

Marathon Running Seminar

Prepare for your Autumn Marathon goal

Are you planning to challenge yourself with an autumn marathon and still seek guidance or advice with your running technique and training programme? In this course we provide instruction on technique and training as well as valuable advice on how to best achieve your personal goal in your marathon.

The right training balance?

Of course the most important part of this course is the training runs. The paths surrounding Scuol in this region of the Swiss National Park are particularly impressive during the autumn months with clear mountain skies and golden colours. The beauty of the mountains and nature will inspire you. In addition to its unique landscape, Scuol offers training at a perfect altitude. The training routes are between 1200 and 1500m - giving the beneficial effects of altitude training, whilst not overwhelming the body as at higher altitudes.

The welcoming and stylish atmosphere of the Hotel Traube, with its generous breakfast buffet and fine gourmet dinners, and the natural mineral waters of the spa Bogn Engiadina, complement the training with recreation and enjoyment.

For marathon runners aiming for a time between 3.30 and 4.30 hours.

Instruction: Lizzy Hawker - 2006 100km World Champion

Date	Level	Description	Price
23.09.10 - 26.09.10	F1/F2	Marathon Seminar	CHF 690.-

At Hotel Traube: Single room supplement CHF 10 - per night

**Join us running in the nature, be inspired by the beauty of the mountains
challenge yourself and you will find another world!**

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Course contents:

- * Specific marathon training
- * A varied running programme
- * Theoretical sessions including training, nutrition and mental training for the marathon
- * Strengthening for marathon runners
- * Running technique improvement
- * Running style analysis
- * Individual advice

Included:

- * 4 day course, 2 sessions per day with Lizzy Hawker
- * 4 theory sessions
- * video analysis
- * 3 nights accommodation in double room with half-board in Gourmet-Hotel/Restaurant Traube Üja
- * Afternoon Tea in Hotel Traube
- * Sauna with mineral shower
- * Welcome gift

Please contact us for the detailed programme if you would like further information.