



Summer Running Week in the Swiss National Park

Enjoy running in the natural beauty of the Swiss National Park (F1/F2)

This running week combines learning to optimise your running technique with enjoyable recreation in the natural beauty of the Swiss National Park. By focusing on running technique you will learn how to maximise your running economy and yet to be dynamic. The extended training tours offer all a runner's heart could ask. On the soft ground of the sparse larch forests, along the crystal-clear waters of the River Inn and up to awe-inspiring vantage points in the Swiss National Park - how can we not enjoy our running?!

The training tours are adapted to give you time for relaxing breaks - to linger in the mountain meadows, to rest and stretch, to enjoy a picnic, or just to appreciate the panorama. 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 which will bring you lasting benefits.

Instruction: Franzi Gissler of Laufschule Scuol

Date	Level	Description	Price
23.07.10 - 29.07.10	F1/F2	Summer Running Week in the Swiss National Park	CHF 1280.-

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:

- * 6 day course, 2 sessions per day with Fränzi Gissler
- * 5 theory sessions
- * video analysis
- * 6 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

Programme:

Friday

- 13.00h: Rendezvous at Hotel Traube in Scuol, welcome and brief presentation of programme
13.30-15.00h: Running Style Analysis with video recording
15.00-15.30h: Break
15.30-15.45h: What 'running type' am I?
15.45-17.00h: Training run followed by stretching
17.30-19.00h: Free time for individual regeneration
19.00h: Dinner

Saturday

- 07.30-08.00h: Early Morning Run
08.30h: Breakfast
10.00-10.30h: Video analysis
10.30-12.00h: Running Technique I
12.00-15.00h: Lunchbreak
15.00-17.00h: Running Tour with stretching
17.00-19.00h: Free time for individual regeneration
19.00h: Dinner

Sunday

- 08.00h: Breakfast
09.30-10.00h: 'The right training balance'
10.00-15.00h: Running tour with video recording and enjoying a picnic on route
15.00-19.00h: Free time for individual regeneration
19.00h: Dinner

Monday - a day to relax

- At your pleasure: Breakfast

This day is free for your individual relaxation and enjoyment: optional visit to the Wellness and Spa of Bogn Engiadina, Coffee and cake in Scuol or resting on the sun terrace

19.00h: Nachtessen

Tuesday

07.30-08.00h: Early morning run

08.30h: Breakfast

10.00-10.30h: 'Rest and running'

10.30-12.00h: Running Technique II

12.00-14.00h: Lunch break

14.00-16.00h: Running Tour followed by stretching

16.00-19.00h: Individual time for regeneration

19.00h: Dinner

Wednesday

08.00h: Breakfast

09.30-10.00h: 'Strength training for running'

10.00-15.30h: Running Tour in the National Park with picnic on route

15.30-16.30h: Stretching and relaxation

16.30-19.00h: Free time for individual regeneration

19.00h: Dinner

Thursday

08.00h: Breakfast

10.00-10.30h: 'Running with your entire body'

10.30-12.00h: End of course training run followed by stretching

13.00h: 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.