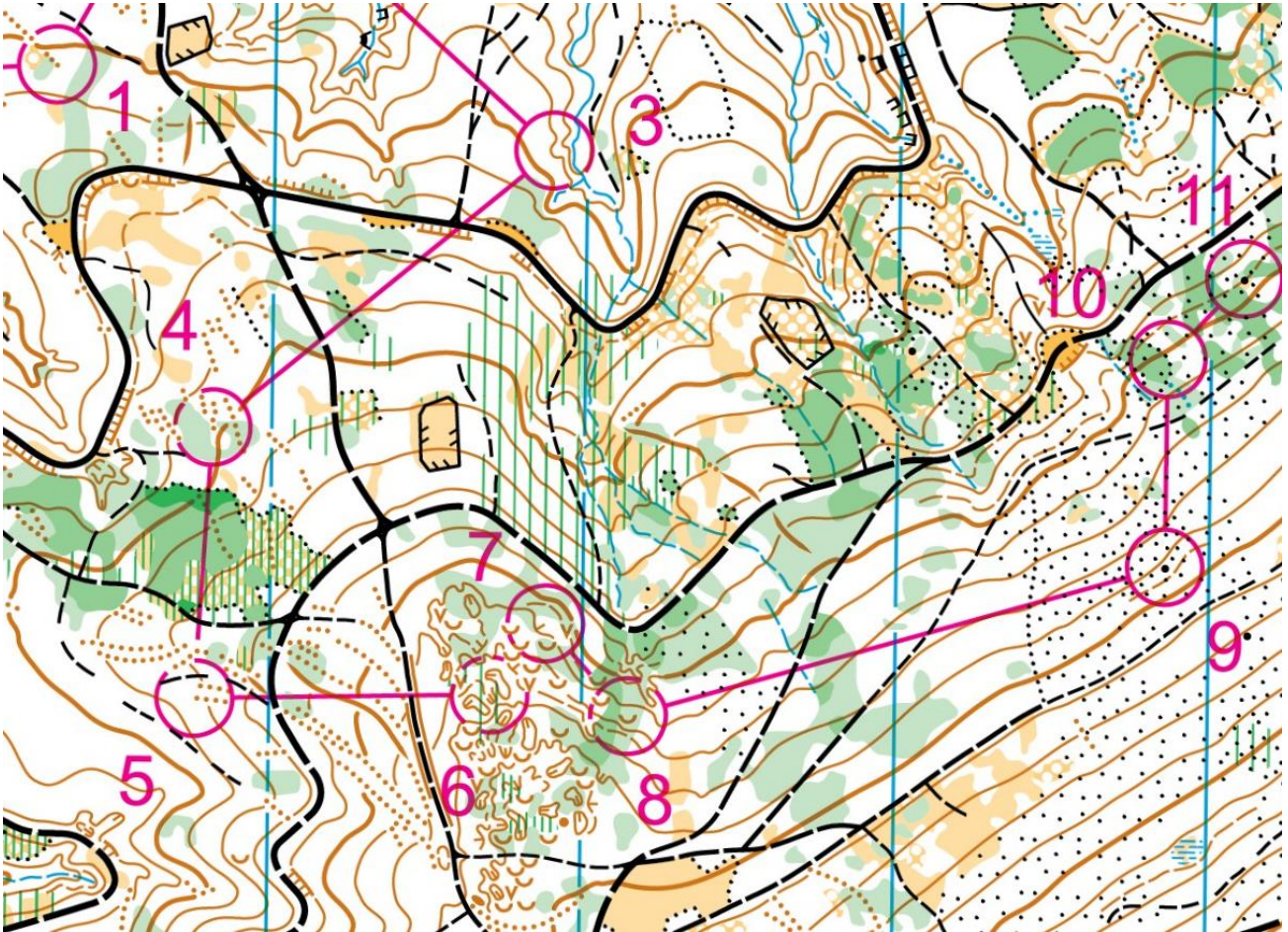


Training camp program, 26-29.01 Sobotka



Our camp chat is in whatsapp:

<https://chat.whatsapp.com/LwBJqXHogGp6P3xDiGvGi5>

If you plan to join our trainings I strongly recommend to join this chat. There will be extra information about trainings and it also main channell of communication.

