



Zermatt Alpine Running Week

A pure mountain experience with optional participation in the Zermatt Marathon or half-marathon relay!

Do you long to run in the intense beauty of a mountain environment? Would you like to raise your running ability and make a good preparation for a mountain marathon? Or perhaps you would like to make your first marathon in the mountains with 2000m ascent, or even the half distance in relay? Bring your joy of running, a little endurance and an adventurous spirit - our Zermatt running week awaits you.

The optional focus of the week is to participate in either the Zermatt Marathon, or in the half-marathon relay over the same course. But during our week we also learn a lot from each other - the preparation and training will stand you in good stead for the season ahead whether you decide to make the race or not.

Zermatt is surrounded by a very beautiful and diverse mountain landscape in which to make our training runs. We let this inspire us as we learn also the theory of running technique, training, education and nutrition. Our 'home from home' for the week is the Hotel Silvana at Furi, a hamlet above Zermatt. It is a special place run by Dany Biner, a mountain guide and running enthusiast. Truly at the base of the Matterhorn we are surrounded by its history and we can let it give us extra strength for the challenges ahead. To balance our training and preparation the Hotel Silvana is an oasis of peace in which to relax, to enjoy good food, and to treat ourselves to some 'wellness'.

Benefit from the experience of international mountain runner Lizzy Hawker (3 x winner and record holder of the Zermatt Marathon, Ultra Trail du Mont Blanc winner 2005 and 2008, 2006 100km World Champion, record holder for the Swiss Alpine Marathon (78km)). Lizzy will be leading you throughout the week, competing with you in the race, and can offer you invaluable tips and advice on the physical and mental sides to marathon training, nutrition and competition from her personal experiences.

This Zermatt Running Week offers you a wonderful trail running experience in awe-inspiring mountains under competent leadership. Use it to give you the best preparation for the Zermatt Marathon or to give you confidence to commit to 2011! Come with us to the mountains!

Course director: Lizzy Hawker (3x winner of the Zermatt Marathon and record holder)
with Kurt Scherrer

Date	Level	Description	Price
03.07.10 - 11.07.10	F1/F2	Zermatt Alpine Running Week (with participation in the Zermatt Marathon or half-marathon relay)	CHF 1690.-
03.07.10 - 09.07.10	F1/F2	Zermatt Alpine Running Week	CHF 1390.-

**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:

- * Training runs in the running paradise of the Zermatt mountains (at the foot of the Matterhorn)
- * Consolidate and expand your techniques, improve your running economy
- * Theory sessions on training, nutrition and racing for mountain marathons
- * Current running style analysis
- * Diverse and comprehensive training
- * Personal advice
- * Focused preparation for the Zermatt Marathon or half-marathon relay

Included:

- * 7/8 day course
- * 5 theory sessions
- * Video analysis Mountain Running Tour
- * 6/8 nights accommodation in double room with half-board at Hotel Silvana, Furi-Zermatt
- * Swimming pool and hotel wellness area
- * Optional massage or physiotherapy
- * After dinner talk - 'The Journey' presented by Lizzy Hawker
- * Welcome gift

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