



**PARIS  
LODRON  
UNIVERSITÄT  
SALZBURG**



**Breathing While Running**  
**Interactive workshop for participants of the**  
**Salzburg Business Run**

# Breathing While Running

## with Dr. Eric Harbour

This practical and interactive session will explore how breathing influences running performance, efficiency, comfort, and recovery. Participants will learn evidence-based breathing strategies and take part in simple exercises that can be performed either on site or directly in front of their screens. Whether you are preparing for your first Business Run or looking to improve your running experience, this workshop offers valuable insights that can be applied immediately in training and competition.

### Workshop Details



Wednesday, 5 August 2026 16:30

In person ("Senatssitzungssaal", Kapitelgasse 4-6, 1st floor, limited to 30 places) and online

Language: English

Duration: Approximately 1 hour, including Q&A

Registration: Registration opens on 23rd of July 2026) at 11:00 a.m.

Register here: <https://forms.cloud.microsoft/e/ABxzZwStNY?origin=IprLink>

Participation in person is limited to 30 places, which will be allocated on a first come, first served basis.

### Registration

All registered participants will receive an email by 3<sup>rd</sup> of August 2026:

- If you have been allocated an in-person place, you will receive a confirmation
- If you selected online participation, you will receive the online access link.