

SPRINT CUP #2



TRAINING TYPE:

INDIVIDUAL SPRINT + SPRINT INTERVALS

MAP:

MYRSTUGUBERGET | H. Persson [2020]

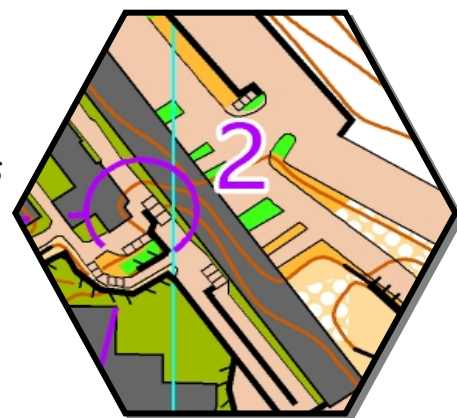
Scale | Contours: 1/4.000° | 2,5 m

LOCATION:

Parking: 59.252847, 17.875949 alt. Masmo

<https://goo.gl/maps/zT5nEX5BjvSqmCCf8>

Start/Finish, 700 meters south
(warmup map available there)



TRAINING INFO:

Distances: Sprint 3,3 km | 100m ↗
Intervals 1,4km + 1,4km

Controls: Control kite 30X30, SI Air

First start: 18:30 – start punch (*warmup maps available on spot from 18:00*)

Separate control description

Warmup Map

LiveloX

Sport Ident

Start-List

Yes	No
X	
X	
X	
X	
	X

DESCRIPTION:

For that training, we use what's probably one of the best sprint area in Stockholm suburb, as it features rather complex stairways, bridges, buildings, in a steep slope affecting the routes. Definitely challenging as some parts are physically pretty demanding too. The map has just been update as well.

The plan is the same as for the previous sprint cup: to start with the individual sprint (same course for men and women), and then optionally add two shorter intervals.

NOTE:

Sprint: two map exchanges – the maps are printed in the same sheet of paper (first part left), the control numbers are continuing.

Intervals: The start and finish of the 2 intervals are at the same place. Each interval starts with a 105m marked route (not on the terrain though) to the start using steep stairs (30m climbing) to create a pre-fatigue before a few challenging legs.

To make the course more challenging, there are barriers marked on the map, but not on the terrain, and they can be on different location after the map exchanges.

95% asphalt/stairs, 5% grass – possibly one steep slope for one of the route, but still running shoes should work great if wet.

The jpeg files will be available on the SOFT doma and liveloX afterward.

