

ANNE HAUG

RUNNING CAMP

LANZAROTE

15. – 22. NOVEMBER 2026

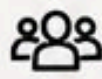
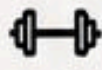
📍 Costa Teguisse

THE BASE CAMP

RUNNING CAMP

TRAIN. LEARN. IMPROVE.

A week of running, technique, strength and knowledge – open to all levels.

-  Guided running sessions in different pace groups (easy runs, technique, track session, long run)
-  Strength & mobility
-  Workshops & practical knowledge (e.g. training smarter, pacing, injury prevention)
-  Q&A sessions with Anne
-  Discover Lanzarote – run in an inspiring environment
-  A supportive and motivating community

PRICE (incl. hotel & half board)

Double room

€ 1,290

per person

Single room

€ 1,490

per person

OPTIONAL UPGRADE

PERFORMANCE UPGRADE

UNDERSTAND. ANALYSE. PROGRESS.

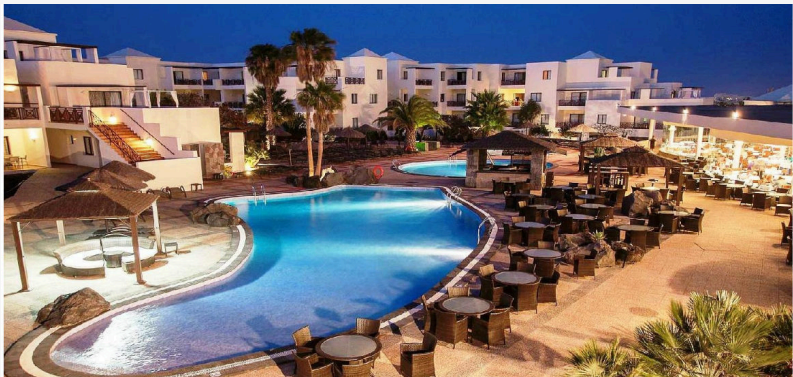
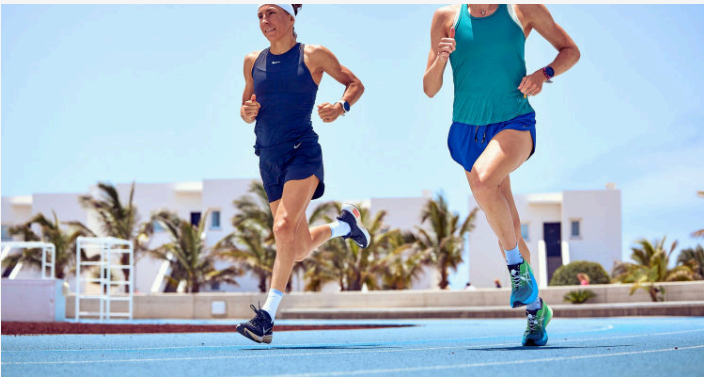
Add individual performance testing and analysis to your camp week and get a deeper understanding of your physiology and training.

-  **Individual performance diagnostics**
Lactate test, VO₂max, Moxy (muscle oxygenation)
-  **Running analysis**
Video analysis & technique feedback
-  **Your individual training zones**
LT1, LT2, heart rate & pace zones
-  **Personal debrief**
30 min 1:1 to discuss your results and get concrete training recommendations

UPGRADE PRICE (in addition to camp package)

+ € 500

Limited to 6–8 spots for individual support.



INFORMATION



HOTEL

Vitalclass ****

Costa Teguisse – Lanzarote



HALF BOARD PLUS

Healthy and varied cuisine



DATES

15. – 22. November 2026

[ALL INFO & BOOKING →](#)



ANNE HAUG
PERFORMANCE



OCEAN AND SPORTS