

Spring Mountain Running Course

Easier and more enjoyable running

Learn the basic running technique, and how to run more economically with greater enjoyment! (F1)

Would you like to run more easily and with great enjoyment? Would you like to have some new ideas for your training? In this course you will learn to run more economically and so to bring more variety and enjoyment to your training.

These days combine varied sessions on running technique with extensive training runs which lead you to the most beautiful areas in the Lower Engadine. Have you ever before done your 'school exercises' in a beautiful meadow in the clear mountain air, followed by running down into the valley along a rushing mountain stream? Then come join us and surprise yourself with how diverse and relaxing a dynamic running style can be.

Combine a great workout over four days with the inspiring natural beauty of this mountain paradise, whilst enjoying relaxation and fine gourmet food. You can get into impressive running shape whilst enjoying the relaxing atmosphere of the Hotel Traube.

The diverse training runs in this unique mountain landscape will give you a memorable running experience. Come run with us!

Instruction: Instructors of the Laufschule Scuol

Date	Level	Description	Price
03.06.10 - 06.06.10	F1	Spring Mountain Running Course	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!**

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Course contents:

- * Technique for economical running
- * Consolidate and optimise your basic technique for greater power and ease
- * Theoretical sessions on running technique, training, education and nutrition
- * Gait and running analysis
- * Personal advice
- * Training runs in the natural beauty of the region surrounding Scuol

Included:

- * 4 day course, 2 instructed units per day
- * 4 theory sessions
- * video analysis
- * 3 nights accommodation in double room with half-board in Gourmet-Hotel/Restaurant Traube Üja
- * Afternoon Tea in Hotel Traube
- * Sauna with mineral shower
- * Welcome gift

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