

The conquest of Moratalla



Be ready...

Spain camp 20.2-7.3.2023 - Murcia & Alicante

Lahden Suunnistajat @RoadToJukola2023 #SpainEdition

	20th Monday	21th Tuesday	22nd Wednesday	23th Thursday	24th Friday	25th Saturday	26th Sunday	27th Monday	28th Tuesday	1st Wednesday	2nd Thursday	3th Friday	4th Saturday	5th Sunday	6th Monday
Morning	1h 45min drive to Accomadation. Maybe Muela del Fontanar training during the way to accomodation? Discuss?	9.00 (28min drive) SI- Training La Cova MU23-11 One runner relay	9.00 (61min drive) SI- Training Coto Guadros MU23-01 Prologue + Final	9.00 (25min drive) Burete MU23-02 SI- Training Prologue + Final	9.00 (26min drive) Model event (map to pick up 21 st from Murcia)	To be checked Middle distance WRE, Coto Maravillas	To be checked Long distance WRE, Coto Maravillas	To be checked Inter-middle race, Coto Maravillas . Easy for those who staying longer at the camp	Travelling to Guardamar Training on the way. (61min drive) Coto Guadros, MU23-16 Multi-tech. 14.3km	8.15 Before training Sanna to airport (21min drive) Santa Pola (O-travel 18 +19) 7.1km + microsprint 3km	9.00 From accomadation SI-training – Relay, Guardamar Norte	9.00 Easy training (map to check) OR possible REST	9.00 Easy training (map to check)	9.00 From accomadation Naula arkkuum Guardamar Norte (O-travel 7) N-rata 3,7km	9.00 Easy training (map to check)
Afternoon	XX.XX (43min drive) Muela del Fontanar MU23-09 Intervals 6x1km	XX.XX (28min drive) La Almumeda MU23-06 Pair training. Control picking, 70 controls (no tapes)	XX.XX (Maybe on way?) Sierra del Oro MU23-15 Multi technique 7,6km (no tapes)			To be checked (18min drive) Ceegin Sprint, Spanish League	XX.XX LS-37 Camp Champs by Stefu!	XX.XX Hiking /easy running + Turist stuff	PVA and Martina driving to Alicante by "Teemu's car"		XX.XX Sprint in Rojales (with Suunta JKL)???	13.00 From accomadation Easy training OR possible rest			
Evening	19.00 (28min drive) Los Rincones, MU23-04 Middle, night-training 5,5km	Picking up PVA from Murcia. And the model event maps from Murcia Decathlon.		19.00 (25min drive) Sierra del Molino MU23-13 First leg relay, night-training, 8km	Games evening			Stefu, Damiano, Teemu Karo leaving after the race	XX.XX From accomadation SI-training Guardamar Norte Relay	19.00 From accommodation Night training (map to check)	19.00 Guardamar South, AL23-10 Night Chase start with TuMe 6.4km	Evening in Alicante	19.00 Night training (map to check)	19.00 Naula arkkuum. Night training (map to check)	19.00 Night training (map to check)

Accommodation #1 @ [Casa Rural Cora de Tudmir, Moratalla](#)

Accommodation #2. @ [La Marina camping, Bungalows](#)

Logistics

Flights

Arrival to Alicante

Earlier: Teemu, Sanna

20.2 klo 9.45 Allu, Valtteri, Eerika, Karo

20.2 klo 16.20 Ilian.

20.2 klo 22.25 Martina, Damiano, Stefu.

21.2 klo 12.50 PVA. PVA coming by bus to Murcia.

Departure from Alicante

27.2 Stefu, Damiano, Teemu, Karo (28.2 morning)

28.2 PVA, Martina (afternoon)

1.3 klo 10.30 Sanna

3.3 klo 17.10 Ilian.

7.3 Allu, Valtteri, Elisa, Erika.

Cars

During the camp checking all the time what is the most wise way to fill the cars. Below the plans from and to Alicante airport.

Car 1 – 5+2 (Driver Allu)

- From airport 20.2: Allu, Valtteri, Eerika, Karo, Sanna
 - If some wants to do sprint training with Teemu 20.2 while waiting Ilian
- To Guardamar 28.2: Allu, Valtteri, Eerika, Sanna, Ilian
 - Sanna to airport 1.3
 - Ilian to airport 3.3

Car 2 (Driver Stefu)

- From airport 20.2: Stefu, Martina, Damiano
- To airport 27.2: Stefu, Teemu, Damiano, Karo

Car 3 (Driver Teemu/PVA)

- From airport 20.2: Teemu, Ilian + those who wanna do sprint training next to Alicante before driving to Moratalla
- To airport 28.2: PVA, Martina



Accommodation

In both accommodation bed sheets ready.

[Casa Rural Cora de Tudmir 20.-28.2](#)

[La Marina camping bungalows 28.2-7.3](#)

Food

Buying basic food together – breakfast, lunch, dinner, some basic snacks.

Making food together in the accommodation. Eating possible some time in some restaurant.

1. Send to group if you have allergies or diets for the food.
2. Send to group if you have specialities which food you would like to make.
3. Sharing the food making duties etc. during the camp.

Wise to take some own box for the recovery food etc. after trainings/races.



Weather

From 5 degrees to 15 degree. If lucky around 20 degrees possible. So remember to take also warm clothes. Warm socks etc. recommend for the cold floors. Also hard to say about the heatings of the Spanish stone houses.

Payments

250€ for Allu 28.2. All paying same amount now and then after camp we will check the exact individual costs. Stefu and Teemu can reduce the amount of car from the price.

IBAN: FI5356121120281552

BIC: OKOYFIHH

Rest after the camp when all the gasoline and food costs are clear.

Other activities

Games evening

Biljard, playing cards, quiz. Planning together.

Camp Champs

Map: Moratalla / 1:3000 / 5 meters / A4 format

Mapping: Steffe with streetview in January 2023

Training idea: rogaining style with mass start, so the controls have different points and wins who collects more points. Each runners has a different time limit depending on results of weekend competitions

Focus: being Camp Champs winner of course (also enjoying Moratalla stairs and castle)

Start/finish: our accommodation garden

Hiking

Hiking place to be checked together closer.

Staying healthy

Wash your hands!

Eat ja drink well!

Change clothes!





Training philosophy

Training philosophy for the camp.

1. Know where we are and where we are going.

- 4 months to Jukolan viesti 🤔
- 2 months to first bit more important races 😊
- Not much O-training done in the past months 😞



- Making solid performances during high pressure in important races you need to many solid performance on trainings etc.
 - o Don't force things, take your time for technical work during the camp and RACES. Stop/walk if needed.
 - o Making controlled performances now will raise you confidence for the next trainings and races
 - o Control will make you solid and confidence fast

2. Remember the basics

- Look from the map where you need to go and go there.
- Direction control
- Contours, big "details"

3. Know your own strenghts 🤝👂 and weaknesses

- What kind of feeling you need to make solid performance?
- What is the one thing you need to concentrate to keep the control?
- What is the one thing you need to develop in your o-technique during the camp?

4. Share you thoughts

- After every training go through your thoughts about the training
- After every training talk with different person
- Going through the thoughts every morning together

5. Repeat

- Repeat the leg on your mind,
- Rerun some legs if needed.
- Start the leg from beginning if loosing control.
- Find the thing you need to do to avoid unsureness.

We have GPS-tracking in work. Unfortunately only 6 devices (cause of Finnish post, some devices which where in maintenance didnt arrive in time). GPX-files can be added. You can find the [GPS-trackings here](#).

