

How to prepare decent pasta at 2000m of elevation

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Friday, 27 June 2008 20:10



Since i had to stay back home in Südtirol for some days i used this time to do some kind of altitude training. So i'm spending this week in our small hut on Seiseralm at more or less 2000m. I'm just sleeping and training up there since the hut is very poorly equipped, but i think this is enough. After some easy runs in the beginning of the week (still some problems with the knee i hit in Norway) i did good quality medium speed trainings on Wednesday and yesterday. For the Weekend two long distance trainings with nice panorama are planned.

I'm really enjoying my training at the moment, the place up there is beautiful and very quite. Visit the [gallery](#) for some pictures.