

# Alpe di Siusi Running Training:

## Training with Egon Zuggal and Rudi Brunner from 28.06. – 02.07.2021

We are happy that you are part of our training week!

On request, we also offer performance diagnostics through lactate testing.

### THE PROGRAMME:

#### Monday, 28<sup>th</sup> June 2021



#### **4.00 pm: Orthopaedic foot analysis (static foot structure) and running shoe consultation**

Our expert Rudi will analyse your feet. You will also have the opportunity to analyse running, hiking and mountaineering footwear at the test corner. Discover what a difference the right pair of shoes makes, and learn how greatly your feet affect your wellbeing.

**Meeting point:** Castelrotto, fountain in the village centre

**Duration:** from 4.00 to 6.00 pm

#### Tuesday, 29<sup>th</sup> June 2021



#### **9.30 am: Group basic training on the Alpe di Siusi & Functional-Fitness for runners**

**Meeting point:** tourist office at Compatsch, Alpe di Siusi

**Duration:** from 3.30 to 4.30 pm

#### Wednesday, 30<sup>th</sup> June 2021



#### **8.30 am: Morning run with breakfast at Tires al Catinaccio**

From the Tierser village square we follow a varied route with a wonderful panorama to the Anstiz Velseck, where a delicious brunch awaits us.

**Meeting point:** Tires al Catinaccio, fountain in the village centre

**Duration:** from 8.30 to 10.30 am

## Thursday, 01<sup>st</sup> July 2021



### **9.30 am: Trial run and analysis of the Alpe di Siusi Half Marathon track in 2 training sessions - part 1 (km 1 - 10)**

The first day we are going to analyze the track from Compatsch through Hotel Icaro and up to the mountain station of the Cable Car Ortisei-Alpe di Siusi. The track leads us down to the Sanon Hut and finally to Hotel Ritsch.

**Meeting point:** tourist office at Compatsch, Alpe di Siusi  
**Duration:** from 9.30 to 11.30 am

## Friday, 2<sup>nd</sup> July 2021



### **3.00 pm: Trial run and analysis of the Alpe di Siusi Half Marathon track in 2 training sessions - part 2 (km 10 - 21)**

The meeting point for the second day is the bus stop at Hotel Ritsch. From there we run in direction „Wiedner Eck“ and up to the Laranzer Hut. The part from there to the Rosa Alpina Hut and to „Punta D’Oro“ is the steepest. The track leads us to Panorama, Spitzbühl and finally back to Compatsch, the finish line.

**Meeting point:** bus stop at Hotel Ritsch, Alpe di Siusi  
**Duration:** from 3.00 to 5.00 pm

## **Trainer Team:**



### **Rudi Brunner:**

Expert trainer for endurance sports and performance diagnostics, sports instructor for VSS Alto Adige Sports Association, FIDAL Italian Athletics instructor, orthopaedic technician, running group trainer, and instructor at running seminars and workshops. He enjoys spending time with like-minded runners.



### **Egon Zuggal:**

Team leader and functional fitness trainer and mountain bike guide. Giving people lasting memories through movement in the open air is particularly dear to his heart.