



"From Nothing.. To Something"

ELITE ATHLETE TOUR 2015

EVER WONDERED WHY EAST AFRICAN DISTANCE RUNNERS ARE THE BEST IN THE WORLD?

EVER WONDERED WHAT IT TAKES TO RUN 2:08 FOR THE MARATHON?

DO YOU WANT TO GET A PERSONAL PERSPECTIVE INTO THE LIFE AND TRAINING OF AN ELITE KENYAN ATHLETE?



Daniel

**Chepyegon, 2:08 Marathoner-
Project Africa Athletics Athlete
and Ambassador 2015.**



Gideon Kimosop- Project Africa

Athletics Athlete and Ambassador

2015.

THIS COMING SPRING AS PART OF OUR "ELITE ATHLETE TOUR", AND ACCOMPANIED BY ATHLETES DANIEL AND GIDEON, WE WILL BE CARRYING OUT A NUMBER OF WORKSHOPS AND MASTER-CLASS COACHING SESSIONS AROUND THE UK AND IRELAND.

BETWEEN MARCH AND JUNE 2015 THE ATHLETES WILL VISIT LOCAL SPORTS CLUBS AND PASS ON SOME OF THEIR "SECRETS TO SUCCESS". YOU CAN FIND OUT EXACTLY WHAT MAKES EAST AFRICAN DISTANCE RUNNERS THE VERY BEST ENDURANCE ATHLETES IN THE WORLD.



YOU DON'T HAVE TO BE A DISTANCE RUNNER TO BENEFIT FROM HEARING FROM THESE GREAT ATHLETES. ANY AND ALL SPORTS PEOPLE CAN BE INSPIRED BY THE INCREDIBLE STORIES THE ATHLETES HAVE TO TELL- ABOUT THEIR HUMBLE BEGINNINGS, AND THE JOURNEY TO BECOMING A PROFESSIONAL ATHLETE.

LEARN FROM THE ATHLETES THEMSELVES EXACTLY WHAT IT TAKES TO COME FROM RURAL KENYA AND UGANDA AND MAKE IT TO THE VERY TOP.

IF YOUR CLUB IS INTERESTED IN BOOKING A WORKSHOP WITH THE ATHLETES THEN PLEASE GET IN CONTACT ASAP ON THE DETAILS BELOW.

AS THE ATHLETES HAVE A VERY STRICT TRAINING AND RACING SCHEDULE, THERE ARE ONLY A SMALL AMOUNT OF SPACES AVAILABLE, AND PLACES ARE FILLING UP FAST!!

Kind Regards,
Ciaran Collins, Project Manager

Phone: [\(+44\) 0777 408 8034](tel:+447774088034)

Website: [Link](#)

Facebook: [Link](#)

Email: projectafricaathletics@gmail.com