When: Thursday 26.01. Meeting time 17.30 at the finish (parking)

<https://goo.gl/maps/8abFWEMtUyevG9zZ9>.

What is it: Night training, about competition mode.

Course lengths: Women – 5,4km, Men – 6,8km

Scale: 1:10000

Contour intervall: 5m

Training instructions: You get your map on the parking and continue to the start as it is shown on the sample to the right. Free starting time, just make sure you have at least 1 min gap to a runner in front of you.

Dont look at your course before start!

There are nighth controls in the forest.

Punching system used is a "touch a flag with your hand" in a way that it continues hagning even after you have touched it. No SI at the control points but use your GPS watch to record your run.

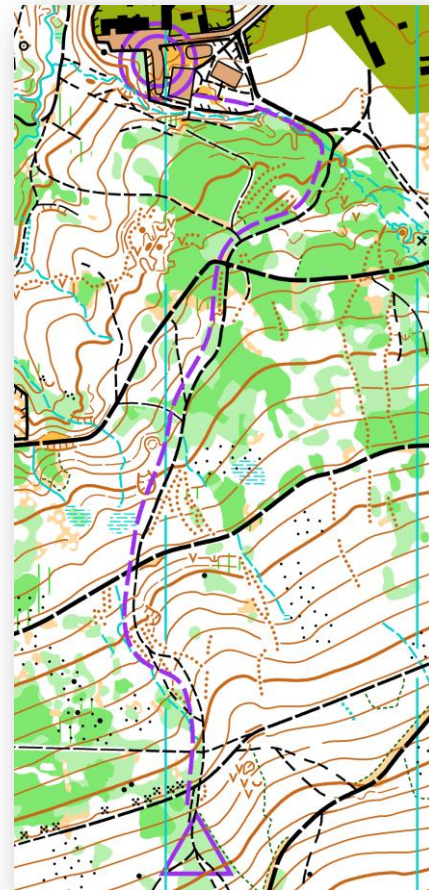
Analysis: We gather at 21.00 and go throught the course. First time it is only for the national team runners. If there is enough place in our accommodation – other people will be invited to join us in the following days.

I will share in our whatsapp group a 2drerun link with the course shortly after our training and you are more then welcome to add your route.

You have a few days to get familiar with this old school stuff:

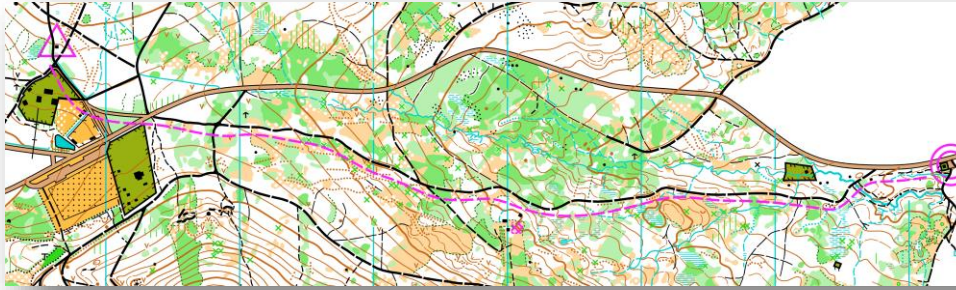
<http://3drerun.worldofo.com/>

Other stuff: Bring your own plastic bag for the map.



When: Friday 27.01. Meeting time 9.30 at the finish (parking)

<https://goo.gl/maps/f2VQRiX9TWjYRkfp9>



What is it: Forked training. You can organise yourselves in a group to start together or start individually. All roads, paths etc are taken away.

Course lengths: Women – 4,1km, Men – 5,4km

Scale: 1:10000

Contour intervall: 5m

Training instructions: You get your map on the parking and warm up to the start as it is shown on the sample above. Free starting time.

Dont look at your course before start!

There are normal flags in the forest.

