THE Running HUB

THE RUNNING HUB RETREAT PORTUGAL

11TH - 17TH MAY 2026



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Welcome and Purpose

We started The Running Hub to bring runners together and the retreat is where it all comes to life. This week is designed to help you connect with your love of running, learn from experienced coaches, be inspired, motivated and take time to truly connect with others.

For 2024 and 2025 we hosted the retreat in Paphos, Cyprus. We're looking forward to a brand new location for 2026!



The retreat is for anyone and everyone who loves running.
All abilities are welcome and we have four members of staff on hand to look after you throughout the week.

Location Overview

This years retreat will be hosted in Albufeuira, Portugal. The hotel is located near Falésia Beach. Albufeira Old Town is around 20 minutes in the car.

The closest airport is Faro which is around 30 - 40 minutes away from the hotel.

The hotel is located in a quiet area of Albufeirua, in close proximity to some beautiful beaches.

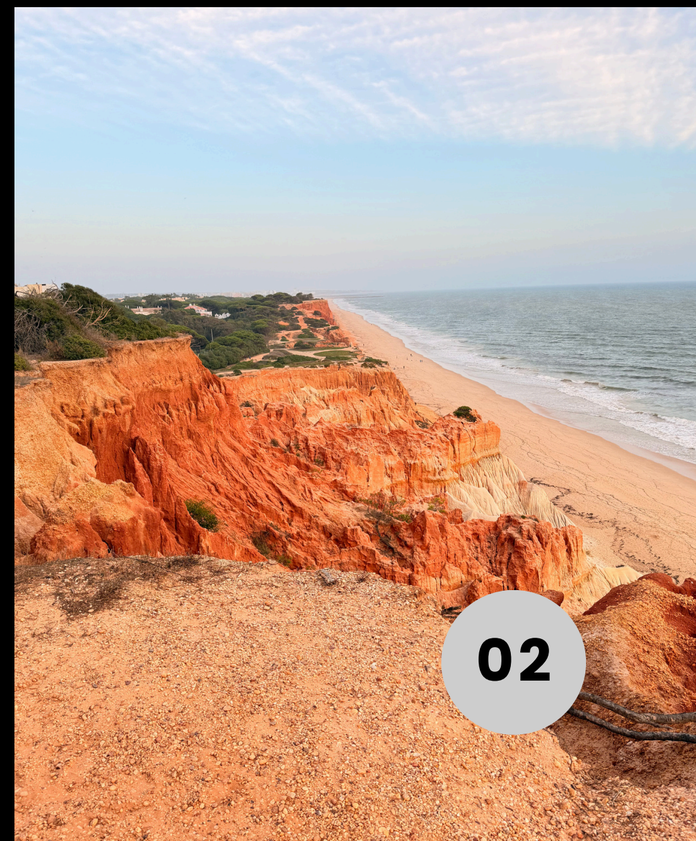
Plenty of cafes, supermarkets and restaurants are also a short walk away.

The weather in May is around 20 - 25 degrees In the day and around 13 - 16 degrees at night.









Accommodation

Accommodation is at the AP Victoria Sport and Beach Hotel.

Rooms are one bedroom apartments with twin beds available. Rooms also have a small kitchenette.

The retreat is All Inclusive, which includes breakfast, lunch, dinner, snacks and all drinks.

The hotel has a running track, gym, padel and tennis courts.

There are plenty of areas within the hotel to relax as well, including an outdoor pool, spa and lounge areas.





What's Included?

Accommodation in Twin Room for 6 Nights
All Inclusive Meals and Drinks
Transfers to and from Faro Airport on 11th & 17th
All Activities with Coaches

- Coached Track & Drill Sessions
- Stretching, Strength and Mobility Sessions
- Padel Tournament

Use of Hotel Facilities including Gym and Swimming Pool.
Social Time with Guests and Coaches
Free time to Explore the Local Area

Itinerary

From 7:30- Breakfast
9:00 - Morning Activity
12:30 - Lunch
14:00 - Afternoon Activity
18:30 - Dinner
21:00 - Hotel Evening Entertainment

Day 1 - Arrival - Welcome Dinner & Meeting
Day 2 - Easy Run - Core Class & Yoga
Day 3 - Track Session - Beach Afternoon - Sunset Coastal Walk
Day 4 - Circuits Class - Padel Tournament
Day 5 - Drills Session - Afternoon at Leisure
Day 6 - Cross Country Relay - Yoga & Debrief
Day 7 - Easy Run Optional - Departures





Pricing & Booking Information

- Price: £1200 pp - Shared Room
- Deposit: £50 to secure your spot
- Payment plans available
- What's not included: Flights, spending money.

To book your place, please contact James on james@therunninghub.co.uk.



