



HOODY RUNNING CAMP

Arco · 9-11 October

Overview

Three days between Arco and Riva del Garda dedicated to running, recovery, and wellness: two nights in a hotel, guided training sessions, Compex electrostimulation sessions, spa access, and selected dinners.

Detailed Schedule

Friday, October 9 — Arco

Orario	Attività	Dettagli
Aferno	Arrival in Arco	Check-in at Hoody Active & Happiness Hotel
~17:00	Shakeout Run	Light run in the historic center of Arco / around the castle
Following	Shower & Change	At the hotel
20:00	Dinner	Ai Conti d'Arco Restaurant - Arco
Notte	Overnight Stay	Hoody Active & Happiness Hotel, Arco

Saturday, October 10 — Arco → Riva del Garda

Orario	Attività	Dettagli
Early Morning	Transfer	By car (~10 minutes from Arco, approx. 6 km) to Riva del Garda
Morning	Muscle Activation	Activation and mobility exercises along the lake
Morning	Lakeside Run	Scenic route along the lakefront of Riva del Garda
Late Morning	Return to Hotel	Hoody Active & Happiness Hotel, Arco
Lunch	Lunch	Not included in the rate
Afternoon	Coaching + Compex	Technical coaching and electrostimulation sessions (Compex) for specific strength and muscle recovery

Orario	Attività	Dettagli
Late afternoon	Spa — Armonia Spa & Fitness	Sauna, Turkish bath, whirlpool, and indoor/outdoor pools
Evening	Dinner	Ristorante Aria - Du Lac at Du Parc Grand Resort
Night	Overnight Stay	Hoody Active & Happiness Hotel, Arco

Domenica 11 Ottobre — Riva del Garda

Orario	Attività	Dettagli
Morning	Lakeside Run	Final training session of the camp
Late morning	Farewells	Camp conclusion

Accommodations & Contacts

Hoody Active & Happiness Hotel — Arco

Address: Via Francesco II di Borbone 14, 38062 Arco (TN)

Phone: +39 0464 740400

Du Lac et Du Parc Grand Resort — Riva del Garda

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