

Running Seminar with Engadine “Sommerlauf“(Switzerland)

Enjoy varied training days for the Engadine “Sommerlauf“

These four days promise an interesting and varied running program: running style analysis, running tests, technical training and enjoyable running sessions. The seminar concludes with the highlight of the course - participation in the Lower Engadine 'Sommerlauf'.

This training course offers preparation for the race, but most of all, an intense experience of being (and running) in the natural beauty of the mountainous Lower Engadine (Switzerland). The natural mineral waters of the spa, Bogn Engiadina, sauna and fine gourmet dinners at the Hotel Traube complement the running and training with recreation and enjoyment.

The course is aimed at slightly advanced to ambitious amateur runners, who would like to combine pleasurable days with experience of a Trail Race. The route of the Lower Engadine 'Sommerlauf' follows the banks of the River Inn and offers beautiful surroundings whether you choose the 5.2km or 18km course.

Instruction: Benefit from the experiences of an instructor from the Laufschule Scuol (Franzi Gissler or Lizzy Hawker).

Date	Level	Description	Price
05.08.10 - 08.08.10	F1/F2	Running Seminar with Lower Engadine 'Sommerlauf'	CHF 725.-

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 • www.laufschule-scuol.ch**

Course contents:

- * Technical training
- * Theoretical discussion of running technique, nutrition, education and training
- * Running style analysis and running test
- * Running style analysis and running test
- * Tips and advice for training, nutrition and racing
- * Preparation for the Lower Engadine 'Sommerlauf'
- * Participation in the Lower Engadine 'Sommerlauf'

Included:

- * 3 day course with 2 running sessions per day with your instructor (Franzi Gissler or Lizzy Hawker)
- * 1 day participation in the Lower Engadine 'Sommerlauf' with your instructor
- * 3 theory sessions
- * video analysis and running test
- * registration fee for the Lower Engadine 'Sommerlauf'
- * 3 nights accommodation in double room with half-board in Gourmet-Hotel/Restaurant Traube Üja
- * Afternoon Tea in Hotel Traube
- * Sauna
- * Welcome gift

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