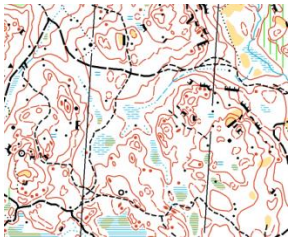
Finspong Training camp 2015

Training 1: Technique course at Torstorp's training center



Type of training: For the FTC elite, this course is quite similar to the course at Nyhem last year. It's a technique course with different features of orienteering. It will be a test of one's all-round ability, and a good chance to improve orienteering technical skills. The course ends with a re-start and a 3Km middle distance with SI timekeeping! Here does one get the chance to really deserve a good time in the sauna afterwards. There's also a re-start for the challenge class.

For other classes, there will be an ordinary course with timekeeping. There are only SI units at some of the posts for Black, Orange and Yellow.

Classes:

Difficulty	FTC elite (Teknik)	Black (Motion)	Orange	Yellow	Challenge
Map	Strange	Normal	Normal	Normal	Normal
Length	8-12 km	4 km	4 km	3 km	7 km

Terrain: Managed forest with elements of "Bauer forest", surrounded by cultivated land.

Start: 21/11 09:30-10:30

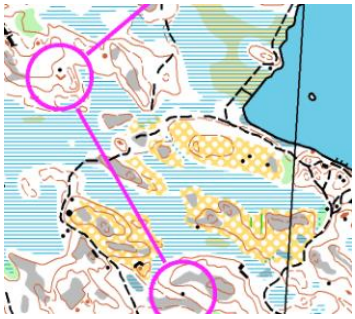
Shower and food: In the world's biggest club house!

Timekeeper: Gösta "Finspong beard" Lindman

Course setter: Per Lindman

Chef: Ullis Stömberg

Training 2: Speedy outcrop racing with Jukola feeling



Type of training: This is an ordinary forked night course. Outcrops are marked with grey to simulate a Jukola map. This training is only for elite runners! There are many reasons for this, and one reason is that the course passes through very close to "Trollkärringegölen". This was the place where witch trials were held in 17th century, and the forest has been bewitched!

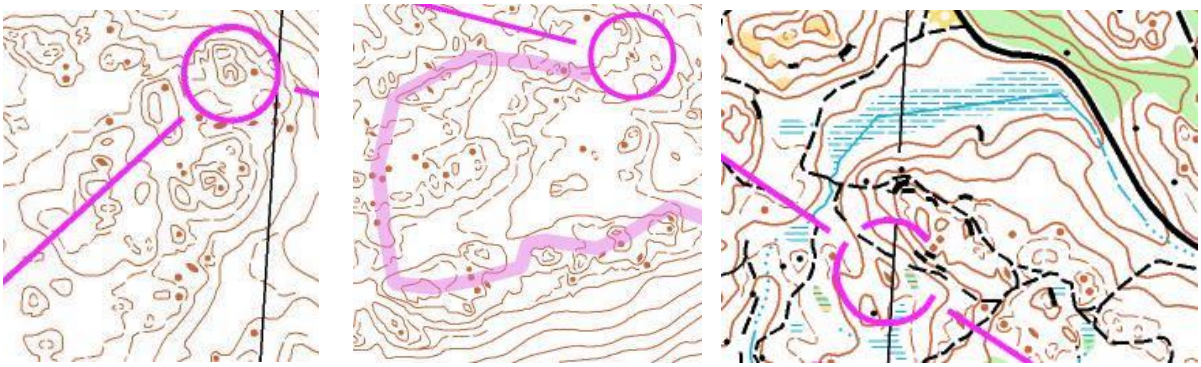
Terrain: Very fast and beautiful terrain which can only be the work of witchcraft!

Length: 4-8km

Start: 21/11 16:00-17:00

Course setter: Simon Lundin

Training 3: An ocean of curves!



Type of training:

FTC elite: A (very) long distance course on a map with only contours! It's a big map that combines the areas of 10Mila 2010 an Silva League 2014. There are also some tecnique snakes to follow at whareas places around the course. This is the toughest course of FTC 2015!

Other classes: Long distance courses on a normal map.

Lengths: All lengths are printed on the map. The courses end with a re-start and a middle distance course with SI timekeeping. You choose what length you like before the re-start.

Difficulty	FTC elite (Teknik)	Black (Motion)	Orange	Yellow	Challenge
Map	Contour only	Normal	Normal	Normal	Normal
Total length	8-17 km	6-10 km	6 km	4,5 km	7-9,4 km
Length with SI	3 km	3 km	2,8 km	2,2 km	2,5 km

Terrain: Nice hilly Finspong terrain. It's remote hilly wilderness in the north, many small hills in the west and more paths in the east.

Start: 22/11 10:00-11:00

Course setter: Olle Lindman (headmaster of FTC)

Timekeeper: Gösta "Finspong beard" Lindman