

Training Camp 5



Further details, Training #3-10

Training #1, #2

See separate information

Training #3

One course, alternating between sections with short legs and sections with a compulsory route (line on the map).

Training #4

4 intervals with forking. 2-8 different courses at each interval. 4 maps will be handed out to each athlete before start (or to a coach). To ensure that a proper number of different maps will be handed out to a group of runners, the courses/maps will be mixed at handout. All maps must be carried by the runner or by a coach through the entire training session. The start and finish positions of each interval are located at different places, but the start is close to the finish of each former interval.

Training #5

Direction and distance exercise. The runners should try to follow the line as precise as possible. Most parts of the map are blanked, leaving only a corridor or a small piece of the map. In other parts, the map is totally blanked. The orientation of the line will guide you. At line turns, look up and try if you can see where the next turn is. There are no controls along the line nor markings in the terrain.

Training #6

Route choice and visualization. The course consists of a short leg followed by a longer leg with different route choice options. Running on the shorter leg the runners should pick the route choice on the following long leg and visualize it, so that it can be performed without looking at the map. Try to keep running on the short legs without stopping or walking. Keep it simple and try to remember as much as possible - also the exact location of the flag (only small flags, no time punching). Out of bound areas are not marked in the terrain. If you run out of memory or get lost, take a 5 sec look at the map and continue.

Training #7

Normal sprint training. Timing with SportIdent. Follow compulsory marked route to start, app. 1 km. Maps will be handed out at start.

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Training #8

Normal forest orienteering training. Timing with SportIdent. Distance from Meeting point to Start: 750 m.

Training #9, #10

Some part of the area is crowded and with heavy traffic. Watch out for cars and bikes. Please also be aware of pedestrians and show them respect. Some gates might be open even though they are shown as closed on the map. These gates are marked with a purple line (see example), but no marking is put out in the terrain. We cannot guarantee the gates are open/closed exactly according to the map.

