



**University of  
Zurich<sup>UZH</sup>**

Zurich Center for Integrative Human Physiology (ZIHP)

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# ZIHP Special Seminar

Thursday, September 14, 2017, 11:30 h

University of Zurich, Irchel

Seminar room 23 K52

**MSc Karol Hennig**

University School of Physical Education , Poznań, Poland

**MSc Marta Naczyk**

Medical University of Gdańsk, Gdańsk, Poland

## **How to train and what to eat before climbing the K2 in winter season**

Extreme altitude has a tremendous influence on human physiology. High altitude nutritionist Marta Naczyk and mountaineer trainer Karol Hennig are professionally working with climbers ascending the tallest mountains in the world. Every expedition at a peak over 8000m is difficult and demanding. K2 is the last 8000er mountain that has never been climbed during wintertime. The speakers' most ambitious task is to prepare the team of elite mountaineers for a winter K2 expedition.

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