

## Madeira: The Challenge of Trail Running!

The Trail Running is a running mode performed on uneven terrain, track, uphill, downhill and dirt road. Its degree of difficulty is much greater than that of traditional races. However, any healthy person can practice this off-road racing as long as he respects the stages of progressive increase of volume (distance and time) and intensity (speed). At Trail Running, people find solidarity, fellowship, ecological awareness and a lot of respect among athletes. The Trail Runner is driven through mountains or side paths, following the signage, and feels the pleasure of the surprise of every climate change, enjoys the transformations of the route and appreciates the beauty of the fabulous landscapes that never repeat themselves.

Link: <https://2madeira.com/trail-running-camp/>