

## Alpine and Trail Running Camp II

### Training camp for trail and mountain running in the Swiss National Park - the ultimate preparation for mountain runners (F1/F2)

Are you passionate about trail running and do you already have a goal for the summer ahead? Good marathon technique is the basis to allow you to get the most from yourself and to avoid injury. In technical sessions we look at your individual marathon technique and how you can optimise it, before putting our words into practice in some beautiful training runs. 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. Our running pace is adapted to allow us time to linger in the mountain meadows (unlike during races), to rest and stretch, to enjoy a picnic, or just to appreciate the panorama. 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.

This course offers you a varied training over four days, also enjoying pleasurable recreation and fine gourmet food, while being inspired by the impressive mountain scenery. You can develop an impressive mountain running form yet enjoying a relaxing few days!

Benefit from the experience of mountain runner Franz Gissler who with her partner was the best Swiss team in the Mixed Category of the Transalpine Run in 2007, 2008 and 2009 edition.

This camp is ideal preparation for mountain races such as the 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:** Franz Gissler

Date	Level	Description	Price
03.06.10 - 06.06.10	F1/F2	Alpine & Trail Running Camp II	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!**

**Laufschule Scuol – Outdoor Engadin GmbH • Punt 36A • 7550 Scuol • Schweiz**  
**Tel. +41 (0)81 860 02 06 • [info@outdoor-engadin.ch](mailto:info@outdoor-engadin.ch) • [www.laufschule-scuol.ch](http://www.laufschule-scuol.ch)**

### **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
- \* Preparation for competition
- \* Extensive training runs in the mountain paradise of Scuol and the Swiss National Park
- \* Tips and advice for training, nutrition and racing

### **Included:**

- \* 4 day course
- \* video gait analysis
- \* 3 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.**