

Jura Running Course

Wonderful running days for advanced students (F1/F2)

Are you a keen runner, but you'd like to feel more ease and enjoyment in your running training? In this course you learn to optimise your running economy and technique to progress as a runner - and this in the tranquil environment of the Jurassic hills. With new training ideas you will renew your enthusiasm for a varied and more efficient training.

The extensive and diverse landscapes of Mont Magglingen and the Jura are ideal for interesting train runs. It is not without reason that this area is home to the Federal Office for Sport, with its renowned School of Sport. Maybe we will meet a well-known athlete over lunch?

The Lake Lodge in Biel / Bienne is a simple accomodation and close to the shore of the Lake of Biel. The culinary highlight is certainly the most sociable BBQ which we enjoy on Saturday evening by the lake. Sit together and talk shop

Let this weekend give you a head-start for your preparation for the new running season! Come and be inspired

Instruction: Franzi Gissler of Laufschule Scuol

Date	Level	Description	Price
07.05.10 - 09.05.10	F1/F2	Jura Running Course	CHF 450.-

Single room supplement - on request

**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:

- * Current techniques for 'whole body' running
- * Theory sessions on the subjects of running technique, training, doctrine and nutrition
- * Basic techniques for a more powerful and economical style to consolidate and extend your run
- * Gait analysis with video recording
- * Individual advice
- * Training runs in the natural beauty of the Jura region

Included:

- * 3 day course, 2 units per day
- * 3 theory sessions
- * video analysis
- * 2 nights accommodation in triple room with half-board at Lago Lodge Biel (including a lakeside BBQ dinner at the lakeside)
- * Welcome gift

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