



TRAINING GUIDE

PAJULAHTI

03-05 NOVEMBER 2023

HUIPPUSUUNNISTUS 2024



FRIDAY 03 NOVEMBER / AFTERNOON MASTER OF SKILLS

MAP

VIERUMÄKI | J. Weckman [2014]
update J. Pikkarainen | J. Silvennoinen
1/10.000° | 5m [XSprint: 1/3.500°]

LOCATION

[Parking](#) | [Start](#)

TIMETABLE

Free-start from 13:00.

Warmup map at the parking to reach the start (1,5km).

TRAINING INFO

Distances: "Diffuse" 2.3km
Corridor 3.1km
Contours 3.0km (juniors) | 4.0km (seniors)
XSprint 0.9km

Controls: Red & white ribbons
SI Air & 30x30 flags for the microsprint
[Bring your SIAC if you have one]

Course: T. Gueorgiou, printed on waterproof paper.
No separate control descriptions.

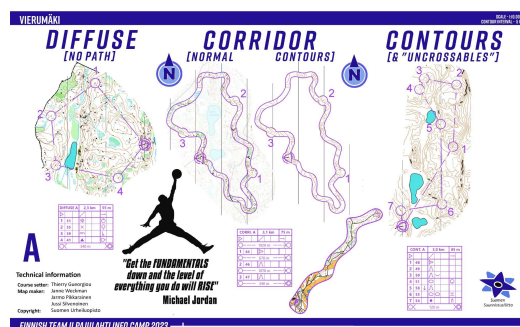
Tracking: [Gpsseuranta](#) | [2Drerun](#)



DESCRIPTION

This map has been selected while having the WOC 2025 mapmakers in mind, which will be a constant focus in the coming two years.

Thereafter, the idea was to have a focus on basic skills - contours & compass, which are the cornerstones of a stable technique.



NOTE



Warm up map available at the parking to reach the start of the training. Possible to leave a jacket there.

The training is split into 4 different loops starting/ending at the same place. There are 4 different variants of the courses to spread a bit the runners, and maximise the disturbance. The training load is up to you, and we don't expect all of you to run all the loops.

The training ends with a microsprint, which brings you back near the parking. SI readout is done at the car parking.



FRIDAY 03 NOVEMBER / AFTERNOON

SPRINT INTERVALS

MAP

SATAMA J. Pikkarainen [2023]
update TG
1/4.000° | 2.5m

LOCATION

[Parking](#)



TIMETABLE

Free-start from 13:30.

Warmup map available at the parking from 13:00

TRAINING INFO

Distances:	Interval 1	1,34km	10m climb.	5 controls
	Interval 2	1,27km	10m climb.	6 controls
	Interval 3	1,24km	10m climb.	5 controls
	Intervals 4	1,46km	10m climb	9 controls

Controls: 30x30 flags

Course: T. Gueorgiou, printed on waterproof paper.
No separate control descriptions.

Tracking: [Gpsseuranta](#) | [Livelox](#)

DESCRIPTION

4 intervals in the area used for the Sprint SM qualification. Some effort has been made to make the map more legible at high speed. But the navigation and route selection remains tricky, so get ready from the start to have a high map reading frequency and to be proactive.

NOTE

The intervals end at the start of the next one, and all the intervals are printed in the same sheet of paper, with the first one on left-top. The rest inbetween the intervals is up to you.

There are barriers on the map which are not visible on the terrain, and mapped this way >





SATURDAY 04 NOVEMBER / MORNING

SPRINT RELAY

MAP

ANKKURI J. Pikkarainen [2023]
update TG
1/4.000° | 2.5m

LOCATION

[Parking](#)

TIMETABLE

09:20 Warmup map available at the parking
10:05 Mass-start first leg (W). Call up -3'.

TRAINING INFO

Distances: Leg 1 1,7km | 10m climb. | 7 controls
Leg 2 1,4km | 10m climb. | 7 controls
Leg 3 1,5km | 5m climb. | 8 controls
Controls: 30x30 flags, SI Air
Teams: Published [here the evening before](#).
Course: T. Gueorgiou, printed on waterproof paper.
Tracking: [LiveloX](#) | [Gpsseuranta](#)

DESCRIPTION

We simulate a sprint relay with two runners per team. Every runner will run three times.

For that, we use the new map of FC sprint organised this September, and an effort has been made to increase the legibility even if the navigation remains intense. So prepare yourself for that challenge, despite having people around you.

Keep yourself warm when you wait for your team-mate, even though we will have a mass-start for the teams which haven't exchanged, exactly one minute after the first team exchanging, so we keep the teams together all the way.

