

# SPARINGTRÄNING SPRINT #6

## TRAINING TYPE:

**FORKED SPRINT INTERVALS**

## MAP:

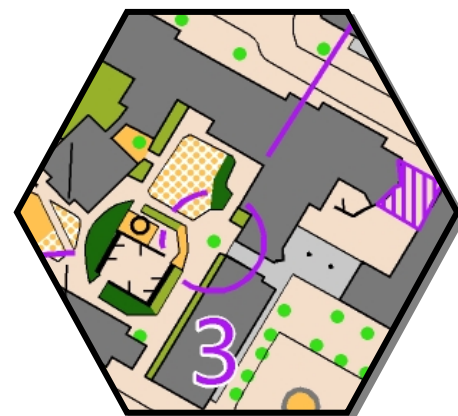
**SKARPNÄCK**

Scale | Contours: 1/4.000° | 2 m

## LOCATION:

Skarpnäck IP 59.269306, 18.121972

<https://goo.gl/maps/Q1AmVgH9GWx7AJH2A>



## TRAINING INFO:

**Distances:** Intervals 2,1km + 2,6km + 1,4km

**Controls:** Control kite 30X30, SI

**First start:** 15:00

(warmup maps available on spot from 14:30 – arena is north of Skarpatorpskolan)

*Separate control description*

*Warmup Map*

*Livelox*

*Sport Ident*

*Start-List*

Yes	No
	X
X	
X	
X	
X	

## DESCRIPTION:

The idea with that training is to offer you a possibility to both work on your qualification and sprint relay skills, as you will go by trio in three forked courses.

This area, even though well-known by many, is perfectly suitable for great routes with the addition of few barriers. The exact location of the forked controls can affect the whole routes. So it is absolutely necessary to stay active, even if the speed will be at its highest. A perfect practice one week before SM!

## NOTE:

The start and finish of the 3 intervals are at the same place. There will be a start-list published for the first intervals (group of three). For the two others, you can restart whenever you want, either alone, or with 2 others people.

To make the courses more challenging a few “barriers” has been added, they are marked on the map with purple, but not on the terrain. If you realize you have been crossing one by mistake, just ran back and try to correct your route if possible.

90% asphalt, 10% flat grass – running shoes should work great.

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