

## Introduction to Trail Running

**NEW!**

**Experience three days of running on the mountain trails of the Lower Engadine - find your way into trail running (F1)**

Do you feel like running away - surrounded by the beauty of magnificent mountain scenery? This course offers you an introduction into trail running, mountain running and easy running tours.

Learn the technique for running off-road and take home valuable tips for planning your training, the equipment to use and nutrition for the trail. This weekend combines some trail running tours through the larch forests of the Lower Engadine in the region of the Swiss National Parks and tours ascending to mountain huts with magnificent viewpoints to the Silvretta mountain group.

However it is not only running - rest and relaxation are also not forgotten! Our 'home' base is the welcoming and stylish Hotel Traube, with its fine gourmet dinners. The natural mineral waters of the spa Bogn Engiadina will also help to take the tiredness from your legs. Relaxation and pure enjoyment.

A wonderful mountain experience, easy trails and good food make this weekend into days of active rest. Find the pleasurable introduction to trail running .....

**Instruction:** Franz Gissler of Laufschule Scuol

Date	Level	Description	Price
25.06.10 - 27.06.10	F1	Introduction to Trail Running	CHF 490.-

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!**

**Laufschule Scuol – Outdoor Engadin GmbH • Punt 36A • 7550 Scuol • Schweiz  
Tel. +41 (0)81 860 02 06 • [info@outdoor-engadin.ch](mailto:info@outdoor-engadin.ch) • [www.laufschule-scuol.ch](http://www.laufschule-scuol.ch)**



## Course contents:

- \* From the basic running technique to 'off-road' and trail
- \* Consolidate and optimise your running techniques
- \* Introduction to trail and mountain running
- \* Tips and advice for planning your training, material and nutrition
- \* Training runs in the natural beauty of the region surrounding Scuol

## Included:

- \* 3 day course
- \* gait analysis (video)
- \* 2 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

## Programme:

### Friday

- 13.00h: Rendezvous at Hotel Traube in Scuol, welcome and brief presentation of programme
- 13.30-15.00h: Running Style Analysis with video recording
- 15.00-15.30h: Break
- 15.30-17.30h: Introduction to trail running technique and an easy training run
- 17.30-18.30h: Video analysis
- 19.00h: Dinner

### Saturday

- 08.00h: Breakfast
- 09.00-15.00h: Running tour: Val Sinestra - Griosch - Vna - Tschlin (ca. 16km with 900m ascent) - we discuss trail running technique on route, enjoy a lunch in Vna and return to Scuol by postal bus
- 15.00-19.00h: Individual time for rest and relaxation, optional visit to the spa Bogn Engiadina
- 19.00h: Dinner

### Sunday

- 07.30h: Breakfast
- 09.00-14.30h: Running tour: Ftan - Alp Laret - Motta Naluns (ca. 12km and 800m ascent) - we discuss trail running technique on route, and enjoy lunch on Alp Laret or Motta Naluns, return to Scuol by cable car or with the option to run back via Flona
- 15.00h: Course conclusion and departures

N.B. The program may change depending on weather conditions and the needs of participants

It may be possible to arrange accommodation for extra nights (before or after the tour) at Hotel Traube if your travel plans require.