

Zermatt Alpine Running Week

Do you long to run in the beauty of a mountain summer? Would you like to improve your running ability and make a good preparation for a mountain marathon? Or do you hope just to enjoy some days out on the mountain trails? With a joy of running and some endurance - we hope to offer you something in our 'Zermatt Alpine Running Week'.

The optional focus of the week is to participate in either the Ultra Zermatt Marathon (45.6km), 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 one of the Zermatt races, whether you prepare for another mountain marathon, or if you simply would like to improve your technique so that running becomes easier and more enjoyable, or just want to be out on the mountain trails!

Zermatt is surrounded by a very beautiful and diverse mountain landscape in which to make our training runs. We let this inspire us as focus on improving technique - for both trail and mountain running - to give a good basis for running more easily and efficiently and to help prevent injury. We will learn more about different types of training, good nutrition, the importance of recovery, and of course specific advice towards the Zermatt Marathon (or any other mountain marathon). 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.

[Lizzy Hawker](#) will be your course director and will be delighted to lead the camp and offer her personal experience and advice. She is a well-known international runner on road, trail and mountain (Zermatt Marathon record holder, 2006 world champion over 100km, 3 x winner of the Ultra Trail du Mont Blanc, Swiss Alpine Davos K78 record holder).

This Zermatt Running Week offers you a wonderful trail running experience in awe-inspiring mountains. Use it to give you the best preparation for the Zermatt Marathon or to give you confidence to commit to 2012!

Course director: Lizzy Hawker (instruction in English)

Date	Level	Description	Price
02.07.11 - 10.07.11	F1/F2	Zermatt Alpine Running Week	CHF 610.-
02.07.11 - 08.07.11	F1/F2	(without race participation)	CHF 610.-

N.B. Price is exclusive of race registration, course participants are responsible for their own registrations.
Price is exclusive of public transport costs (if required)

Course contents:

- * Advice to improve your technique for a more economical and enjoyable run
- * Different types of training, and how to develop a versatile programme
- * Theory sessions covering training, nutrition, regeneration - focused on mountain marathons
- * Specific advice for racing a mountain marathon
- * Focused preparation for the Ultra Zermatt, the Zermatt Marathon or the half-marathon relay
- * Training runs in the summer beauty of the Zermatt mountains (at the foot of the Matterhorn)

Included:

- * 6 day course with Lizzy Hawker
- * After dinner talk - 'The Journey' presented by Lizzy Hawker
- * Welcome gift

N.B. The course finishes after dinner on the Thursday evening - leaving you with a day to rest, prepare, and focus yourself towards your race. Depending on selection Lizzy may depart on the Friday morning to compete in the World Trail Championships representing Great Britain, but she will be wishing all the course participants the very best for their race, and she will be asking news for their progress!! During the course Lizzy will outline the 'programme' for the Friday and race day itself - so you will be fully prepared. If Lizzy isn't selected for the World Championships then she will participate in the Ultra-Zermatt Marathon herself and will be pleased to share the adventure and experience with you.

Accommodation (cost excluded):

Accommodation for the course will be at the [Hotel Silvana](#), Furi - a hamlet just above Zermatt. It is a special place run by Dany Biner, a mountain guide and running enthusiast. His hotel is an oasis of peace in which to relax after training, and to focus towards your coming race. The 'wellness' facilities offer an indoor swimming pool, jacuzzi, steam bath and bio sauna. The price includes accommodation in delightful rustic and comfortable rooms, a delicious (and very generous) buffet breakfast, and a 4-course evening meal with a choice of main course which we enjoy in the cosy ambiance of the Gitz-Gädi, with its open fireplace, or by candlelight in the Silvana-Stübli.

Course participants benefit from the reduced rate accommodation price of CHF 125.-per person, per night, double room with half board. Single rooms may be available on request. It may also be possible to stay an extra night or two if you like to enjoy a longer holiday or to ease your travel arrangements.

- * 6 or 8 nights accommodation in double room with half-board in Hotel Silvana
- * Indoor swimming pool with wellness area (jacuzzi, steam bath, bio sauna).

N.B. Reservations will be made by the Laufschule Scuol according to your wish, but payment will be made directly to the Hotel Silvana.

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

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