

## A 'Running and Wellness' Week in the beauty of an Alpine Autumn

Enjoy running in a golden alpine autumn - running tours and 'wellness' in the region of the Swiss National Park

An opportunity to take some time, to 'switch off', to relax, to run and to enjoy .....

During this course you have the chance to combine delightful running tours with regeneration and relaxation. In the training you will learn how to optimize your running technique to have a dynamic yet economical style. Our extensive runs will offer you the runner's dream - pure mountain air, the golden colours of larch forests in the autumn, the crystal clear waters of the River Inn and spectacular views within the region of the Swiss National Park. Autumn in the mountains will thrill and inspire you!

Our training runs are taken at an enjoyable 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 and camaraderie. During the evenings the natural mineral waters of the spa Bogn Engiadina and the welcoming atmosphere of the Hotel Traube, with its fine gourmet dinners, will take the tiredness out of your legs.

Enjoy some special running days in a unique landscape, and at the same time both challenge yourself, and allow yourself the opportunity for regeneration. Treat yourself to an inspiring and yet relaxing break to sustain you during the autumn.

**Instruction:** Franz Gissler

Date	Level	Description	Price
23.09.10 - 26.09.10	F1	Autumn Mountain Running and Wellness Week	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:**

- \* Running techniques for an economical style
- \* Optimal running techniques for 'off-road'
- \* Theoretical sessions including technique, training, education, nutrition and rest
- \* Training runs in the natural beauty of the region surrounding Scuol
- \* Running style analysis
- \* Individual advice

### **Included:**

- \* 4 day course, 2 sessions per day with Fränzi Gissler
- \* 4 theory sessions
- \* video analysis
- \* 3 nights accommodation in double room with half-board in Gourmet-Hotel/Restaurant Traube Üja
- \* Optional entry to spa Bogn Engiadina
- \* Afternoon Tea in Hotel Traube
- \* Sauna with mineral shower
- \* Welcome gift

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