



# PROGRAMM 2026

## DONNERSTAG 25. JUNI

ab 11h00	Check-in / Partner Experience / Test & Try
14h30	Welcome
15h00 - 15h30	Gear Talk
15h30 - 17h00	Race Nutrition & Recovery
17h00 - 18h00	Test & Try
17h30 / 17h45	Group Shot/ Warm-up
18h00	Trailrun
20h00	Dinner
22h00	FIFA WM Deutschland - Ecuador

## FREITAG 26. JUNI

06h30	Breathwork
07h00	Breakfast
08h00	Warm-up
08h15	Trailrun
ab 12h00	3 R Recovery/ Snackbar
16h00	Mobility Session
17h00	Workshop: Race Pace 30K
18h30	Trail Clinic HRV
19h30	Carbo Loading

## SAMSTAG 27. JUNI

07h00	Breakfast
08h00	Warmup
08h15	Trailrun
ab 12h00	3 R Recovery / Snackbar / Blackroll Recovery Area
16h00 / 16h30	Blackroll Rollout Session
17h00	Workshop: Injury Prevention in Trail Running
18h30	Trail Clinic Janosch Kowalczyk
19h30	Community Dinner

## SONNTAG 28. JUNI

06h30	Sunrise Run
08h00 - 11h00	Breakfast
11h00	Check-out