Punching system used is a "touch a control with your hand" in a way that it continues haging even after you have touched it.

Use your GPS watch to record your run.

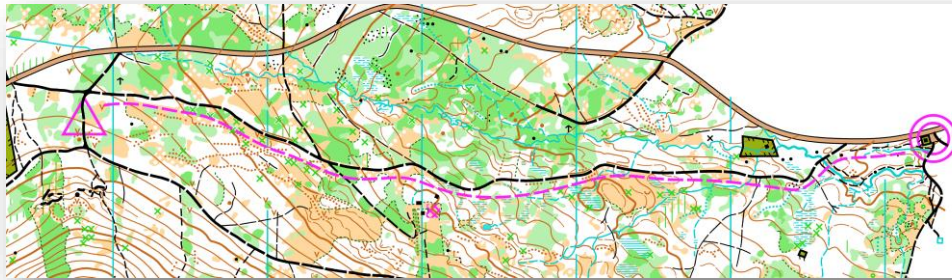
Analysis: Maybe, we gather at 13.00 (we might change the time later in such case it will be announced in the group) and go through the course.

I will share in our whatsapp group a 2drerun link with the course shortly after our training and you are more then welcome to add your route.

Other stuff: Bring your own plastic bag for the map.

When: Friday 27.01. Meeting time 17.30 at the finish (parking)

<https://goo.gl/maps/kZ3kDJk8FBh4UBVy7>



What is it: Night training, easy run, focus on technique.

Course lengths: Women – 5,4km, Men – 6,8km

Scale: 1:10000

Contour interval: 5m

Training instructions: You get your map on the parking and continue to the start as it is shown on the sample to the right.

Free starting time, just make sure you have at least 1 min gap to a runner in front of you.

Dont look at your course before start!

There are night controls in the forest.

Punching system used is a "touch a flag with your hand" in a way that it continues hanging even after you have touched it. Please use your GPS watch to record your run.

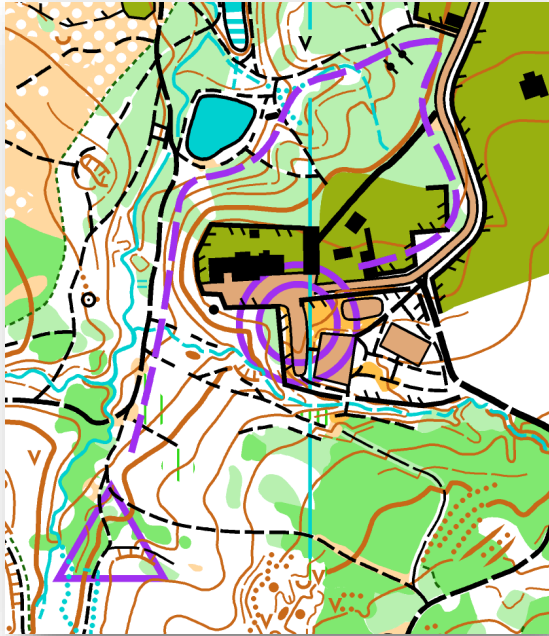
Analysis: We gather at 21.00 and go through the course.

I will share in our whatsapp group a 2drerun link with the course shortly after our training and you are more then welcome to add your route.

Other stuff: Bring your own plastic bag for the map.

When: Saturday 28.01. Meeting time 9.30 at the finish (parking)

<https://goo.gl/maps/8abFWEMtUyevG9zZ9>.



What is it: Relay training, competition mode.

Course lengths: Women – 4,6km, Men – 6,2km

Scale: 1:10000

Contour intervall: 5m

Training instructions: You get your map on the parking and continue to the start as it is shown on the sample above.

Masstart at 10.00!

Dont look at your course before start!

There are normal controls in the forest.

Punching system used is a "touch a flag with your hand" in a way that it continues hagnig even after you have touched it. No SI at the control points but use your GPS watch to record your run.

