



## Summer Running Week in the Swiss National Park

### Enjoy running in the natural beauty of the Swiss National Park (F1/F2)

This running week combines learning to optimise your running technique with enjoyable recreation in the natural beauty of the Swiss National Park. 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. On the soft ground of the sparse larch forests, along the crystal-clear waters of the River Inn and up to awe-inspiring vantage points in the Swiss National Park - how can we not enjoy our running?!

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. During the evenings the natural mineral waters of the spa Bogn Engiadina and the welcoming atmosphere of the Hotel Traube, with its fine gourmet dinners, will take the tiredness out of your legs.

Enjoy some special running days in a unique landscape, and at the same time both challenge yourself, and allow yourself the opportunity for regeneration. Treat yourself to an inspiring and yet relaxing break which will bring you lasting benefits.

**Instruction:** Franzi Gissler of Laufschule Scuol

Date	Level	Description	Price
23.07.10 - 29.07.10	F1/F2	Summer Running Week in the Swiss National Park	CHF 1280.-

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:**

- \* Running techniques for an economical style
- \* Optimal running techniques for 'off-road'
- \* Theoretical sessions including technique, training, education, nutrition and rest
- \* Training runs in the natural beauty of the region surrounding Scuol
- \* Running style analysis
- \* Individual advice

### **Included:**

- \* 6 day course, 2 sessions per day with Fränzi Gissler
- \* 5 theory sessions
- \* video analysis
- \* 6 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.**