

# SPARING TEKNIKTRÄNING

## TRAINING TYPE:

CONTOURS – CORRIDOR – RACING

## MAP I MAPMAKER:

KNIVSTA SYDVÄST I L. BERG [2021]

Scale | Contours: 1/10.000° | 2,5 m

## LOCATION:

Reningsverket, Knivsta, 59.719164, 17.791280

<https://goo.gl/maps/3FVDRqpJfKc4cPoB8>

[1,3km run from the parking to start/finish area]



## TRAINING INFO:

**Distances:** Contours 3,4km | 45m ↗  
Corridor 2,5km | 40m ↗  
Racing 4,9km | 135m ↗

**Controls:** Red & white ribbons

## Separate control description

Warmup Map

Livelox

Sport Ident

Start-List

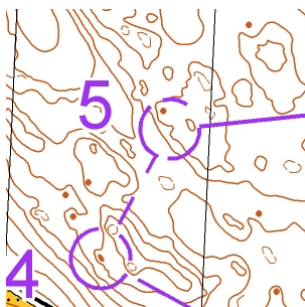
Yes	No
	X
X	
X	
	X
	X

## DESCRIPTION:

For that *Upplands junior- och seniorgrupp* training, we have the chance to use an area not many have visited before as it has just been remapped. This terrain is featuring a lot different types of areas – from open to dense forest, diffuse to detailed contours, and flat to steep terrain. So there is a constant need to adapt to the situation, and it makes it very interesting.

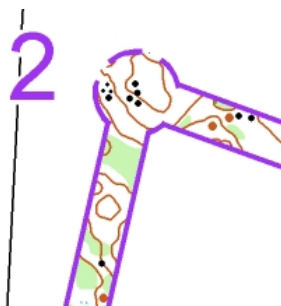
The idea is a bit like the previous training in Ramstalund, and have a mix of exercises of different lengths and difficulties. Up to you to decide your work load during that training, but for sure you need to get a good plan beforehand how to attack the controls in that terrain

Here comes a small description of what I had in mind while planning the training:



### 1. Contours

That terrain can be really “diffuse” in some place – meaning it is pretty flat and green which creates a lot of uncertainties. But as the map is based on *laser-curving* you can really trust the information you get from the map. But you need to combine it all the time with really good work with your compass, as the dense vegetation will sometime push you away from the optimal way, and then it will be extra challenging to make match what you see from the terrain with the map. Compass + spotting the hills with 2,3 contours is the key to solve this!



### 2. Corridor

Different from the one we had in Ramstalund as this one is totally straight in-between the controls. Meaning it is a pure compass exercise, where it is all about being accurate from the moment you leave the previous control. You should see yourself as a super sharp knife, or a laser cutting thru the forest. It is a lot about taking the

very exact direction when you leave the control, and trying to spot a remarkable tree or feature as far as possible in that direction to keep running in a straight line.

You can choose between two level of difficulty with different size of corridor. Both are printed in the same map.

### 3. Racing

Once again, up to you to decide what kind of speed you want to use in that section, but I would say the two first exercises are at easier speed to get a good grip on what you are doing, when this one is closer from your racing speed.

The course is visiting a lot of different areas, and it is a lot harder than what it looks from the map. Every time you enter a challenging area (i.e. green or steep slope), you need to know exactly from where you enter that area, and have a clear direction. Exactly what you have practiced in the two previous exercises!



< There is a map exchange to make the course easier to understand – both maps are printed in the same sheet of paper and organized that way (first part up).

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

#### NOTE:

The parking location allows several cars to be parked there, then there is small way to start/finish area (printed on the map).

The map is organized that way (2 A4 or 1 A3), 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.

