

# SPARINGTRÄNING SKOG #3

TRAINING TYPE:

**MIDDLE DISTANCE**

MAP I MAPMAKERS:

DREVIKEN

B. LUNDKVIST I G. DOMONYIK

Scale I Contours:

1/10.000° I 4 m

LOCATION:

Flatens Naturreservat, 59.243409, 18.151834

<https://goo.gl/maps/oxpQvzbzdmKfp8j9>



TRAINING INFO:

**Distances:** MEN 6,1 km I 155m ↗  
WOMEN 4,9 km I 125m ↗

**Controls:** Control kite 30X30, Sport Ident

**First start:** 17:30 (warmup maps available on spot from 17:00)

Start list published Tuesday evening. Late entries start either before or after the ones on the start list.

*Separate control description*

*Warmup Map*

*Livelox*

*Sport Ident*

*Start-List*

Yes	No
X	
X	
X	
X	
X	

DESCRIPTION:

For that one, we are going to use the southern area of Flaten – just like in Säve (MD SM2020 map) the hills are detailed, and there is a good network of different types of paths and green areas in between.

Even though a lot of people see the middle distance as a format where every seconds matters, it is first and foremost about staying cool from the start to let you the time to pick the best micro routes, and getting into the flow of actions with high map reading frequency.

This middle distance is a perfect practice before SM to learn to freeze a bit at some point to get everything under control, and press again the speed pedal later on.

NOTE:



We simulate an arena passage, with one marked route (drawn on the map, not on the terrain) along a path. There are a flag (without SI) at the restart, and you can check it before your start as it is part of the warmup map. <

To make the course more understandable, there are one map exchanges, the two maps are printed in the same side of the sheet of paper, and organized this way >



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