

Training Camp

Description

Training Camp

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Lahaul Marathon Training Camp Offers Expert Guidance in High-Altitude Terrain

Lahaul Marathon with its high-altitude terrain and challenging conditions, demands an exceptional level of dedication, devotion, and rigorous training from all participants. While lifelong commitment is a hallmark of serious long-distance runners, venturing into the high-altitude environs of the Trans-Himalayas adds an unparalleled dimension to the preparation process. Understanding the unique demands of this iconic marathon, we've meticulously crafted an onsite 5N6D Lahaul Marathon Training and Acclimatization Camp in Jispa, Lahaul, scheduled on 23rd to 28th September 2025. Guided by seasoned running and high-altitude experts, this camp is meticulously curated to address the nuanced challenges of mountain running and acclimatization to high altitudes.

[Register For Training Camp](#)

Lahaul Marathon Training Camp Promises Preparation for High-Altitude Challenges

Participants can expect immersive training sessions that delve into the intricacies of running in mountainous terrain, navigating winding roads and trails, and coping with the physiological demands of high-altitude environments. Beyond physical preparation, the camp will also provide invaluable insights into optimizing nutrition, mental conditioning, and injury prevention strategies. Each day will be structured to offer a comprehensive blend of practical training, theoretical learning, and hands-on experiences tailored to equip participants with the skills and resilience needed to excel in the upcoming Lahaul Marathon. Join us on this transformative journey as we prepare to conquer the heights and challenges of the majestic Trans-Himalayas together.



Training Camp Schedule

Day 1

Date

23rd September

Activity

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Arrival at Jispa, check-in into Training Camp. Training Briefing and Rest.

Day 2

Date

24th September

Activity

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Acclimatization walk of 3-5 km + Training Workshop

Day 3

Date

25th September

Activity

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Training Run of 3-7 km on a section of race route + Training Workshop

Day 4

Date

26th September

Activity

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Training Run of 5-10 km on a section of race route + Training Workshop

Day 5

Date

27th September

Activity

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Rest + Race Briefing + Coaching talk

Day 6

Date

28th September

Activity

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Checkout and Race Day

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May 10, 2024

Author

lahaulmarathon