



Camp France 2010 - basic info

When/where

19.-24.3. Clermont-Ferrand area
(ASSOCIATION ACCUEIL SAINT FRANCOIS,
Anschald, 63230 BROMONT-LAMOTHE)



- accommodation with full board, rooms of 4-6 beds, common WC/shower (christian facility)

24.-27.3. Fontainebleau area
(Le Centre International de Séjours Focel, 5 Rue de l'Île St Pierre -77590 Bois Le Roi)



- accommodation with full board, mostly rooms of 3 beds with own WC/shower (vacation facility)

Training schedule

| | | |
|-----|------------------------|---|
| FRI | arrival | |
| SAT | 1 - welcome session | 6 - directions |
| SUN | 3 - middle Q | 4 - middle F |
| MON | 5 - route choice | --- |
| TUE | 7 - relay simulation | 2 - pair exercise + chalet league ultrasprint |
| WED | transfer Fontainebleau | model event (free) |
| THU | 8 - memory run | 9 - start loops |
| FRI | 10 - chasing start | 11 - path pair relay |
| SAT | departure | |

main objectives

- exploit new terrain types
- seize the opportunity of having so many top runners at the spot



detailed specification of training sessions will be described in a separate training manual



webcam Aydat:

<http://www.volcans-vacances.com/webcam/>

Participants

- swedish national team (9W+9M+4L)
- czech national team (8W+10M+3L)
- other runners (7W+3M)
- at trainings 1-4 also french nat. team (3W+4M)
- at trainings 10,11 Thierry + 1

Arrival

- SWE flies to CF, landing 14:25, then rental cars (hopefully also Jan & Vendula), planned arrival about 4pm
- CZE drives, planned arrival ca 9pm
- group Eva - rental car from Beauvais, planned arrival ca 6pm

Don't forget your SI and ev. also Emit cards!

Responsible persons

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/march 16, 2010, RN