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Whether or not to use steps when climbing a slope in a trail race

Who are the patients/targeted population?

Sportive practicing trail and/or vertical kilometer race

What is the problem?

Trail or vertical kilometer races are long, exhausting races in which everything is done to delay fatigue. Often, along steep trails, runners can use the available steps. Should I use the steps or continue along the trail to save energy?

What is the need?

Build steps that can be dynamically adjusted in height according to the treadmill's incline.

What is the benefit (if the problem is solved)?

Construct dynamically adaptable steps in height according to the inclination of the treadmill to evaluate, from a mechanical point of view, at which inclination the benefit of using the steps is more significant.

Wrap-up

In top-level sports, all race choices are important. This study will help athletes decide on which slope to use steps to save energy.