



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





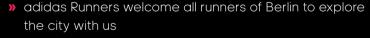
A balanced selection of primarily plant-based dishes which include an optimal assortment of seasonal, local and organic ingredients, superfoods and absolutely no artificial flavours, processed oils, table salt, white sugar or refined flour.

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.



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

f fb.com/adidasrunnersde



- 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

f fb.com/RUNBASEBerlin

◎ RUNBASEBerlin

www.runbase.berlin



ADIDAS RUNNERS & RUNBASE WOCHENPROGRAMM: RUNS. WORKOUTS & YOGA



Mehr Infos zum Angebot auf der Rückseite

Alle adidas Runners Anaebote sind kostenlos, iedoch exklusiv nur für reaistrierte adidas Runners Mitalieder 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

•		Т
N'A	(•)	Ι,

8.30 AM 8.00 AM **RUN / STRETCH**

12.30 PM **HIT WORKOUT**

6.30 PM FREESTYLE WORKOUT

7.30 PM **RUN RUN RUN**

7.30 PM **WEDDING RUN**

6.00 - 8.00 PM **MEDICAL MONDAY**

TUE

YOGA FOR RUNNERS

8.30 AM **RUN / FIT**

12.30 PM **HIT WORKOUT**

6.30 PM

FREESTYLE WORKOUT

7.30 PM **FARTLEK RUN**

7.30 PM **TEAM RUN**

WED

7.00 AM **GOOD MORNING RUN**

8.30 AM

STRETCH & FIT

12.30 PM

HIT WORKOUT

6.30 PM STYLE WORKOUT

7.00 PM **CORE STRENGTH**

RUNBASE BERLIN

7.30 PM

JUMP AND RUN 0 MIN - LENNART UNBASE BERLIN

7.30 PM WILD WEDNESDAY MITTE

8.00 PM STRETCH & MOBILITY RUNBASE BERLIN

8.30 AM

FREESTYLE WORKOUT

THU

12.30 PM **HIT WORKOUT**

6.30 PM

STRETCH & MOBILITY

7.30 PM **RUNNER SPECIFIC**

WORKOUT 60 MIN - LENNA

7.30 PM **TEMPOTRAINING**

8.30 AM **RUN/FIT**

FRI

12.30 PM **HIT WORKOUT**

01.00 PM

YOGA FOR RUNNERS

6.30 PM **GET FIT 2RUN**

7.00 PM (75MIN) **YOGA FOR RUNNERS**

RUNBASE BERLIN

7.30 PM **SHAKE OUT RUN**

10.00 AM

6K WARM UP RUN

SAT

11.00 AM

FREESTYLE WORKOUT

11.00 AM TRAIN & RUN

12.00 PM **STRETCH & MOBILITY**

01.00 PM

CORE WORKOUT

01.45 PM

RUN TECHNIQUE

SUN

OPEN LONG RUN

10.00 AM

12.00 PM

14K LONG RUN RUNBASE BERLIN

CORE SHUTTLE WORKOUT 6X20 MINJURI / KEVIN / LENNY

14.00 PM 14K LONG RUN

 Alle adidas Runners Angebote Alle Runbase Anaebote