

## Training List Sand Dunes Area 2015

*Note: you can see the map sample by clicking on the name of the map*

*New trainings for 2015 all have the prefix – TC15 and are marked as green. Courses reused from 2014 have the prefix – TC14 and are marked in yellow*

Map	Tr. Number	Type of training	Map Scale	Length	Number of CP	Observations
<a href="#">(5) Gafanhas – South Area</a>	TC15 SD01	Long Distance	1:15.000	14,3km	24	Fast Terrain – focus on compass work and contours reading. Normal Map Short Cut's to: <ul style="list-style-type: none"> <li>10,7km   19 PC</li> <li>9,5km   17 PC</li> </ul>
<a href="#">(5) Gafanhas – North Area</a>	TC14 SD02	Multi-Technique	1:10.000	9,8km	21	Simplification Exercises: compass work (window, straight line corridor); contour simplification Short Cut's to: <ul style="list-style-type: none"> <li>7,7km   18 PC</li> </ul>
<a href="#">(6) Dunas de Mira</a>	TC15 SD03	Relay Training – 3 mass-start loops with forking	1:10.000	Loop A – 1,6km   4 PC Loop B – 2,4km   6 PC Loop B – 3,2km   9 PC	19	Course with 3 loops and forking. Should be done with as an mass-start training. Map without paths. Course is set with reflectors.
<a href="#">(6) Dunas de Mira</a>	TC15 SD04	Middle Distance	1:10.000	6,9km	19	Normal Map Short Cut's to: <ul style="list-style-type: none"> <li>7,7km   18 PC</li> </ul>
<a href="#">(9) Dunas da Tocha</a>	TC15 SD05	Multi-Technique	1:10.000	7,7km	28	Focus on map reading/simplification exercises: warm-up part (normal map), contour only, corridor, windows. Short Cut's to: <ul style="list-style-type: none"> <li>3,6 km   14 PC</li> <li>6,3km   22 PC</li> </ul>
<a href="#">(9) Dunas da Tocha</a>	TC15 SD06	Middle Distance	1:10.000	7,3km	25	Technical challenging course. Normal Map Short Cut's to: <ul style="list-style-type: none"> <li>6,1 km   20 PC</li> <li>5,4km   18 PC</li> </ul>

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Map	Tr. Number	Type of training	Map Scale	Length	Number of CP	Observations
<a href="#">(9) Dunas da Tocha</a>	<b>TC15 SD07</b>	Interval-O	1:10.000	7,5km	24	6 intervals. Course to be done at high speed. To add pressure course could be done in pairs, alternating the runner that starts first between intervals. Start intervals should be kept low (20-30 seconds). Like an actual start, for each interval the runners need to run a “marked route” to the start flag. Each interval has around 1km (from 0,75km to 1,3km)
<a href="#">(10) Praia da Tocha</a>	<b>TC14 SD08</b>	Sprint Duels	1:14.000	4,0km	27	Sprint Training – course should be done in pairs with a mass-start. Course is composed by several loops, so that runners can continuously be pressuring each other.
<a href="#">(11) Rovisco – South Area</a>	<b>TC15 SD09</b> version A version B	Corridor corridor 4,5mm (45 meters)	1:10.000	7,2km	6	Focus on fine orienteering and compass work. Version A – Normal Map Version B – No Paths Short Cut's to: <ul style="list-style-type: none"> <li>• 6,2 km   6 PC</li> <li>• 4 km   4 PC</li> </ul>
<a href="#">(11) Rovisco – North Area</a>	<b>TC15 SD10</b>	Diamond Course	1:10.000	10km	32	Pressure handling exercise – course with a Diamond loop (several combinations available). Course should be run with a mass-start – goal is to test navigation at high speed. Course is set with reflectors. SEVERAL SHORT-CUT POSSIBILITIES

