

Women's Running Seminar in the golden autumn of the Swiss Alps

Experience the beauty of an Alpine Autumn on our Women's Running Course

Lace up your running shoes, and look forward to sharing fulfilling days in the beauty of a golden Alpine autumn. Our training course is designed for women and given by women, to provide a unique opportunity to take your running to the next stage

Essentially men and women are not so different, but subtle differences in physique and performance have an impact on technique and training. Together we will develop our knowledge, technique and performance and also learn from each-other's experiences.

What do women need to train and perform well, and to remain doing so?

Special themes for „women in sport“ will be discussed, including health, hormone balance, nutrition, the physical stress of training and the effect of age. The course combines enjoyable and delightful running tours with specific training for different levels of amateur and advanced runners. The course aims to optimize your technique for training and racing (10km to half-marathon), to adjust and refine your training programme, and to expand your understanding of women's health relevant to training and performance. Added to this you will have 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.

Instruction: Franz Gissler of the Laufschule Scuol

Date	Level	Description	Price
16.09.10 - 19.09.10	W-F1/F2	Autumn Women's Running Seminar	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:

- * Delightful runs in the autumnal beauty of the Engadine region near to Scuol
- * Theoretical discussions of women-specific issues including technique, nutrition, and training
- * Basic running techniques
- * Running style analysis
- * Tips and advice for training, nutrition and racing
- * Individual consultations

Included:

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

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