

January camp Polish team. Tricity

| | Thursday 11 | Friday 12 | Saturday 13 | Sunday 14 | Monday 15 | Tuesday 16 | Wednesday 17 | Thursday 18 | Friday 19 | Saturday 20 | Sunday 21 | Monday 22 | Tuesday 23 | Wednesday 24 | Thursday 25 | Friday 26 | Saturday 27 |
|---------|----------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------|-------------------------------|---------------------------------|----------------------------------|-------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------|
| Morning | arrival | City sprint or a set of forest microsprints. The main part 15-20min, higher intensity | 80-90min easy to moderate orienteering | City sprint or a set of forest microsprints. The main part 15-20min, higher intensity | Long training 1,5-2 hours orienteering, easier pace | Gym | Uphills (without map) | 120' orienteering or without map | In/Out sprint map | Rafals camp. My suggestion would be - KO | Rafals camp My suggestion would be Masstart with forking 15min. Sprint relay first leg simulation | Long training 1,5-2 hours orienteering, easier pace | Sprint tour 40-50min or easy forest session | City sprint or a set of forest microsprints. The main part 15-20min, higher intensity | 80-90min easy to moderate orienteering | City sprint or a set of forest microsprints. The main part 15-20min, higher intensity | Long training 1,5-2 hours orienteering, easier pace |
| Evening | Night training, masstart 50-60min, easy to moderate pace | Night. 25-35min masstart. Moderate to high intensity | Night. individual easy 40-50min | Night. 25-35min masstart. Moderate to high intensity | Night. individual easy. Or rest/other activity | Easy run (without map) + hall | Lactate threshold (without map) | Sauna | Easy run (without map) + hall | Rafals camp My suggestion would be - very technical sprint in low-moderate speed | Rafals camp My suggestion would be- individual sprint moderate-high pace | Hall, easy run, other activity for recovery | Night. individual easy 40-50min | Night. 25-35min masstart. Moderate to high intensity | Night. individual easy 40-50min | Night. 25-35min masstart. Moderate to high intensity | |