

## i n s t r u c t i o n s

### when?

march 14-22, 2009

### who?

czech national team	18
mornarvet	6
AR20 juniors	4
cze supporting team	4

some of the sessions will be run together with team Finland (25) and Kalevan Rasti (10)

### where?

march 14-19: hotel Maremonti \*\*\*, Vico del Gargano

<http://www.fuoriporta.info/hotel-vico-del-gargano.html>

march 19-22: hotel Capri \*\*\*, Fiuggi, Lazio

<http://www.hotelcapri.it/>

### accommodation

double rooms are expected  
WiFi announced at Capri

### food

half board; lunches will be shopped on spot

### transport

- czechs by cars, scheduled arrival on 14th about 9PM to Maremonti  
- mornarvet + Vendula by plane and then rented cars; arrival about 6PM

### important numbers

+420 732 445679 Radek

+46 739753817 Iéva

### don't forget

tape rolls, SI card, sport drinks, recovery drinks, description holder

### camp objectives

- improvement of the competition skills using the high-intensity sessions with follow-up
- improvement of the stress resistance - contact orienteering; tired legs, too much orienteering ;)...
- practising in WOC-similar karsty and bushy terrains ( + exploration of a mapping style of a hungarian cartographer in the second part of a camp)
- orienteering in yet new attractive locations = new record in your personal terrain library
- motivation for further important work towards the seasons peaks
- to have fun and enjoy O

### programme

14	SAT		arrival
15	SUN	1 - RUN IN PAIRS	2 - SLOPE & GREEN
16	MON	3 - START LOOPS	4 - MACRO CHASE
17	TUE	5 - LINE O	6 - IMPOMBIATO MIDDLE
18	WEN	7 - 2MANNA RELAY	8 - SPRINT VARANO
19	THU	9 - SPRINT VICO	transfer Fiuggi
20	FRI	10 - LONG LIVATA	Hadrians villa Tivoli
21	SAT	11 - MASS START	12 - PAIR RELAY
22	SUN	departure	

### **1 - RUN IN PAIRS**

- relocations; a welcome training in pleasant low speed
- M 8km W 6.5km
- map 1:10.000
- flat karst terrain
- just flags, no Sportident
- no control descriptions
- training CZE

*Try to get familiar with the terrain; asses the map.*

*Read the map fluently and attentively.*

*Give the lead over to your mate at the place where the situation is not obvious.*

### **2 - SLOPE & GREEN**

- 3 loops of 2.7, 2.9 and 3.5km
- 2 loops low speed, the last one will be run as a short middle distance on time (2.9km)
- very relevant to WOC terrain; moderately hilly
- map 1:10.000
- flags; at last loops Sportident
- loose control descriptions
- training FIN (Finns are running it in the morning)

*Try to search for a safe and exact tactic in the terrain with rough contours and controls at small point features (pits, knolls, platforms).*

*Still one of first map trainings - give a big priority to the navigation; speed is not that important, even when running on time!*

### **3 - START LOOPS**

- 9 short loops from 3 different start points + jogging back to start
- lengths between 0.3 and 0.8km, altogether 4.6km (girls will run less)
- competition speed
- map 1:7.500
- flat karst terrain
- Sportident, control posts
- control descriptions on the maps only
- training CZE

*Session, where you experience a couple of times the radical inner change from the calm status into competition effort - try to get it under control.*

*Do the right things at the starting moment - study the map, take the direction, don't take off faster then reasonable.*

*The results from the loops will be counted together and the time differences (divided by  $\underline{x}$ ) will serve as the basis for the afternoons chasing start.*

### **4 - CHASING START**

- a course with a tripple butterfly and several macro-controls
- M 8.9km W 7.1km
- competition speed
- map 1:10.000
- flat karst terrain; a pair of slope controls
- Sportident, control posts
- control descriptions on the map only (relay style)
- prizes for 3 best W and M
- training CZE

*Challenging course, but also contact pack running and stress from being chased (unfortunately not for the last one ;)*

*Mental preparation for the run is necessary - helps not to loose your head.*

*Try to use the others, but still stay independent in your orienteering.*

*Butterfly - right direction, right order of controls, don't underestimate the return to the nod control!*

### **5 - LINE O without compass**

- largest part of the course is the line, which is to be followed without using a compass; there will be some flags at the line which you should register
- last part is a short course, run on time
- line-O up to 5.7km; final part 1.35km/15cp

- low speed at line; fast in the final part
- map 1:10.000
- flat to moderately hilly karst terrain
- loose control descriptions for the final part
- Sportident and control posts in the final part
- training CZE