NOTE

There is a map exchange for each run. Both maps are printed in the same sheet of paper and organised this way - control numbering is continuous. >



There are barriers on the map which are not visible on the terrain, and mapped this way. They can be on different places after the map exchanges >





SATURDAY 04 NOVEMBER / AFTERNOON RUNNING TECHNIQUE & INTENSE SPRINT

MAP

PAJULAHTI | S. Raus [2019], Elias Kuukka [10/2023]
1/3.000° | 2.5m

LOCATION

[Parking](#) in Pajulahti
Running technique in [the indoor hall](#).
Start of the sprint [under the bridge](#).

TIMETABLE

14:30 sharp! Running technique Junior I Senior (30')
Show up already warmed up, possible to do it inside (~10' run)
15:10 First start sprint | [Start-list](#)

TRAINING INFO

Distances: MEN 3,2km | 70m climbing | 16 controls
WOMEN 2,9km | 65m climbing | 16 controls
Course: T. Gueorgiou, printed on waterproof paper.
Separate control description.
Controls: 30x30 control kites, SI in air mode, except the start unit.
Tracking: [LiveloX](#) | [Gpsseuranta](#)

DESCRIPTION

This time, we prioritise an afternoon without driving, but use our resources & facilities to have a quality warmup with running technique exercises you can keep all along the winter, as this makes definitively a difference in terms of running efficiency, especially if used on a regular basis (2-3/week). This part of the training will be executed indoor.

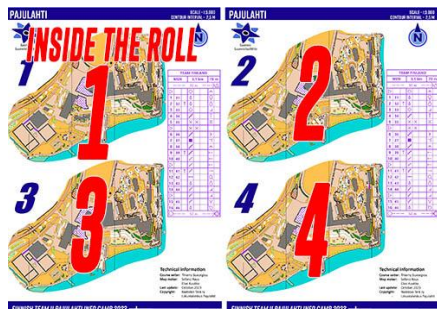
The second part is an individual sprint course, with a 1 minute start interval. The map has been updated, and the course set for "intense" decisions with three map exchanges.

NOTE

Prepared the required clothes for the whole training as the start of the sprint (outdoor) will be right after the warmup (indoor). "Clean" running shoes for running technique and rather tight clothes for the videos (short running tights/shorts and top/tight t-shirt).

The sprint is set mostly on hard surfaces, but there is about 20% of grass which might be wet, where it can be good to have a bit of grip.

No warmup map, the warmup is done on the west side of the main road.
Call-up -2' at the tunnel.



Three map exchanges. All the maps are printed on the same sheet of paper, on both sides. The map is rolled at the start. The **first part is inside the roll** in the upper part. The second part is on the other side. It is started with another triangle, and the numbers are continuous. The third part is on the other side of the paper (i.e. when you end the course, turn the map and you have the next sections). Etc.

The seniors are asked to go back to the indoor hall after the sprint, so their running style is filmed again.



SATURDAY 04 NOVEMBER / AFTERNOON CORRIDOR

MAP

PAJULAHTI | T. Ryyppö, J. Pikkarainen [11/2022]
1/10.000° | 5m

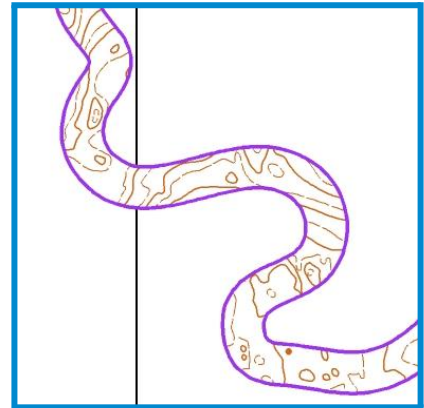
LOCATION

[Parking](#) in Pajulahti.

TIMETABLE

Free-start from 14:00.

Maps available in front of coaches apartment nr XX.



TRAINING INFO

Distances: 8km | 5km

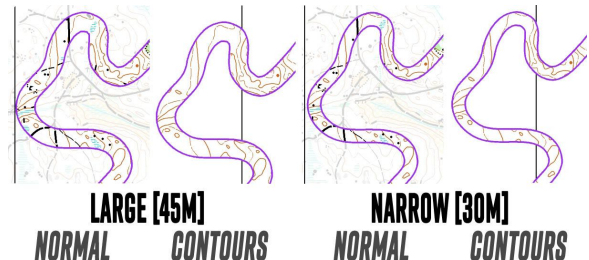
Course: T. Gueorgiou, printed on waterproof paper. No separate control description.

