 2025

Kenya Camp in Iten, Kenya, is a top training destination for runners of all levels. Founded by Coach Hugo, it offers altitude training and expert coaching in the heart of Kenya's legendary running culture.

Rift Valley, Kenya Jun 20, 2025 ([IssueWire.com](https://www.issuewire.com)) - Runners from around the world are invited to lace up for the ultimate training experience at **Kenya Camp's 7-Day High-Altitude Running Camp**, set in the legendary town of Iten, Kenya the training ground of the world's greatest distance runners. Taking place from **June 25 to July 1, 2025**, this immersive week of structured training, expert coaching, and cultural connection is designed to transform your running, mindset, and motivation.

Not just a camp this is a journey into the soul of distance running, says Coach Hugo, founder of Kenya Camp and a former elite runner with over 24 years of coaching experience in Kenya.

Why Runners Worldwide Are Booking Their Spot

- **Train at 2,400m elevation** with experienced Kenyan pacers in daily guided sessions.
- Receive personalized coaching from Coach Hugo, a Dutch elite-turned-coach who's spent decades helping athletes unlock peak performance.
- Dive deep into the Kenyan training lifestyle with seminars, cultural tours, and world-class hospitality.
- Enjoy full-board accommodation at The Hub or The Lodge, plus seamless airport transfers, and restaurant-quality meals daily.
- Take home professional photos and an exclusive Kenya Camp shirt as mementos of your running adventure.

Kenya Camp Details

- **Dates:** 25 June – 01 July 2025
- **Location:** Iten, Kenya

"You'll train like a pro, live like a local, and leave forever changed."

This one-of-a-kind camp attracts **both elite athletes and passionate amateurs**, creating a supportive community where runners of all levels thrive. Whether you're [preparing for your next race](#) or chasing a personal best, this is your chance to train where champions are born.

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