

Program and Activities

Friday, 8 April:

09:00 Yoga for students
10:00 Conference with students of Sport Sciences
11:30 Opening ceremony at the LAsER
14:00 – 18:00 Expo opening hours
15:00 Conference House Europe – Mobility
08:00 – 18:00 Lab test with the Italian National Trailrunning Team

Saturday, 9 April:

09:00 Expo opening
09:30 Yoga session for all levels (focused on running) (60')
11:00 "Train your feet too" with Anna Pugliese – Session with foot waker to improve the use of the foot in running
15:00 Conference on Sports Nutrition with Dr. Cristina Giusto
15:00 Orienteering (promotional race)
16:00 Introduction Sportland + Public conference with the National Trailrunning Team
17:00 Ashtanga yoga session for all levels (1h30')
20:00 Evening run with Petzl

Sunday, 10 April:

08:00 Pre-run yoga
09:00 Expo opening
09:30 Trail RAN - Race (12 km 800 m D+)
10:00 Family RAN (3 km 150 m D+)
10:15 Hike&Fly race
13:00 Award ceremony

During the opening hours of the Expo it will be possible to test trailrunning shoes from La Sportiva, Scott, Saucony, Scarpa, Dynafit and Evadict as well as technical material from Lurbel.

Registration for the activities must be done through the ENDU platform.

