

FRIDAY 18 NOVEMBER

AFTERNOON

TRAINING TYPE:

SPRINT INTERVALS

MAP:

PERHEPUISTO | Mapmaker: S. Raus (2020)
J. Pikkarainen (2022)
Scale | Contours: 1/4.000° | 2,5 m

LOCATION:

60.971465, 25.654203
<https://goo.gl/maps/rcKCPso2dJ9AD6Da9>



TRAINING INFO:

Distances: 1. **Sprint relay** 1,9km | 16m↗
2. **Semi-final** 2,0km | 10m↗
3. **Final** 2,0km | 6m↗
Courses: Antti Harju | Thierry Gueorgiou
Controls: SI Air, Control kite 30X30cm
Timetable: Sprint relay mass-start **Men 13:45** | Women **13:50**

Separate control description

Warmup Map

GPS

Sport-Ident

Start-List

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

MEN			WOMEN		
SEMI FINAL A [14:05]	SEMI FINAL B [14:09]	SEMI-FINAL C [14:13]	SEMI FINAL A [14:17]	SEMI FINAL B [14:21]	SEMI-FINAL C [14:25]
SPR 1	SPR 7	...	SPR 1	SPR 7	...
SPR 2	SPR 8	...	SPR 2	SPR 8	...
SPR 3	SPR 9	...	SPR 3	SPR 9	...
SPR 4	SPR 10	...	SPR 4	SPR 10	...
SPR 5	SPR 11	...	SPR 5	SPR 11	...
SPR 6	SPR 12	...	SPR 6	SPR 12	...
FINAL A [14:35]	FINAL B [14:37]	FINAL B [14:39]	FINAL A [14:41]	FINAL B [14:43]	FINAL B [14:45]
SFA 1	SFA 5	...	SFA 1	SFA 5	...
SFA 2	SFA 6	...	SFA 2	SFA 6	...
SFA 3	SFB1	...	SFA 3	SFB1	...
SFA 4	SFB2	...	SFA 4	SFB2	...
SFB 1	SFB 3	...	SFB 1	SFB 3	...
SFB 2	SFC 1	...	SFB 2	SFC 1	...

DESCRIPTION:

We start our training camp with sprint intervals with different type of mass-starts to make the best of the quality we have within our team.

The first interval will be a **sprint relay first leg** with different start times for men and women but juniors and seniors together. The top 6 at the finish will run the **KO Sprint semi-final A**, scheduled at 14:05 for the men and 14:17 for the women. The training is ending with a **KO sprint final** based on semi-final results.

NOTE:

As we are not expecting +20 degrees and sunshine, the timetable has been made to keep those intervals in as short time as possible, but still avoid two groups colliding

each other's. Be prepared to have warm clothes in between the rounds, and staying warm during the whole training.

Forking system might be used for all the rounds.

In “**sprint relay**”, there is one map exchange. Both maps are printed on the same sheet of paper, with the first part on the left side >



In **semi-final**, there is two map exchange. Both maps are printed on the same sheet of paper with the first part up. Controls numbering is continuous.



A few **barriers** have been added on the map to make the courses more interesting, but not visible on the terrain. They can be on different places for each interval. They have been marked this way on the map >



75% asphalt, 25% flat grass – running shoes should work fine if the grass is not wet.

Warmup map:

