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MAIÊUTICA Cooperativa de Ensino Superior, C.R.L.



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Multiplier Sports Event in Spain

On January 25, 2023, took place in the **ENTRENAMIENTO CICLISMO** facilities in Madrid (Spain), a training event to present the European C-TRENDS project. The event consisted of a presentation of the project, aims and intellectual outputs. We also carry out a workshop about strength training in cycling. The event hosted a total of 15 participants. The event was broadcast live on Instagram, so we reach another 68 people. ENTRENAMIENTO CICLISMO team created the agenda, prepared PPT presentations to introduce the project, promoted the event, provided details for registering in the e-learning platform, sent the event evaluation form to participants and carry out the workshop about strength training in cycling.



Attendees were able to register on the training platform and resolve any questions they had about training and cycling.

During the event participants were encouraged to raise their questions and comments. The main idea was to promote the importance of optimizing the strength training with velocity-based training to avoid the inference phenomenon in cyclist. Also, participants were given information on how to find the needed information to use the platform.



Overall, participants were very satisfied with the event, they liked the opportunity to learn about expert cycling from Europe and also like the practical application of the contents with the strength training workshop.

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