

Private Running Instruction

Focused towards your personal requirements

We offer individual coaching and instruction for the enjoyment of running, trail and mountain running, and competitive running.

- Running style analysis
- Running technique
- Training runs
- Planning a training schedule
- Nutrition in training and competition

Suggested duration:

- 1.5 hrs - e.g. running style analysis and running technique
- 2 hrs - e.g. running technique analysis with video recording
- ½ day (3 hrs) - e.g. running style analysis, running technique and training advice
- 1 day (6 hrs) - e.g. running technique analysis with video recording, running technique, training and nutrition
- Multiday tours

We are here for you and would be happy to suggest an individual programme tailored to what you want. Just telephone or email for further information or to discuss your requirements. We look forward to welcoming you!

Instruction: Franz Gissler or Lizzy Hawker

Date	Level	Description	Price
01.05.10 - 01.12.10	Individual	Private Running Instruction	on request

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