



# Old Rectory House

## Running Retreat - 4 days/3 nights

### 12th-15th March 2026

Daily runs on stunning routes along the Somerset coast and in the Quantock Hills  
(there will be different groups with different paces for all abilities)

Daily Pilates for runners

Injury prevention workshops with focus on ankles, knees and hips

Stretch classes

Thermalism workshop on heat and cold therapy

Round table run chats with Q&A

Advice on training principles/structure plus racing guidance

Guest speaker

1 sports massage included (option to book more)

Relaxation time with our heated pool, hot tubs, sauna, cold plunges and stunning grounds

Luxury accommodation with flexible single and double occupancy options

All your meals included with a focus on nutrition, seasonality and flavour

We will release the final itinerary with timings closer to the retreat

Email [info@oldrectoryhousesomerset.com](mailto:info@oldrectoryhousesomerset.com) for booking



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## Price List



**Double bedroom in our spa cottage with shared bathroom :**

Double occupancy (single beds) £725/person or single occupancy £990/person

**Double bedroom in our spa cottage with ensuite bathroom :**

Double occupancy (single beds) £795/person or single occupancy £1,035/person

**Studio apartment with ensuite bathroom, kitchenette and meadow views :**

Double occupancy (single beds) £825/person or single occupancy £1,075/person



**Shepherd Hut with private hot tub, stunning sea views, ensuite bathroom and kitchen :**

Double occupancy (double bed) £875/person or single occupancy £1,125/person

**We ask for a 25% deposit to secure your place with the balance payable 2 weeks before the retreat.**



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