



SWISSPEAKS TRAIL CAMPS

**TRAIL
RUNNING
TRAINING
COURSE**

CAMP #1 - TORGON
VALAIS, SWITZERLAND

DATES

FROM FRIDAY, MAY 21
TO SUNDAY, MAY 23, 2021

ORGANSED BY

SWISSPEAKS TEAM
PROGRAM

PROGRAM

OBJECTIVES

SwissPeaks Trail Camp in Torgon : Discovery of the Chablais massif and preparation of a short trail in the Alps.

This first camp is the opportunity to come and measure yourself against other trail runners on the Torgon Trail race on Saturday, May 22nd 2021.

Registration for the race Torgon Trail - distance of your choice included in the camp.

3 days - 2 nights camp in the Valais, Torgon region, Portes du Soleil.

Objective of the training course: A guided progression with our coach & ultra-trail specialist Andrea Braga.

GENERAL INFO

- Meeting place and pick-up: Torgon.
- Level: All levels
- Place of accommodation: Residence "les Crêtes", Torgon, Valais.
- Duration: 3 days / 2 nights
- Dates: Friday, May 21 to Sunday, May 23, 2021.
- Objective: Preparation for a trail of 30 to 90 km.
- Cryotherapy offered in your training course every day with SwissKryo.
- Advice, nutrition, Ultra-trail preparation with your coach Andrea
- Mountain activities are possible in Torgon on Sundays.

LEVEL REQUIRED

Depending on the number of participants, groups of levels will be formed.

- Ability to run more than 3 hours.
- To have already run a race of 20km minimum - more than 1500m of difference in altitude*.

Registration for the course includes a bib on the Torgon Trail race of your choice. For more information on the race: www.torgontrail.ch

*Don't hesitate to ask us for any questions concerning the level required.

PRICES AND OPTIONS

OPTIONAL :

- Personal cancellation insurance (subject to medical conditions or proof): 30€.
- Physiotherapist session with Andrea Braga: 40€.
- Organization of your transportation from Aigle train station or Geneva airport: on request.

INCLUDING :

3 days - 2 nights internship

ALL INCLUDED: **460€ / person.**

- Collective lodging in dormitory +½ board (breakfast + dinner)
- Friday lunch in the form of a picnic lunch
- Sports supplies during the day
- Supervision by a sports coach
- Participation in the Torgon Trail race of your choice on Saturday, May 22nd.
- One cryotherapy session per day in Torgon with SwissKryo

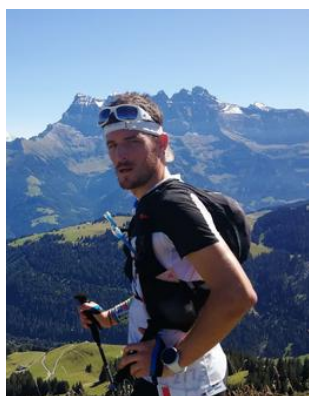
CANCELLATION POLICY

Cancellation free of charge until January 30, 2021. Possible replacement of a personal registration for another person at any time.

Cancellation **condition COVID:** In case of impossibility to organize the course due to COVID, full refund for all participants.

For specific cancellation conditions, see "Race Rules" on swisspeaks.ch

GENERAL INFOS



YOUR GUIDES

Andrea Braga - physical trainer & physiotherapist

Graduate of a Master 2 STAPS. Trail-running specialist and trained in sports nutrition and micro-nutrition for endurance sports. 2 times finisher of the Swiss Peaks Trail 360.



Julien Voeffray - Race Director SwissPeaks Trail

A pure Valaisan, Julien knows the area like the back of his hand. 3x finisher of the Tor des Geants, 1st to have crossed the Valais in 2015 (380 km in 110 hours!) winner of the PTL in 2016.



Yannick Ecoeur - Professionnal sport trainer

Born in Morgins, Yannick is passionate about running, mountain and ski mountaineering. 2x world relay champion, he won the 2010 edition of the glacier patrol by being part of the first team to go down under the mythical 6-hour mark to reach Zermatt to Verbier.

PROGRAM

DAY 1 - FRIDAY, MAY 21ST

- **10h** : Meeting in Torgon. Luggage drop-off at your hotel, departure briefing. Discovery of the site of Tanay. Exit trail in new, unknown path!
- **19h** : Dinner in the restaurant "le Perroquet" in Torgon.
- Evening: nutrition conference with Andrea - "My first trail, how to prepare?"

DAY 2 - SATURDAY, MAY 22

- Torgon Trail 30K race or other at your choice.
SwissPeaks race at heart. Real trail in a wild and unspoilt nature. With the SwissPeaks team's paw. More information at www.torgontrail.ch

- Option: Physiotherapy session with Andrea "post race".
- Dinner and overnight in Torgon.

DAY 3 - SUNDAY MAY 23RD

- Recovery race around Torgon.
- 12h : Lunch in Torgon and departure.

Non-definitive program. Modifications can be made according to the participants. For further information, please contact us at info@swisspeaks.ch

www.swisspeaks.ch

Find us on the social networks:

