



Women's Running Seminar in the golden autumn of the Swiss Alps

Experience the beauty of an Alpine Autumn on our Women's Running Course

Lace up your running shoes, and look forward to sharing fulfilling days in the beauty of a golden Alpine autumn. Our training course is designed for women and given by women, to provide a unique opportunity to take your running to the next stage

Essentially men and women are not so different, but subtle differences in physique and performance have an impact on technique and training. Together we will develop our knowledge, technique and performance and also learn from each-other's experiences.

What do women need to train and perform well, and to remain doing so?

Special themes for „women in sport“ will be discussed, including health, hormone balance, nutrition, the physical stress of training and the effect of age. The course combines enjoyable and delightful running tours with specific training for different levels of amateur and advanced runners. The course aims to optimize your technique for training and racing (10km to half-marathon), to adjust and refine your training programme, and to expand your understanding of women's health relevant to training and performance. Added to this you will have an intense experience of being (and running) in the natural beauty of the mountainous Lower Engadine (Switzerland). The natural mineral waters of the spa, Bogn Engiadina, sauna and fine gourmet dinners at the Hotel Traube complement the running and training with recreation and enjoyment.

Instruction: Franz Gissler of the Laufschule Scuol

Date	Level	Description	Price
16.09.10 - 19.09.10	W-F1/F2	Autumn Women's Running 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:

- * Delightful runs in the autumnal beauty of the Engadine region near to Scuol
- * Theoretical discussions of women-specific issues including technique, nutrition, and training
- * Basic running techniques
- * Running style analysis
- * Tips and advice for training, nutrition and racing
- * Individual consultations

Included:

- * 4 day course, 2 sessions per day with Fränzi Gissler
- * 4 theory sessions
- * 3 nights accommodation in double room with half-board in Gourmet-Hotel/Restaurant Traube Üja
- * Afternoon Tea in Hotel Traube
- * Sauna with mineral water 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 course and short 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
10.00-10.45h: 'Women, Sport and Nutrition'
11.00-13.00h: Running Technique I - for extending your technique
13.00-14.30h: Lunchbreak
14.30-16.00h: Run - using heart rate monitor - followed by stretching
16.00-17.00h: Video analysis
17.00-19.00h: Free time for individual regeneration
19.00h: Dinner

Saturday

07.30-08.00h: Early Morning Run
08.30h: Breakfast
09.30-10.30h: 'Women-specific training load'
10.30-14.30h: Group run - looking at more advanced running techniques - 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

09.30h: 'How to run with your whole self'

10.00-15.00h: Running Tour with picnic on route

15.30h: Post-run "warm down" and stretching

ca. 16.00h: 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.