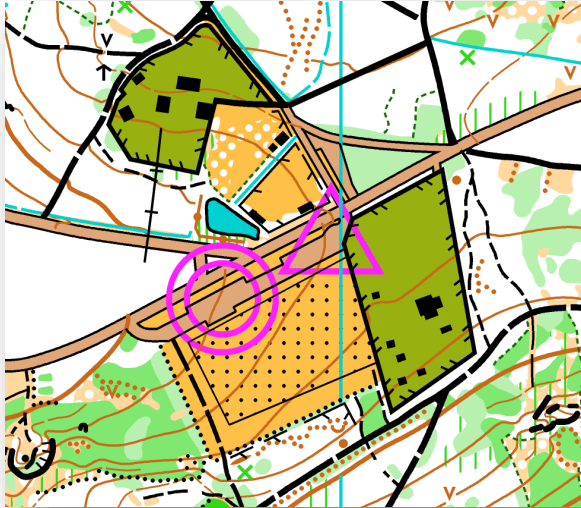
Analysis: our ambition is to have a meeting about 13.00 but the time will be announced later via watsapp chat.

I will share in our watsapp group a 2drerun link with the course shortly after our training and you are more then welcome to add your route.

Other stuff: Bring your own plastic bag for the map.

When: Saturday.01. Meeting time 17.30 at the finish (parking)

<https://goo.gl/maps/9sFNRzZuLj47yY5b6>



What is it: Night training, easy pace, group running. Group follows a leader and marks controls we pass, in an empty map
Course lengths: Unknown. I want to see how much snow there is and then decide configuration.

Scale: 1:10000

Contour intervall: 5m

Training instructions: You get your map on the parking. We start running together about 17.40 with 2 groups. One group goes for longer and a little faster. Still easy pace.

There are nighth controls in the forest.

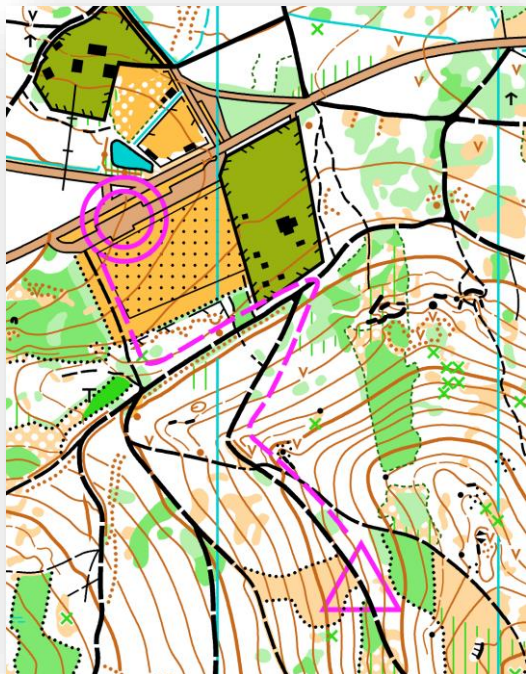
Analysis: We gather at 21.00 for discussion.

I will share in our whatsapp group a 2drerun link with the course shortly after our training and you are more then welcome to add your route.

Other stuff: Bring your own plastic bag for the map. Prepare a pen to mark controls on the map. Should work both on paper and the plastic bag

When: Sunday 29.01. Meeting time 10.00 at the finish (parking)

<https://goo.gl/maps/LX8U59FHMP3Ge5fr8>



What is it: Long run, easy to moderate, up to you.

Course lengths: Women – 8,8km, Men – 10,9km

Scale: 1:15000

Contour intervall: 5m

Training instructions: You get your map on the parking and continue to the start as it is shown on the sample above. Free starting time, just make sure you have a gap to a runner in front of you.

Dont look at your course before start!

There are normal controls in the forest.

Punching system used is a "touch a flag with your hand" in a way that it continues hagning even after you have touched it. No SI at the control points but use your GPS watch to record your run.

Analysis: I make some notes in pur team chat later or we can even discuss it.

I will share in our whatsapp group a 2drerun link with the course

shortly after our training and you are more than welcome to add your route.

Other stuff: Bring your own plastic bag for the map.

