

Triglav

Written by Klaus Schgaguler
Sunday, 03 February 2008 07:15



Last Sunday I decided for an alternative training. Together with some friends we wanted to go up on Slovenia's highest mountain, the Triglav (2864m) by mountaineering ski. I personally think doing mountaineering skiing is a good training especially for basic endurance and strength. And it is a really nice addition to pure running in winter time, most of the times in out in some beautiful place.

Like it was this time. Because of the almost 2000m of climb we had to start quite early. The first 1600m of climb was supposed to be nice quite gentle slopes with nice skiing. The last 350m of climb to the top are is a quite easy via ferrata, at least in summer time and good conditions.



The conditions in the beginning where quite ok, and it took us 3 hours to reach the Triglavski dom na Kredarici mountain hut at 2515m. Unfortunately the wind was blowing really strong up there, with peaks of 110km/h. So it was to dangerous to go up the last bit to the top. Also the skiing downhill was not that easy because of the bad snow conditions and I have to admit also because of my poor preparation for deep powder snowing. After half way down I decided it was easier and faster to run than to ski. So I did some 40 minutes of nice downhill running. Summed up, quite a good training. But after this I have to do some faster runs!