



RUN. RECOVER. REFLECT. CONNECT. RUN. RECOVER. REFLECT. CONNECT. RUN. RECOVER. REFLECT. CONNECT.

# ALTO TRAIL RUNNING RETREAT

26 - 28 JUNE 2026

## DAY 1 - ARRIVE & ALIGN

FOCUS: ARRIVAL, ASSESSMENT, AWARENESS, FOUNDATIONS

**FROM 15:00**

CHECK-IN, WELCOME & ALTO KIT

**17:00 - 18:15**

LIGHT TRAIL RUN + MOVEMENT ASSESSMENT + POLE BASICS

- easy arrival run to connect with terrain and group
- first movement assessment and running observation
- pole basics introduction
- role split to be defined with Martin
- we may also split the group into different levels depending on participant profile and needs

**18:30 - 19:15**

RECOVERY & REGENERATION I BY KEEN WELLBEING

- Mobility vs. stretching - timing and purpose
- Breath for nervous system regulation
- Partner exercises

**20:00**

DINNER

functional CERVO kitchen Bazaar

**21:00 - 21:45**

MINDSET & AWARENESS SESSION

- Intention setting
- Personal retreat objectives
- Body awareness as trail performance tool
- Arc: foundations -> build -> integrate

**21:45 - 22:15**

Q&A / reflection / informal exchange



CERVO



## DAY 2 - FLOW & BUILD

FOCUS: TECHNIQUE, PERFORMANCE, APPLICATION, DEEPER RECOVERY

**07:00 - 07:30**

MORNING ACTIVATION BY KEEN WELLBEING

- Breath-led promer
- Movement preparation calibrated to the day's load

**07:45 BREAKFAST**

**10:00 - 11:30**

TECHNICAL BLOCK - TECHNIQUE & MASTERY

- 10 min warm-up
- 40 min technique & mastery
- 30 min applied run to transfer learning into actual movement flow
- focus on uphill / downhill efficiency, coordination, trail awareness and practical application
- shortened and shifted later to create better spacing after breakfast and ahead of the longer afternoon run
- Lunch/ time on their own

**14:30 - 17:30**

LONG RUN WITH MARTIN - ROUTE, SAFETY & TERRAIN STRATEGY

- extended trail session in the mountain
- pacing, terrain reading, safety and energy management
- applying the morning's technical input in a real Zermatt setting
- level split may also be considered here if needed and defined with Martin later on

**18:00 - 19:30**

RECOVERY & REGENERATION II BY KEEN WELLBEING

- KEEN's signature format
- Full heat/cold protocol, breathwork, recovery education

**20:00**

SIGNATURE DINNER MOMENT

- Option A: outdoor dinner at a scenic lookout
- Option B: BBQ on the terrace

## DAY 3 - INTEGRATE & REFLECT

FOCUS: REFLECTION, STRUCTURE, COMMUNITY, TRANSFER INTO REAL LIFE

**07:00 - 07:45**

SUNRISE REFLECTIVE RUN + MOBILITY FLOW BY KEEN WELLBEING

- no talking
- breath-led RPE 4-5
- full body scan
- KEEN sets intention, holds silence, closes with reflection

**09:00 BREAKFAST**

**10:30 - 11:45**

WORKSHOP - BUILD YOUR OWN TRAINING STRUCTURE INTERACTIVE WORKSHOP (FLORENT/ MARTIN)

- how to build a personal training week
- volume vs. intensity
- how to train around your own weaknesses
- how to structure training with a busy weekly schedule
- what to prioritise when time is limited
- what to do when, and why
- how to translate retreat input into a realistic road toward an event like ULTRAKS

**13:00 - 13:30**

CLOSING CIRCLE

- key takeaways
- personal commitments
- final integration of body, mind and community experience optional

## PRICE

CHF 306 PER PERSON

excluding overnight stays at the CERVO

FROM CHF 1'200 PER PERSON

including overnight stays at the CERVO