

SPARINGTRÄNING LÅNG

TRAINING TYPE:

LONG DISTANCE

MAP I MAPMAKER:

MUSKÖ [2015] | Olsson, Åsberg, Carlsson, Karlin, Forsgren
Scale | Contours: 1/15.000° | 4 m

LOCATION:

Muskö förskola 59.997017, 18.131759
<https://goo.gl/maps/2pcyGYmRvXVNADKt6>



TRAINING INFO:

Distances: M21 14,7km | 550m ↗
 W21 9,8km | 400m ↗
 "SHORT" 5,6km | 240m ↗

Controls: Control kite 30X30

Separate control description

Warmup Map

LiveloX

Sport Ident

Start-List

| Yes | No |
|-----|----|
| X | |
| | X |
| X | |
| | X |
| | X |

DESCRIPTION:

The plan for this training is, at the same time, to fit to the stricter regulations around COVID, and offer you a great experience in a rather unknown area, and relevant for the steep terrains you will meet in 2021.

The area chosen is the southern part of the SM 2015 long distance, as this military land make it safe of access, and hunters free during that weekend.

The course is planned as a long distance with several longer routes where you constantly need to evaluate how far from the red line you can run to avoid steep climbs without losing time – an important skill in continental terrain.

For sure a tough course in the early stage of the winter preparation, but training/competing specifically in that format is probably what has been missing most in 2020, and therefore this EMSS training is another step toward a strong and bright 2021!

NOTE:

There will be no timing, and no common schedule for this training, but possibility to compare thru liveloX. Once you will register on eventor, you will get the printable pdf (including separate control-descriptions and maps) on your email (the one registered on eventor).

For the M21 and W21 courses, there is a map exchange and you have two A4 maps to print.

Start and finish at 800 meters in south west direction from the parking (visible on the map).