

Alpe di Siusi Running Training:

Training with Egon Zuggal and Rudi Brunner from 27.06. – 01.07.2022

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

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

THE PROGRAMME:

Monday, 27th June 2022



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: Kastelruth, fountain in the village centre
Duration: from 4.00 to 6.00 pm

Tuesday, 28th June 2022



9.30 am: Group basic training on the Seiser Alm & Functional-Fitness for runners

Meeting point: tourist office at Compatsch, Seiser Alm
Duration: from 3.30 to 4.30 pm

Wednesday, 29th June 2022



8.30 am: Morning run with breakfast at Tiers am Rosengarten

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, 30th June 2022



9.30 am: Trial run and analysis of the Seiser Alm 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 St. Ulrich-Seiser Alm. The track leads us down to the Sanon Hut and finally to Hotel Ritsch.

Meeting point: tourist office at Compatsch, Seiser Alm

Duration: from 9.30 to 11.30 am

Friday, 1st July 2022



3.00 pm: Trial run and analysis of the Seiser Alm 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, Seiser Alm

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.