



## SUNDAY 09 NOVEMBER / MORNING

### RELAY INTERVALS

#### MAP

KETARLAMMET I J. Pikkarainen [2025]  
1/10.000° | 5m

#### LOCATION

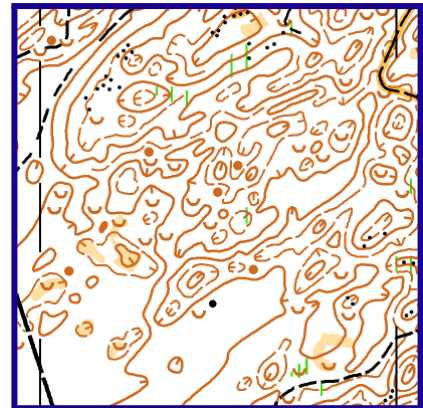
[Parking](#)

#### TIMETABLE

09:15 [Warmup map available](#) at the parking.

10:00 Mass-start SuHu / club

10:15 Mass-start National team



#### TRAINING INFO

|                   |                |               |
|-------------------|----------------|---------------|
| <b>Distances:</b> | <b>M21</b>     | 2,9km + 3,1km |
|                   | <b>W21/M20</b> | 2,8km + 2,7km |
|                   | <b>W20</b>     | 2,3km + 2,5km |

**Controls:** SI in Air mode, 30x30 flags

**Course:** A. Harju, printed on waterproof paper.  
[LiveloX](#)

#### DESCRIPTION

The idea is to end our short camp by making the best of the quality with have in our team with a relay training, where both juniors and seniors are starting together, with slightly shorter forkings for the younger ones : )

We have picked that terrain because of the relevancy for EOC 2026, but mostly because it is an area where you need to stay active all the time, even more in relay situations - just be that person everyone wants to have in their team!

#### NOTE

The first interval is with a mass-start. We will introduce some racing scenarios for the second intervals, and the rest in between the intervals will be max 4min.

Both intervals are printed back and forth on the sheet of paper, and rolled at the start. The first part is inside the roll.

**You'll never plough  
a field by turning  
it over in your mind.**  
*~ Irish Proverb*

