

Running Camp Goms

Running camp with the option to race in the Summer Gommerlauf (21.1 km)

This running week combines learning to optimise your running technique with enjoyable recreation and the possibility to race in the Summer Gommerlauf half-marathon. 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. The region around the Grimsel and Furka, the area of the watershed between the Mediterranean and the North Sea, and the Gommer Crest Trail are just some of the highlights of these unique mountain days.

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. The tours cover the best running routes in the Goms. Our local course instructor, Kurt Scherrer, knows the area intimately and he will take you through the most beautiful trails and mountain paths. In the evening the fine food and the hotel spa allow your legs to forget the miles.

On the Saturday there is the option for anyone who wishes to round off their week with a half-marathon race - the summer Gommerlauf (21.1km). Experience these enjoyable training days and a unique race, in a beautiful mountain environment - and treat yourself to an exciting and relaxing week which will bring you ongoing benefits.

Instruction: Kurt Scherrer

Date	Level	Description	Price
29.08.10 - 04.09.10	F1/F2	Running Week Goms with Summer Gommerlauf	CHF 1290.-

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Course contents:

- * Training tours in the running paradise of the Goms
- * Current practice for economical running
- * Running style analysis
- * Specific training for mountain running
- * Theory sessions on running technique, training, education and nutrition
- * Individual advice and preparation for the half-marathon Gommerlauf

Included:

- * 6 days guided tours
- * 5 theoretical sessions
- * video analysis
- * 6 nights accommodation in a double room with half-board
- * Welcome gift

Program:

Sunday

13.00h: Rendezvous at your hotel in Oberwald, welcome and brief program description
13.30-15.00h: Running style analysis with video recordings
15.00-15.30h: Break
15.30-15.45h: 'What running type am I?'
15.45-17.00h: Running Tour and Stretching
17.00-17.45h: Video analysis
17.45-19.00h: Free time for individual regeneration
19.00h: Dinner

Monday

07.30-08.00h: Early morning run
08.30h: Breakfast
10.00-10.30h: 'The proper training load'
10.30-12.00h: Running Technique I
12.00-15.00h: Lunch
15.00-17.00h: Running Tour and Stretching
17.00-19.00h: Free time for individual regeneration
19.00h: Dinner

Tuesday

08.00h: Breakfast
09.30-10.00h: 'What is running with your full body?'
10.00-15.00h: Running tour with picnic on route
14.00-19.00h: Free time for individual regeneration
19.00h: Dinner

Wednesday

07.30-08.00h: Early morning run

08.30h: Breakfast
10.00-10.30h: 'Nutrition and Running'
10.30-12.00h: Running Technique II
12.00-14.00h: Lunch
14.00-16.00h: Running Tour and Stretching
16.00-19.00h: Free time for individual regeneration
19.00h: Dinner

Thursday

08.00h: Breakfast
09.30-14.30h: Running Tour with strength training and picnic on route
14.30-15.00h: Stretching and relaxation
16.30-19.00h: Free time for individual regeneration
19.00h: Dinner

Friday

According to your mood: Breakfast
10.00-11.00h: Easy preparation run
11.30-12.30h: Race preparation discussion
Individual time to relax and to prepare for the race on the following day
18.00h: Dinner / race Pasta Party

Saturday

07.00h Breakfast
09.00h: Go together to the race start where we make our last preparations
10.00-12.30h: Race start for Summer Gommerlauf half-marathon (21.1km)
13.00-13.30h: Post race discussion
14.00h: End of course and departures

N.B. The program may change depending on weather conditions and the needs of participants
Price is exclusive of public transport costs (if required)