Interview with Bruno Safara, Head of SwimRun Portugal and organiser of SwimRun Lagoa

1. What’s your personal background in sports and SwimRun in specific?

BS -  I practiced swimming from an early age of 6 until 18 years old. Then after many years I moved to ultra running back in 2014 and met Swimrun in 2016 after Ironman challenges and a lot of nature trail running. I did Loch gu loch race back in 2016 and Otillo Engadin in 2017. Same year I started with the swimrun movement in Portugal with our first race in June 2017.

2. what’s your personal goal with the Portugal Series , since when are you organising events or SwimRun events

BS -  My main goal is to promote the sport in Portugal and make it visible and accessible for everyone who wants to dive into nature and have a lifetime experience. We have different venues in Portugal with a beautiful courses

3. What makes Lagoa specific?

BS -  It's an incredible course which gathers the best hiking trails in Algarve (7 vales suspensos) with several swimming sections between beautiful beaches  with the most clear and warm water in May of south Portugal.

4. What do you recommend to train in advance ?

BS -  Although it seems a fairly easy course due to the hiking course, it's a demanding one with a constant up and downhill which at the end of the day will be a challenging course. So good leg training in the gym or do some uphill training fartlek.

5. How to get their most easily?

BS -  The best way to come to Lagoa is to fly to Faro airport and pick a transport to Ferragudo only 30m away. There you have a lot of accommodation offer and  and good restaurants to enjoy with the family.

6. What-’s your personal goal with a 5 years timeline

BS -  Bring swimrun accessible to the major athlete mainframe in Portugal.

7 What do you think about the My SwimRun Champiobnships Series,

BS -  It's a new concept that I fully support to have several multi european country races to promote and give visibility to the Swimrun. On the other hand, it's their goal to keep the national identity of each race and develop an independent circuit in Europe.

8 What’s your reason to join and what can your input be for the series in general ?

BS -  Our main goal when we joined the MSC Series was to have a European platform to promote our national races and also make a network between the different races for best practices and in general for the first year (2022) those objectives have been accomplished.