

Running Camp Goms

Running camp with the option to race in the Summer Gommerlauf (21.1 km)

This running week combines learning to optimise your running technique with enjoyable recreation and the possibility to race in the Summer Gommerlauf half-marathon. By focusing on running technique you will learn how to maximise your running economy and yet to be dynamic. The extended training tours offer all a runner's heart could ask. The region around the Grimsel and Furka, the area of the watershed between the Mediterranean and the North Sea, and the Gommer Crest Trail are just some of the highlights of these unique mountain days.

The training tours are adapted to give you time for relaxing breaks - to linger in the mountain meadows, to rest and stretch, to enjoy a picnic, or just to appreciate the panorama. The tours cover the best running routes in the Goms. Our local course instructor, Kurt Scherrer, knows the area intimately and he will take you through the most beautiful trails and mountain paths. In the evening the fine food and the hotel spa allow your legs to forget the miles.

On the Saturday there is the option for anyone who wishes to round off their week with a half-marathon race - the summer Gommerlauf (21.1km). Experience these enjoyable training days and a unique race, in a beautiful mountain environment - and treat yourself to an exciting and relaxing week which will bring you ongoing benefits.

Instruction: Kurt Scherrer

Date	Level	Description	Price
29.08.10 - 04.09.10	F1/F2	Running Week Goms with Summer Gommerlauf	CHF 1290.-

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Course contents:

- * Training tours in the running paradise of the Goms
- * Current practice for economical running
- * Running style analysis
- * Specific training for mountain running
- * Theory sessions on running technique, training, education and nutrition
- * Individual advice and preparation for the half-marathon Gommerlauf

Included:

- * 6 days guided tours
- * 5 theoretical sessions
- * video analysis
- * 6 nights accommodation in a double room with half-board
- * Welcome gift

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