SPARING TEKNIKTRÄNING

TRAINING TYPE:

ROUTE-CHOICES - CONTOURS

MAP I MAPMAKER:

KUNGSHAMNSMOSSEN I T. KAMPF [2020]
Scale I Contours: 1/10.000° I 2,5 m

LOCATION:

Sands parkering, 59.769765, 17.652582
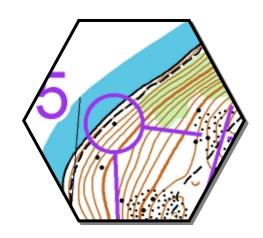https://goo.gl/maps/zTwhH57MLXToKT7y8

TRAINING INFO:

Distances:	Contours	3,2km I 100m ↗
	Racing	4,2km I 135m ↗
Controls:	Red and white ribbons.	

Note: Those markings will be out in forest from 03/04 to 11/04 included.

	Yes	No
Separate control description		X
Warmup Map		X
Livelox	X	
Sport Ident		X
Start-List		X

DESCRIPTION:

For that training, the focus is on developping your skills on a slightly unusual terrain, which has lot of characteristics you find in middle Europe for example. Even thought the contours interval remains 2,5meter, the slopes are steeper than most of Upplands terrains creating a few interesting route choices.

But most importantly, the purpose of this training is to have a proper strategy when it comes to attack controls in slopes. A lot is happening BEFORE you enter the steep areas, and it is a bit like greener areas, you need to know exactly where you get in. And then, it is a lot about using your head to constantly try to stay in touch "visually" with the top and/or bottom of the slope, so you have all the time a good sense of where you stand in the slope.

That training is divided in two parts – the first one is about "racing", on a 4,2km long course where you can put yourself in competition mood. While the second part is about "developing" with a 3,2km long course on a contour map which is pretty diffuse in some areas, and forcing you to actively use your head/neck all the time to stay in contact with the highest hills/depressions.

The setting of the training is adapted to the COVID regulations – self-printing (you will get the printable pdf after you entered) and the choice of starting whenever you want.

NOTE:

The maps are organized that way, but the exercises can be done in whatever order **>**

The "racing" course will be available in livelox afterward for those who want to compare their times on that part of the training.