

# SPARINGTRÄNING SPRINT #3

## TRAINING TYPE:

### SPRINT + SPRINT INTERVALS

## MAP I MAPMAKER:

AKALLA


G. REINHOLDSSON [2020]

Scale I Contours:

1/4.000° I 2,5 m

## LOCATION:

Akalla, 59.417596, 17.917564

<https://goo.gl/maps/GCekhbqVx5abKMH7>
Parking next the "arena", also 250m from  Akalla

## TRAINING INFO:

**Distances:** MEN 4,0 km I 60m ↗  
 WOMEN 3,5 km I 45m ↗  
 INTERVALS 1,9km + 2,3km

**Controls:** Control kite 30X30, Sport Ident [Control kite only for intervals]

**First start:** 17:00 (warmup maps available on spot from 16:30)

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 the first sprint of that serie before SM, we visit an area which has not been used extensively, with several bridges and different levels, creating some pretty interesting routes.

The training consists first of a "competition-like" sprint course with start-list and timing. At the finish of that one, you will get another map with two intervals (using some of the controls already used + a few extras) for those who want to maximize the experience and build up good sprint routines toward SM.

## NOTE:



< The "arena" is the other side of the parking area, and organized this way

To create more interesting routes, a few barriers have been added (marked on the map, but not on the terrain and possibly on different places after map exchanges).>



For the sprint course, there is a map exchange a one control (no marked route) – both maps are printed in the same sheet of paper and organized this way. The second part of the course is starting with a triangle and numbers are continuing. >



75% asphalt, 25% relatively flat grass > running shoes should work great.