

Running Fuerteventura 8-15 october 2018

Urban Tribes proudly presents a training program for runners of all levels. This is your chance to get some summer heat in the middle of the autumn in the amazing surroundings of Fuerteventura! Nothing beats the feeling of the sun on your face and to train in an inspiring location. Urban Tribes will have their best running coaches looking after you, regardless of your previous running experience!

8 oct

Arrival at La Pared, Fuerteventura

17:00 RUN PROUD, 45min: "Keep Your head high" Start your vacation in a nice way with this session consisting of running technique and 30sec-runs, the perfect way to awaken your legs after the flight.

9 oct

8:00 20-30min Morning jog and stretch. We go for a nice and easy jog, followed by a relaxing stretch. The best way to wake up and get the body ready for whatever you have planned for today.

17:00 RUN HAPPY, 60min: "Run Happy" A class that includes a little bit of everything; Hills, long intervals, short intervals. A challenge for both stamina and strength. Welcome to this diverse and fun class!

10 oct

8:00 Start2Run, 45min: "Let's get running" Here we welcome those of you that have not yet experienced the fascination with running, yet are curious and want to come along. Running technique mixed with short runs.

17:00 "Running technique", 60min. Are you searching for a smoother running stride that makes it easier to run? Then don't miss this class where we go through the foundations of running technique and give you the tools that will help you find an easier and gentle running stride.

11 oct

8:00 20-30min Morning jog and stretch. We go for a nice and easy jog, followed by a relaxing stretch. The best way to wake up and get the body ready for whatever you have planned for today.

17:00 RUN HAPPY, 60min: "The hill's revenge" This fantastic workout treats you to some hills, where we start by focusing on running technique for tackling running uphill and then after that, the pace is up to you! Come and join us!

12 oct

8:00 Fit2Run, 60min. A different kind of outdoor class that will make you ready for the challenges that running puts on your body. We begin with a 10min jog before it is time for four x 6min blocks of different running related strength exercises, where the whole body is included!

17:00 RUN PROUD, 45min: "Kickstart Your engines" Today we are going to gently wake up the body by focusing on finding a comfortable running style and a good arm movement. The main session includes runs of 15sec, 30sec and 45sec. This session welcomes you who run a little bit but want to find a better routine and a nicer feeling in your running.

13 oct

8:00 RUN HAPPY, 60min: "Running free" Today begins with a warm up jog of about 10-15min, followed by a mix of 2.5min and 30sec intervals, alternating with balance and mobility exercises.

17:00 RUN PROUD, 45min: "Sweat is the best accessory" Another chance to further your running education and discover the joy of running. In this class you will be doing 2.5min runs, which are divided into short runs, jogs and walks.

14 oct

8:00 20-30min Morning jog and stretch. We go for a nice and easy jog, followed by a relaxing stretch. The best way to wake up and get the body ready for whatever you have planned for today.

17:00 "Running technique", 60min. Here comes a new chance to improve your running stride! With the help of running technique exercises, we will guide you to find your perfect running stride – don't miss today's class!

15 oct

8:00 RUN HAPPY, 60min: "Prepare for glory" After a nice and easy warm up jog, we continue with a fun and diverse interval class with everything from 30sec to 3min intervals. An excellent preparation for the journey home. Enjoy!

INFORMATION
Meeting place for the class is at the front of reception.
Come in training clothes.
All training is at your own risk.
Bring water and anything else you might need for the classes.