A program of Training Camp

For the competitors who join world orienteering championships this summer in Ooshima.

1, Aim

Urasabaku terrain is not relevant to competition terrains. But it is useful because you are not familiar to such terrain and this terrain needs you to simplify feature like competition terrains.

This camps aim is to simulate how to use training weeks just before the target competition.

2. What we should do in the training week just before the target competition.

The most important thing is to adjust your orienteering skill to the terrain that is not familiar to you. You have to learn, what is most noticeable feature? what highway do they have? what is useful for bouncer ? and what feature can you use as an attack point.

3. What you should done before training week.

1)Check and sharpen your orienteering skills. They are tools that only you can use to complete the excellent courses with. No any lucky item there.

2)Search useful things in the relevant terrain from map, or web site .If you have orienteering friends, Why don’t you ask him/her?

These technics and information will lead you to get accustomed to the new terrain.

4. What we simulate in this camp

1) I show you what seems to be useful in this terrain,

2) you check whether it is useful or not?

3) try using things that you think useful in the model race.

5. trainings

1)control setting(5.5km)

Experienced(A) and not experienced(B) will be paired.

Each put control corns where it is showed on the map. B waits A at the site. A checks whether it is correct or not and explain why he think so. Afterwards, B try to reach A’s control.

These controls will be set lower part. The secret is how noticeable attack point you can make. It is mostly high point like knolls. Other point is bush, isolated rock, cliff by the open etc.

2) navigation with simplified map.(4km×2+5km)

We will prepare two courses in the long concept. (using easier control site)

One course, I will prepare two maps that highway and bouncer are highlighted on. They appeal alternative possible route.

Highway and bouncer in this terrain seems edges(upper side),series of knolls, open area.

Another course use normal map. You can choose your own routes.

3)model race(4km,4km)

I will prepare two courses.

With One course, you check all the course on Saturday evening and plan how to run.

With Another course ,you run follow your pre-race procedures.

Of course, you can use the time before breakfast or after main training to check details.

Use coaches to be sure what you think. If you need you should ask coaches from you. not waiting to be called out.

Athletes who will be being late for first training, they may do it early in the morning with coaches.

23rd May athletes who move on Saturday

6:00 arrival move to the Hotel ・Tokyo8:15　Kurihama9:35

7:00 breakfast ・Atami9:10 Ito　9:40

8:30 control setting training + free training ↓

11:30 lunch rest 10:15～10:35 arrival move to the Hotel

13:00 long concept course with special map

14:30 long concept course with normal map

For female, I recommend to pass or shorten this course.

15:30 training course close

16:00 hotel check inn

18:00 dinner

20:00 meeting (there will be no special session. If each team needs some, I can prepare some presentation, i.e. simplify or how to run in scandinavia . Please ask me by May 15th)

24th May

7:00 breakfast

8:30 checkout

9:00 middle length course planned

10:00 middle length model race

11:30 training course close

12:30 departure