

RUNBASE BERLIN



THE NEW HOME
FOR RUNNERS & URBAN ATHLETES
IN BERLIN KREUZBERG

WHY RUNBASE?

Everything the runner is asking for under one roof.
FOOD, TRAINING, GEAR, MEDICAL, KNOWLEDGE



Best active food kitchen in town

» breakfast, lunch & everything we need to survive the daily hustle



Daily workouts, training schedule & special classes

» in 3 gyms with the finest coaching team around



A concept store for running & training gear

» premium offering of adidas products & services



Medical and physiotherapeutic services

» expert guidance & treatments focusing on urban athletes



Workshops & special events

» to make sure we stay smart & happy



LAB KITCHEN

ACTIVE FOOD



A balanced selection of primarily plant-based dishes which include an optimal assortment of seasonal, local and organic ingredients, superfoods and absolutely no artificial flavours, processed oils, table salt, white sugar or refined flour.

Eating right does not have to be complicated or difficult. We offer a true alternative, bringing simplicity and transparency to the table and providing nourishing meals and drinks that benefit the athlete as well as the child, the body as well as the mind.



RUNBASE - HOME OF THE ADIDAS RUNNERS

JOIN THE MOVEMENT. SIGN UP TODAY
WWW.ADIDASRUNNERS.DE

 fb.com/adidasrunnersde

- » adidas Runners welcome all runners of Berlin to explore the city with us
- » More than 1.000 Runners are already sharing the love, regularly working out and meeting at Runbase
- » Movement is our currency, you gotta sweat it to get it - free trainings & more
- » More info on adidasrunners.de



WE'VE GOT YOU COVERED.

SHOWERS & LOCKER ROOMS

» You forgot your towel or shower gel, we've got you covered

RUNNING ANALYSIS

» You're still searching for the perfect running shoe, we've got you covered

WATER - FILTERED & VITALIZED

» You sweated it all out & need to quench your thirst, we've got you covered

AWESOME PEOPLE

» You're looking for likeminded individuals enjoying an active lifestyle, we've got you covered





ADIDAS PRIVATE RUNNING STORE @ RUNBASE BERLIN

**THE SMARTEST WAY TO YOUR
PERFECT RUNNING GEAR.**

- » Individual running analysis
- » Personal guidance by running experts
- » Free product try-outs (test-runs)
- » Limited editions and special offers
- » Public opening hours Mon-Sat 4-8 pm
- » Private appointments available Mon-Sat 7am-10pm
- » Book your private appointment now
mail to info@runbase.berlin

YOU NEXT

RUNBASE is open all day, every day, no matter what. We've lined up an ace program and a bunch of pretty nice people to help you get started. Come along.



WHERE WE ARE

RUNBASE Berlin
Schleusenufer 4
10997 Berlin

OPENING HOURS RUNBASE

Every Day 7am - 10pm

 [fb.com/RUNBASEBerlin](https://www.facebook.com/RUNBASEBerlin)

 [@RUNBASEBerlin](https://www.instagram.com/RUNBASEBerlin)

www.runbase.berlin



ADIDAS RUNNERS & RUNBASE WOCHEPROGRAMM: RUNS, WORKOUTS & YOGA



Mehr Infos zum Angebot auf der Rückseite

Alle adidas Runners Angebote sind kostenlos, jedoch exklusiv nur für registrierte adidas Runners Mitglieder

Alle RUNBASE Angebote sind kostenpflichtig (Preise/Memberships siehe Rückseite)

