

Day 5 - 27th February

On Wednesday, 27th of February we stayed at the Youth Hostel at Vilarinho das Furnas. We had breakfast in the canteen at 8:30 a.m.. We went on the mini-buses to the training zone, in Lamas. The training was a regular course, designed by José Fernandes, a member of .COM. There were two courses, one shorter and easier, with 3,4 km length, and one longer and more complex, with 4,9 km length. The best time in the shortest was 34:30, by Ana Pacheco, and the best time in the longest was 38:45, by Julien Vuitton.



Damien recorded a video running in the training, here is the link:
https://www.youtube.com/watch?v=Xh0c_Z3YG8g&feature=youtu.be

Then, we came back to the Hostel, where we ate lunch. There was spaghetti bolognese in the menu.

In the afternoon, we went to the border with Spain to go to the hot springs, in Lobios. Some of us started running 6 km before the springs, in the track in the woods. The other ones joined them at half way, when the roman path started. When we arrived, we relaxed in the hot water for a while, and then we left in the bus coming back to Braga. Then, everyone went to their respective host



families. It was a hard but funny day!

André Serra Campos, Mael Heritier, Elisabeth B Softing