

2010 Programme

Date	Level	Description	Price
15.01.10 - 17.01.10	F1/F2	Snow Running Course I	CHF 270.-
19.02.10 - 21.02.10	F1/F2	Snow Running Course II	CHF 270.-
19.03.10 - 21.03.10	F1/F2	Snow Running Course III	CHF 270.-
30.04.10 - 02.05.10	BP	ABC course for high altitude climbers	CHF 650.-
07.05.10 - 09.05.10	F1/F2	Jura Running Course	CHF 450.-
22.05.10 - 24.05.10	F1/F2	Alpine and Trail Running Camp I (Pentecost)	CHF 480.-
22.05.10 - 24.05.10	F2/P	Alpine and Trail Running Camp I (Pentecost)	CHF 480.-
03.06.10 - 06.06.10	F1/F2	Alpine and Trail Running Camp II	CHF 690.-
03.06.10 - 06.06.10	F1	Spring Mountain Running Course	CHF 690.-
25.06.10 - 27.06.10	F1	Introductory Trail Running Course	CHF 490.-
03.07.10 - 11.07.10	F1/F2	Alpine Running Week - Zermatt (with participation in the Zermatt Marathon)	CHF 1690.-
03.07.10 - 09.07.10	F1/F2	Alpine Running Week - Zermatt (without participation in the Zermatt Marathon)	CHF 1390.-
14.07.10 - 19.07.10	F2/P	The North Face Ultra Trail du Mont Blanc - Preparation Camp	to follow
23.07.10 - 29.07.10	F1/F2	Summer Running Week in the Swiss National Park	CHF 1290.-
05.08.10 - 08.08.10	F2	Transalpine Running Camp I: Lower Engadine and Silvretta	CHF 640.-
05.08.10 - 08.08.10	F1	Running Seminar with Lower Engadine 'Sommerlauf'	CHF 725.-
12.08.10 - 15.08.10	F2	Transalpine Running Camp II: Piz Buin and Sesvenna Glacier	CHF 640.-
29.08.10 - 04.09.10	F1/F2	Running Week - Goms - with Summer Gommerlauf (race)	CHF 1280.-
02.09.10 - 05.09.10	F1/F2	Plaisir Running Camp	CHF 640.-
16.09.10 - 19.09.10	W - F1/F2	Autumn Women's Running Seminar	CHF 690.-
23.09.10 - 26.09.10	F1/F2	Marathon Seminar	CHF 690.-
23.09.10 - 26.09.10	F1	Autumn Mountain Running and Wellness Week	CHF 690.-
29.10.10 - 31.10.10	B - P	ABC Course for High Altitude Climbers	CHF 650.-
01.01.10 - 31.12.10	B-P	Private Running Instruction	On request

(Beginner=B, Advanced=F, Pro=P, Women's special=W, Courses with English Instruction by Lizzy Hawker=**Bold**)