



## Trainings camp for challenging trail and mountain runs

Saturday to Tuesday 21st to the 24th of July

Training to run in the mountains is both challenging and fascinating: The journey to your summit goal takes you through canyons, over rushing Mountain Rivers, over wide-spread walking paths and trails.

Ideal to relax, unwind and let your soul feel free. When you run on trails your thoughts are only on the one moment, the present moment; there is no time for your job or stress here.

A good mountain running technique is the be all and end all to saving energy, strength and look after those joints. In this course you will learn and develop your running technique for the mountains and profit from certified trainers who will give you tips on nutrition and regeneration to go towards your next trainings plan and mountain run.

It is the ideal preparation for the challenge of mountain running. Breaking new ground in the challenge of mountain running

We inform you through a practice orientated design about new possibilities to **develop your individual running style through to perfection:**

- Learn an energy conserving and effective running technique
- Awareness of your movement training specific to running
- Running specific technique training
- Modification of the mountain running technique
- Regeneration measures
- Running specific strength
- Requirement: 10km in 60min



### Service:

- 3 overnight stays with half board in \*\*\*\*Naturhotel Chesa Valisa, Hirschegg
- Daily mentoring and support by Seppi Neuhauser
- Saturday Kääs-Chnöpfle party
- Sunday midday lunch from the buffet in Naturhotel
- Guest tax.

**Participants:** 8 to 16 people

**Price:** € 466.00 per person in double room. Single room by pre arrangement

► [Reservation Formula](#)



### Seppi Neuhauser

is not only the Austrian State Champion in Triathlon and winner of the Trans Alpine Mixed 2011, he has also completed a huge number of running events such as Mountain running masters, Tri and Duathlons, mountain runs, cross events, half marathons, Marathons and last but not least he has also participated in the Ironman. He has been participating and competing in endurance sport for over 20 years and has been the trainer of the Kleinwalsertal Tri Team for the last 15 years.

### Training:

- State LW Triathlon 2002
- State LW General Body conditioning 2007 (Performance training/Training supervision)
- State Trainer Basic course 2005
- Vorarlberg Trainer 2009
- [Lebensfeuer®-Professional](#)
- Advanced training in Sport Psychology, Co-ordinations training, endurance and strength training

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