

**ULTRA-TRAIL® VILLAGE TENERIFE BLUETRAIL BY UTMB® 2026
TALKS, INTERVIEWS AND WORKSHOPS SCHEDULE**

19 March

11:00 a.m. - 12:00 p.m. TALK

The invisible connection: how dental hygiene impacts athletic performance and sports injuries

Dr. M Ángeles García López

4:00 p.m. - 5:00 p.m. INTERVIEW

Aroa Sio Seijo. Head of the Women's Trail Camp

5:00 p.m. - 6:00 p.m. TALK

Runners' psychological state before the Tenerife Bluetrail by UTMB®-

Eneko Larumbe Zabala

Sports psychologist. Psychological support team coordinator for Tenerife Bluetrail by UTMB®

20 March

4:00 p.m. - 5:00 p.m. TALK

Nutritional strategy for the Tenerife Bluetrail by UTMB®: energy, hydration and recovery

Gemma García

Sports nutritionist

5:00 p.m. - 6:00 p.m. WORKSHOP

Sports stress tests to improve health and performance

Dr. David Funes Pol