



Hydra, 06 February 2020

Outdoor Games & my House @ Hydra's Trail Event 2020

Outdoor Games and **my House Training Studio** warmly support **Hydra's 7th annual Trail Event** on the beautiful island of Hydra.

On the **weekend of April 4th and 5th 2020**, when the cosmopolitan Saronic island is expected to be swarming with amateur and professional athletes who love nature and want to test the true limits of their endurance, Physical Education professor **Andreas Vrontos** will be on site with his team.

The expert staff of **Outdoor Games** and **my House Training Studio** (**Neo Psychiko**), runners themselves, will contribute significantly by offering every participant **individualized coaching services** throughout the duration of the event.

More specifically, the services provided to all participants will include:

- **Warm-up before the races**
- **Warm-down – stretching after the races**
- **General coaching instructions. Strengthening – Stretching – injury prevention**

The numerous **#OutdoorRunners** of the **Outdoor Games Running Team** will also be present for all of the event's races and are full of energy and anticipation to run the trails and enjoy the unique beauty of the island.

See you this coming Spring on Hydra's trails!

Organization Committee Hydra's Trail Event