



A 'Running and Wellness' Week in the beauty of an Alpine Autumn

Enjoy running in a golden alpine autumn - running tours and 'wellness' in the region of the Swiss National Park

An opportunity to take some time, to 'switch off', to relax, to run and to enjoy

During this course you have the chance to combine delightful running tours with regeneration and relaxation. In the training you will learn how to optimize your running technique to have a dynamic yet economical style. Our extensive runs will offer you the runner's dream - pure mountain air, the golden colours of larch forests in the autumn, the crystal clear waters of the River Inn and spectacular views within the region of the Swiss National Park. Autumn in the mountains will thrill and inspire you!

Our training runs are taken at an enjoyable pace, with time to linger in the mountain meadows (unlike during races), to rest and stretch, to enjoy a picnic, or just to appreciate the panorama and camaraderie. During the evenings the natural mineral waters of the spa Bogn Engiadina and the welcoming atmosphere of the Hotel Traube, with its fine gourmet dinners, will take the tiredness out of your legs.

Enjoy some special running days in a unique landscape, and at the same time both challenge yourself, and allow yourself the opportunity for regeneration. Treat yourself to an inspiring and yet relaxing break to sustain you during the autumn.

Instruction: Franz Gissler

Date	Level	Description	Price
23.09.10 - 26.09.10	F1	Autumn Mountain Running and Wellness Week	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:

- * Running techniques for an economical style
- * Optimal running techniques for 'off-road'
- * Theoretical sessions including technique, training, education, nutrition and rest
- * Training runs in the natural beauty of the region surrounding Scuol
- * Running style analysis
- * Individual advice

Included:

- * 4 day course, 2 sessions per day with Fränzi Gissler
- * 4 theory sessions
- * video analysis
- * 3 nights accommodation in double room with half-board in Gourmet-Hotel/Restaurant Traube Üja
- * Optional entry to spa Bogn Engiadina
- * Afternoon Tea in Hotel Traube
- * Sauna with mineral shower
- * Welcome gift

Programme:

Thursday

- 13.00h: Rendezvous at Hotel Traube, welcome and brief presentation of programme
- 13.30-15.00h: Running Style Analysis with video recording
- 15.00-15.30h: Break
- 15.30-16.00h: What 'running type' am I?
- 16.00-17.30h: Training run followed by stretching
- 17.30-19.00h: Free time for individual regeneration
- 19.00h: Dinner

Friday

- 07.30-08.00h: Early Morning Run
- 08.30h: Breakfast
- 10.00-10.30h: Video analysis
- 10.30-12.00h: Running Technique I
- 12.00-14.00h: Lunchbreak
- 14.00-15.30h: Relaxed endurance run with stretching
- 16.00-19.00h: Free time for individual regeneration
- 19.00h: Dinner

Saturday

- 08.30h: Breakfast
- 09.30-10.00h: 'Strength training and Running'
- 10.00-15.00h: Running tour with strengthening exercises - and enjoying a picnic on route
- 15.00-19.00h: Free time for individual regeneration and optional entry to Spa Bogn Engiadina
- 19.00h: Dinner

Sunday

08.00h: Breakfast

09.30-10.00h: 'Nutrition and Running'

10.00-15.00h: Training run with 'Running Technique II' - enjoying a picnic on route

ca. 16.00h: Review, end of course and departures

N.B. The program may change depending on weather conditions and the needs of participants

It may be possible to arrange accomodation for extra nights (before or after the tour) at Hotel Traube if your travel plans require.