Aktueller Kursplan und genaue Ortsangaben bei wechselnden Locations online auf

www.adidasrunners.de und www.runbase.berlin

MON	TUE	WED	THU	FRI	SAT	SUN
<p>8.30 AM RUN / STRETCH 45 MIN - REBEKKA RUNBASE BERLIN</p> <p>12.30 PM HIT WORKOUT 30 MIN - JANA RUNBASE BERLIN</p> <p>6.30 PM FREESTYLE WORKOUT 45 MIN - JANA RUNBASE BERLIN</p> <p>7.30 PM RUN RUN RUN 60 MIN - ANDREA RUNBASE BERLIN</p> <p>7.30 PM WEDDING RUN THE BASE FOOTBALL</p> <p>6.00 - 8.00 PM MEDICAL MONDAY MEDICAL COACH RUNBASE BERLIN</p>	<p>8.00 AM YOGA FOR RUNNERS 50 MIN - SANDRA RUNBASE BERLIN</p> <p>8.30 AM RUN / FIT 60 MIN - REBEKKA RUNBASE BERLIN</p> <p>12.30 PM HIT WORKOUT 30 MIN - JANA RUNBASE BERLIN</p> <p>6.30 PM FREESTYLE WORKOUT 45 MIN - ANDREA RUNBASE BERLIN</p> <p>7.30 PM FARTLEK RUN 60 MIN - LENNART</p> <p>7.30 PM TEAM RUN RUNBASE BERLIN</p>	<p>7.00 AM GOOD MORNING RUN TIERGARTEN</p> <p>8.30 AM STRETCH & FIT 45 MIN - REBEKKA RUNBASE BERLIN</p> <p>12.30 PM HIT WORKOUT 30 MIN - LENNY RUNBASE BERLIN</p> <p>6.30 PM FREESTYLE WORKOUT 45 MIN - KEVIN RUNBASE BERLIN</p> <p>7.00 PM CORE STRENGTH STRENGTH COACH RUNBASE BERLIN</p> <p>7.30 PM JUMP AND RUN 60 MIN - LENNART RUNBASE BERLIN</p> <p>7.30 PM WILD WEDNESDAY MITTE</p> <p>8.00 PM STRETCH & MOBILITY STRENGTH COACH RUNBASE BERLIN</p>	<p>8.30 AM FREESTYLE WORKOUT 45 MIN - JURI RUNBASE BERLIN</p> <p>12.30 PM HIT WORKOUT 30 MIN - PAT RUNBASE BERLIN</p> <p>6.30 PM STRETCH & MOBILITY 60 MIN - JURI RUNBASE BERLIN</p> <p>7.30 PM RUNNER SPECIFIC WORKOUT 60 MIN - LENNART RUNBASE BERLIN</p> <p>7.30 PM TEMPOTRAINING RUNNING COACH DIFFERENT LOCATIONS</p>	<p>8.30 AM RUN / FIT 45 MIN - PAT RUNBASE BERLIN</p> <p>12.30 PM HIT WORKOUT 30 MIN - PAT RUNBASE BERLIN</p> <p>01.00 PM YOGA FOR RUNNERS 50 MIN RUNBASE BERLIN</p> <p>6.30 PM GET FIT 2RUN 75 MIN - KEVIN RUNBASE BERLIN</p> <p>7.00 PM (75MIN) YOGA FOR RUNNERS YOGA INSTRUCTOR RUNBASE BERLIN</p> <p>7.30 PM SHAKE OUT RUN RUNBASE BERLIN</p>	<p>10.00 AM 6K WARM UP RUN 45 MIN - JANA RUNBASE BERLIN</p> <p>11.00 AM FREESTYLE WORKOUT 45 MIN - PAT RUNBASE BERLIN</p> <p>11.00 AM TRAIN & RUN STRENGTH COACH DIFFERENT LOCATIONS</p> <p>12.00 PM STRETCH & MOBILITY 45 MIN - PAT RUNBASE BERLIN</p> <p>01.00 PM CORE WORKOUT 30 MIN - PAT RUNBASE BERLIN</p> <p>01.45 PM RUN TECHNIQUE 45 MIN - ALESSANDRO RUNBASE BERLIN</p>	<p>OPEN LONG RUN DIFFERENT LOCATIONS</p> <p>10.00 AM 14K LONG RUN LENNART RUNBASE BERLIN</p> <p>12.00 PM CORE SHUTTLE WORKOUT 6X20 MINJURI / KEVIN / LENNY RUNBASE BERLIN</p> <p>14.00 PM 14K LONG RUN JANA RUNBASE BERLIN</p>

● Alle adidas Runners Angebote ● Alle Runbase Angebote