

# Kitzbüchel invites you to run

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## Two exciting running journeys await.

*24.06.2022 / Andreas Kuhlen and his team are once again offering new dates for an eventful program all about running - a real treat for anyone interested in running.*

### From mountain sprint, endurance run & Co.

The versatile athlete and coach Andreas Kuhlen inspires again and again with his passion for running. In the summer of 2022, he will repeatedly provide an all-round package. Every running enthusiast is equally addressed - from beginners to ambitious runners. Together with co-trainer Michael Majewski, he will be in charge of the running group for a week with up to 15 participants. The program promises a lot and is packed with many highlights. In addition to athletic units, including the ABC of running with technique and execution, athletic and fascia training or foot stabilization, it will be varied with exciting lectures. As accommodation serves thereby the bio hotel Bruggerhof - directly at the beautiful Schwarzsee with Kitzbühel convenient. Furthermore, many things are included: from the Ultrasport starter package and test shoes for the entire period to four-course meals in the evening and the use of the wellness area and leisure park with mini-golf, pit-pat and tennis court. As an absolute highlight, a test run of 800 meters at an altitude of 1,800 meters awaits. Also, the endurance training offers the nice side effect of the wonderful scenery with breathtaking views including, on the warmest moor lake in the Alps and the Kitzbühel mountains - pure nature is guaranteed.

### Current dates for the running trip Kitzbühel

:: 20<sup>th</sup> to 27<sup>th</sup> July 2022

:: 02<sup>nd</sup> to 09<sup>th</sup> August 2022

You can find the registration as well as further information at [andreaskuhlen.de/kitzbuehel](https://andreaskuhlen.de/kitzbuehel)

All information about the destination Kitzbühel you will find at [kitzbuehel.com](https://kitzbuehel.com)

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