

Alpine and Trail Running Camp I

Training camp for trail and mountain running - getting ready for summer!

NEW - two group levels of 'Advanced' (F1/F2) and 'Pro Racing' (F2 / P)

Are you passionate about trail running and do you already have a goal for the summer ahead? Good marathon technique is the basis - we focus on building your technique for mountain running so that you can take advantage of our tips for training, planning, nutrition and regeneration in your next marathon goal.

In the vast mountain paradise of the Lower Engadine we train together along rushing mountain streams, climbing mountain paths to our summit goals. We will run at a fairly easy 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. For the Pro Racer group there will of course also be the chance to stretch yourselves. In the evening the stylish atmosphere of the Hotel Traube welcomes you with fine gourmet dinners. Here you can also take the opportunity to sample the natural spa waters of the Bogn Engiadina, and allow them to take the tiredness out of your legs.

Combine a challenging training with inspiration and regeneration. You can develop impressive form in your mountain running, while yet enjoying a relaxing few days.

Benefit from the experience of mountain runners **Franzi Gissler** and **Lizzy Hawker**. Franzi competed in the 2007, 2008 and 2009 editions of the **Transalpine Run** and with her team partner was best Swiss team in the Mixed Category. Lizzy is a top international mountain runner (including **Ultra Trail du Mont Blanc** winner 2005 and 2008, world champion over 100km, Swiss Alpine Davos K78 record holder, Zermatt Marathon record holder). Lizzy and Franzi will both be leading this camp and will contribute their personal experience and advice for training, equipment and competition.

This camp is ideal preparation for mountain races such as the Graubunden Marathon, Swiss Alpine Marathon Davos, Jungfrau Marathon, Sierre-Zinal, Gondo Event, The North Face Ultra Trail du Mont Blanc and the Gore-Tex Transalpine Run.

Instructors: Franzi Gissler (F1/F2) and Lizzy Hawker (F2/P)

Date	Level	Description	Price
22.05.10 - 24.05.10	F1/F2	Alpine & Trail Running Camp I	CHF 480.-
22.05.10 - 24.05.10	F2/P	Alpine & Trail Running Camp I	CHF 480.-

Supplement for entry to Wellness area
Single room supplement of CHF 50.- for the 3 nights

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

Course contents:

- * Mountain-running specific technique to consolidate and optimise your running
- * Different types of training, and how to develop a versatile programme
- * Theory of planning efficient training, nutrition and regeneration in mountain sports
- * Extensive training runs in the mountain paradise of Scuol and the Swiss National Park
- * Tips and advice for training, nutrition and racing

Included:

- * 3 day course with Fränzi Gissler or Lizzy Hawker
- * 2 nights accommodation in double room with half-board in Gourmet-Hotel/Restaurant Traube Üja
- * Afternoon Tea
- * Sauna with natural mineral shower
- * Welcome gift

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