

Snow Running Courses

Running through swirling powder (F1/F2)

Whether on the groomed winter paths of the sunny terrace of the Lower Engadine, or on small trails in the snowy woods - a winter paradise awaits you.

Why wait for warmer weather?

In the winter, despite the cold or the snow, we need not be dissuaded from our running. On the contrary it is important to make a good basic endurance training in the winter in order to be fully prepared for the upcoming race season.

Running in the snow in the mountains is ideal - it gives you good endurance training while giving your run a pure pleasure. The joy of running in the snow in the sharp winter air gives you an enjoyable training. The technical side of this training course is balanced with enjoying snowy training runs together in the beauty of the winter mountains.

So let's go from the warm warm and into the swirling snow!

Instructors: Franz Gissler or Lizzy Hawker

Date	Level	Description	Price
17.12.10 - 19.12.10	F1/F2	Snow Running Course I	CHF 280.-
07.01.11 - 09.01.11	F1/F2	Snow Running Course II	CHF 280.-
28.01.11 - 30.01.11	F1/F2	Snow Running Course III	CHF 280.-
18.02.11 - 20.02.11	F1/F2	Snow Running Course IV	CHF 280.-

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

Course contents:

- * Running style analysis with video analysis
- * Running technique and training
- * Snow running technique
- * Optimising current technique
- * Short theory sessions on the subjects of running technique, training, education and nutrition
- * Snow Running training tours around Scuol

Included:

- * 3 days snow running course with instructors from the Laufschule Scuol
- * Theoretical discussions

Accommodation: Scuol Tourism (www.scuol.ch) or the Laufschule Scuol will be happy to give advice or recommendations

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