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<a href="#">(12) Bom Sucesso</a>	<b>TC15 SD11</b>	Contours	1:10.000	9,1km	28	Focus on map reading – read and navigate only by contour lines. It is advised to run the course without compass to reinforce contours reading and minimize compass running. Short Cut's to: <ul style="list-style-type: none"> <li>• 4,3 km   12 PC</li> <li>• 6,4 km   20 PC</li> </ul>
<a href="#">(13) Praia de Quiaios</a>	<b>TC14 SD12</b>	Loops	1:15.000	11,3km	25	3 loops. Normal map. Loop A – 4,1km; Loop B – 2,5km; Loop C – 4,7km
<a href="#">(14) Buarcos</a>	<b>TC14 SD13</b>	Sprint	1:4.000	3,3km (best route choice)	15	Sprint Course – mix of new construction area with intricate old village.
<a href="#">(16) Montemor-o-Velho</a>	<b>TC14 SD14</b>	Sprint	1:4.000	3,6km (best route choice)	21	Sprint Course – intricate old village with lots of challenging route choices and areas of very detailed navigation.
<a href="#">(18) Leirosa Sul</a>	<b>TC14 SD15</b>	Long Distance	1:15.000	17,0km	24	Long course, alternating short and long legs. Goal is to keep concentration during the full course, maintaining navigation focus on areas of fine navigation and high tempo/direction on the long legs. Course can be shortened to 11,0km   16 PC
<a href="#">(18) Leirosa Sul</a>	<b>TC14 SD16</b>	Multi-Technique	1:10.000	9,6km	25	Simplification and Map reading Exercises: compass work (window, straight line corridor); contour and contours simplification; corriwindow; only greens and to finish some nice beach-O! Course can be shortened to 6,9km   21 PC

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## Control Points

All controls are marked in the terrain with a permanent control. The controls are marked on the terrain with an orange tape with the control code attached, as you can see on the picture.

It is possible that strange persons had removed the controls. In this case we apologize and ask you to tell us what you missed, so that we can repair it for other groups to use.

Thank in advance.



## Training Locations

Use the locations map we provided + the information on the table to locate the training areas.

Tr. Number	Map	GPS Location	Details
TC15 SD01	<a href="#">(5) Gafanhas</a>	40° 33.387'   -8° 44.782'	Park south of the camping park
TC14 SD02	<a href="#">(5) Gafanhas</a>	40° 34.698'   -8° 44.050'	Park near the old forest house
TC15 SD03	<a href="#">(6) Dunas de Mira</a>	40.485872   -8.760658	
TC15 SD04	<a href="#">(6) Dunas de Mira</a>	40.462923   -8.779646	
TC15 SD05	<a href="#">(9) Dunas da Tocha</a>	40.385803   -8.814808	
TC15 SD06	<a href="#">(9) Dunas da Tocha</a>	40.356374   -8.816387	
TC15 SD07	<a href="#">(9) Dunas da Tocha</a>	40.352414   -8.796055	
TC14 SD08	<a href="#">(10) Praia da Tocha</a>	40° 19.767'   -8° 50.381'	
TC15 SD09	<a href="#">(11) Rovisco</a>	40.290456   -8.786147	
TC15 SD10	<a href="#">(11) Rovisco</a>	40.318592   -8.789981	
TC15 SD11	<a href="#">(12) Bom Sucesso</a>	40.273686   -8.793742	
TC14 SD12	<a href="#">(13) Praia de Quiaios</a>	40° 13.640'   -8° 50.924'	
TC14 SD13	<a href="#">(14) Buarcos</a>	40° 9.870'   -8° 52.638'	
TC14 SD14	<a href="#">(16) Montemor-o-Velho</a>	40° 10.380'   -8° 40.972'	
TC14 SD15	<a href="#">(18) Leirosa Sul</a>	40° 1.560'   -8° 52.176'	
TC14 SD16	<a href="#">(18) Leirosa Sul</a>	40° 3.294'   -8° 53.114'	