

Achensee Running Camp



05.05.2022 - 08.05.2022 10:00 - 15:00

Location:

loisi's Boutiquehotel at the Achensee
Achenkirch 104 6215 - Achenkirch

Organisator:

Tourismusverband Achensee

Price: 639,00 €



Improve your running efficiency on tarmac and off-road. Join the Achensee running camp by Sportalpen where expert coaches share tips and tricks on effective training and technique.

ITINERARY

Thursday, 05 May 2022

- 10.00 first performance diagnostics and video recording for running style analysis at the Lakeside GYM of the [Atoll Achensee](#) direct journey to the Atoll Achensee or free of charge with the public bus from the loisi's Boutiquehotel am Achensee – [to the bus timetables](#))
- 17.00 get together at [loisi's Boutiquehotel am Achensee](#) in Achenkirch
- followed by presentation of the ON running products
- 18.30 dinner at loisi's Boutiquehotel am Achensee

Friday, 06 May 2022

- 07.00 morning run, optional - followed by breakfast
- 09.30 presentation of running products with subsequent test opportunity
- 13.00 guided runs with local coaches in various ability groups in Pertisau
- followed by wellness and regeneration in the hotel
- 18.30 Dinner at loisi's Boutiquehotel am Achensee followed by evaluation of the video analysis

Saturday, 07 May 2022

- 07.00 morning run, optional - followed by breakfast
- 09.30 functional training for runners
- approx. 12:00 Lunch break
- 13.30 running ABC
- 18:30 Dinner at loisi's Boutiquehotel am Achensee
- 20:30 evaluation of the performance diagnostics and lecture on training design

Sunday, 08 May 2022

- 07.00 morning run - followed by breakfast
- 10.30 functional training for runners
- Individual departure

Participants will receive the detailed schedule and packing list by email before the camp. The schedule is subject to change due to weather conditions.

Zur Webseite