Tracking: [Gpsseuranta](#)

DESCRIPTION

November is definitively the right period to work on the roots of your technique and strengthen your routines regarding compass and contours. Every change is uncomfortable and might take a bit of time to reach a higher level of expertise, so it is always important to start early during the winter.

There are four options to choose from, depending how confident/skilled you feel at the moment: Narrow/Large with contours/all features map, so everyone gets a challenge at its size. :) All the options are printed on the same sheet of paper.

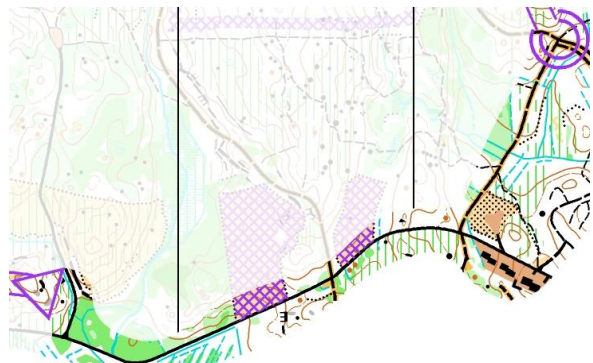


NOTE

Possible (& recommended) to join the warmup running technique exercises (indoor hall) at 14:30.

Forked corridor (A & B) - make sure you start together with someone with a different forking if you go by pair.

Short run to start and from the finish:





SUNDAY 05 NOVEMBER / MORNING

FOREST RELAY INTERVALS

MAP

LAPAKISTO | J. Pikkarainen [11/2022]
1/10.000° | 5m

LOCATION

[Parking](#) in Pajulahti.

TIMETABLE

Warmup maps available in front of coaches apartment nr XX from 08:30

Mass-start (3km from the parking):

09:40 Local clubs

09:45 Suhu

10:00 National team M20/21

10:02 National team W20/21

TRAINING INFO

Distances: M/W21: 2,4km + 2,5km M/W20: 2,0km + 2,1km

Course: T. Gueorgiou, printed on waterproof paper.

Controls: 30x30 control kites, SI Air

Tracking: [LiveloX](#) | [Gpsseuranta](#)

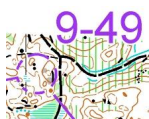
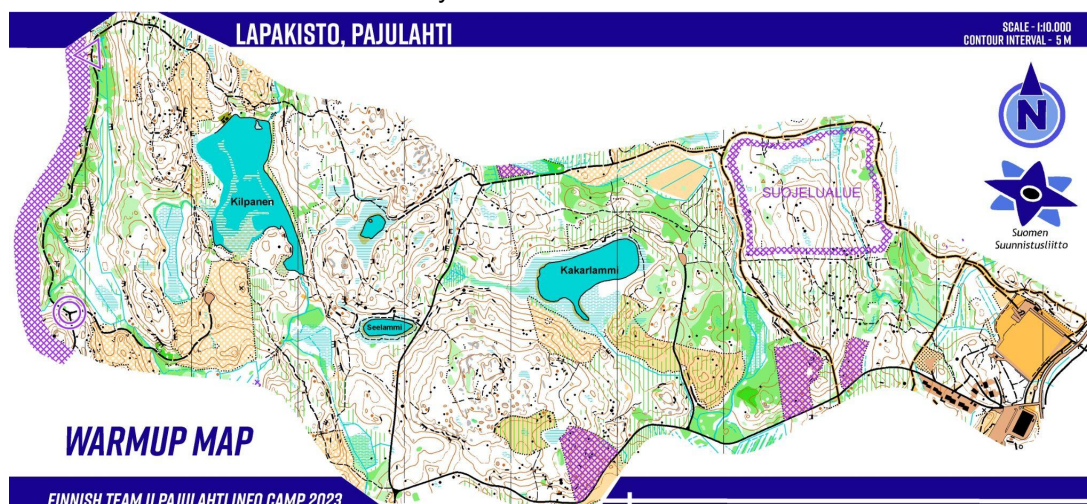
DESCRIPTION

We use the best part of the map near our accommodation for another fun relay training where the juniors have slightly shorter courses to keep together the whole team in the same relay training.

The training consists of two intervals - the break in-between will be a maximum of 4min for the first one. The first interval will be mass-start; when the second one will be with small racing scenarios (gaps between smaller groups). Keep yourself warm all the time in between the intervals.

NOTE

To avoid a rather long drive, we will run from the accommodation, about 3km one way. You are in charge of being in time at the start of the relay (call-up -2min). The finish of the second interval is not too far from the start if you want to leave clothes.



< Controls are in places very close from each other, but you have both the control number and control codes printed near the circle.

The two intervals are printed in the same sheet of paper, the first interval is up >