*Some of the runners use compass too much, which causes undesirable breaks in their focus on the navigation. The compass-based style is also less fluent and slower in certain terrain situations. Let's try it without a compass this time, just to get more focus on map reading!*

*The final part of the session with many controls will put big demands on just map reading and your fluency.*

## **6 - IMPOMBIATO MIDDLE**

- a middle distance race together with Finland and Kalevan Rasti
- MW 3.6km / 11cp
- competition speed
- map 1:10.000
- continental/karst terrain with large parts of open and semiopen areas
- Sportident, control posts
- loose control descriptions
- training FIN

*The goal is to run an absolutely clean race despite your tiredness. Again, the physical part is not decisive by this time; try to run fast, but absolutely focused! Don't think about the other runners, erase them from your mind!*

## **7 - 2-MANNA RELAY**

- a pair relay race together with Finland and Kalevan Rasti
- for everyone 3 loops of 1.5-2.2km
- map 1:10.000
- karst terrain; slightly undulating with some green areas
- Sportident, control posts
- control descriptions printed on maps only
- training made by Börje V of Kalevan Rasti

*Definitely a great fun and opportunity to meet a lot of skilful orienteers in the forest. Use their speed, but do your own navigation, stay active.*

## **8 - SPRINT LAGO DI VARANO**

- model (1km) + 2 loops of tricky orienteering forest sprint (2.0 + 1.3km)
- map 1:7.500
- flat cost dune terrain; partly white, partly dark green with plenty of diffuse clearings
- Sportident, control posts
- loose control descriptions
- training FIN

*Yet a new experience! A big terrain-type change. Fast terrain, but very tricky! Constant shifting between fast white and demanding green. Short, but challenging. Patient, attentive orienteering pays off.*

## **9 - CITY SPRINT VICO D. GARGANO**

- 2 loops of 1.5km each in the historical centre of the medieval nest
- competition speed
- map 1:4.000
- loose control descriptions
- Sportident; control posts placed according to circumstances
- training CZE (probably FIN will run this one too)

*The typical south-italian city. Extremely narrow passages. The game demands proper map reading and route planning. Many traps and no-throughs. Running speed is definitely not decisive here...*

## **10 - LONG MONTE LIVATA**

- long distance course based on longer legs
- M 18.0km / W 12.9km
- free speed; no timekeeping
- map 1:15.000 (2 maps in one plastic)
- moderately hilly to hilly beech forest; slope orienteering; karst rocky features; no thickets
- start 180m higher than finish; car transport to start (5km)
- loose control descriptions
- no Sportident, just flags
- training CZE

*A looong course through the Monti Simburini. Route choice orienteering. Evaluate properly every leg and try to find the most efficient route. Take it quite easy physically, but try to stay focused all the way. Enjoy the nature.*

## 11 - MASS START

- first 3 forked loops (2 loops for W) of hagaby-style, and then final common part
- M 8.3km / W 6.5km
- competition speed
- map 1:10.000 (loops are printed separately on the same sheet)
- terrain is a mixture of pastures and meadows with bushes; moderately hilly with some steep slopes; sometimes stony ground
- control descriptions on the maps
- Sportident, control posts
- prizes for the 3 best
- training CZE (but FIN will run this too, not specified when yet)

*Comprehensive demands are rather high here. Both visibility and runnability varies from very limited to perfect. It is very important to plan every leg properly, searching for the safest and most runnable route among the bushes. Even the speed should be proper, this terrain sucks a lot of strength. As the course is forked, you'll have to focus on your orienteering again. In the last part, there will still be a lot of opportunities to loose, so never give up!*

## 12 - PAIR RELAY

- teams consisting preferably of a girl and a boy
- as a qualification two short fine loops of 0.8 and 1.0km with many controls
- the final run as a chasing start - "traditional" path relay meaning 7x cca 200m for everyone
- map 1:5.000
- semiopen terrain, moderately hilly
- no control descriptions
- Sportident only in the qualification; in the final the control flags should be run round
- training CZE

*The almost traditional conclusion of a training camp. Funny game, but at the same time a hard competition, which will suck off all your power left. Demands calmness, very precise orienteering and flexibility. Brings joy.*

*... And then it'll be over. Ufff. Driving home packed with lactate and hopefully valuable experience. Well done!*

### estimated training volume run in competition speed (minutes per session)

14	SAT		arrival
15	SUN	0	15-20
16	MON	25-30	50-55
17	TUE	10	20-25
18	WEN	35-40	25
19	THU	20-30	
20	FRI	0	
21	SAT	50-55	20-25
22	SUN	departure	