



Training GUIDE

IOF Camp2022

Idre Fjäll

24/8 – 28/8 2022

TRAINING PROGRAM

IOF Training camp Idre 24th - 28th august 2022

	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th	
Morning	Athletes arrive to Idre during the day	10:00 Get to know the terrain [6,6km] <i>Åskvitan</i> (by foot)	09:00 Middle Race [M21 6,2km W21 5,2km] <i>Nybo</i> (45 min by car)	09:30 Longdistance Race [M21 18,4km W21 13,2km] <i>Slättvålen</i> (by foot)	Depature/Optional training	Morning
		Lunch	Lunch	Lunch		
Afternoon	Optional training	16:00 Contours [8km / 12km] <i>Chocken</i> (by foot)	14:30 Contours Middle [5,0km] <i>Nybo</i> (by foot)	15:30 Long legs [7,1km] <i>Åskvitan</i> (by foot)		Afternoon
		Dinner	Dinner	Dinner		
Evening	20:00 welcome meeting	20:00 meeting <i>How to improve your orienteering in scandinavian terrain</i>	20:00 meeting <i>Analys of the middle race and discussions of middle orienteering technique</i>	20:00 Meeting <i>analys of the Long and discussions of long distance orienteering technique</i>		Evening

PLAN YOUR CAMP

■ Setting goals

Since the camp will be very hectic it can be good to make a plan yourself before the camp on what you want to learn during the days we are together in Idre Fjäll. There will be two trainings, one middle and one long distances which we are going to set up as a real competition and where you will have the chance to race against the times of the Swedish national team as they did those courses back in 2020. With that in mind the focus of the camp is to develop your technical skills so make a good plan that will benefit you the most for the future.

For all you that are attending the camp you will be having at least one time approx. 30 min together with one of the coaches in the camp during one training. There could be a good idea to think about if there is something you would like them to look out for of how you are orienteering, or maybe you would like them to show how they are doing it? It is all up to you. We are here to help and assist you to develop.

TRAINING PROGRAM

The idea with the training camp is to show a little bit about how the Swedish team try to structure a training camp when for example going to a training camp where WOC will be held in xx years. Usually first trainings are just about to learn the terrain and understand the maps features before any faster trainings. Second stage is to try to compete in the different disciplines so that analysis can be made especially for middle, long and relay. Therefore as mentioned above we will have two simulated races in middle and long for the camp. However it is always up to you if you take it as a real competition or just a training. This is also something the Swedish team are facing that some people want to train rather than the compete so there are individual plans for each participant at the camp.



• Extra training

It will be possible to run trainings both before and after the camp from the local club Idrefjällens OK as they have training package still out close to Idre Fjäll.

PLAN YOUR CAMP

■ Setting goals

MEETINGS

As you can see in the program there is a meeting every night. During the meetings we will discuss the day and share experience since we strongly believe that we can all benefit from each other. There will be an analysis based on the GPS-routes from the trainings during the day. As many of you are maybe not so familiar of the terrain we strongly recommend that you ask questions during the meeting, no questions are bad and during the meetings there will be people with much and different knowledge that will be able to give you some answers of how to improve yourself.

GPS TRACKING

As you will see in the detailed section of the trainings, the Loggator will be used for most of the trainings. Still, we inform you that it remains highly optional for the trainings at lower speed, and you are free to take a device or not before the start of the training. Also, route's comparison when people don't put the same intensity can lead to false conclusion, so use it with care. You are, of course, encouraged to record your routes with your GPS-watch, and use Quickroute.



THURSDAY 25:TH AUGUST

Morning

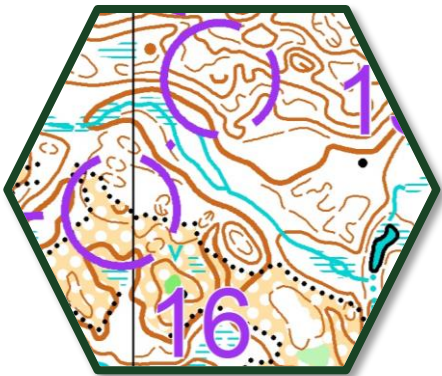
TRAINING: *Get to know the terrain*

Map information:

Map name: Åskvitan

Map maker: P. Forsberg
K. Kaisajuntti
T. Hederskog (2019-2020)

Scale/Contours: 1:10000 / 5 m



LOCATION:

61.892052, 12.815835 (by foot)

<https://goo.gl/maps/87wxnx8Ab8VhC7o76>

TRAINING INFO:

Distances: 6,6 km
Controls: Big flags
First start: 10:00
Course setter: Johan Runesson

	Yes	No
Separate control description	X	
Warmup map		X
Loggator	X	
Sport-Ident		X
Start-list		X

DESCRIPTION:

As always when you arrive to a new terrain it might be a good idea to get to know the terrain and all its features. So the purpose with this training is to have a some controls with the same features before moving on to another features so that you will hopefully understand how the features look like in this terrain.

NOTE:

The map will be given at the accommodation and from there you run to the start.

The start will be about 1,2 km from the reception.
Finish of the training will be at the big parking outside the reception.

THURSDAY 25:TH AUGUST

Afternoon

TRAINING: *Contours*

Map information:

Map name: Chocken

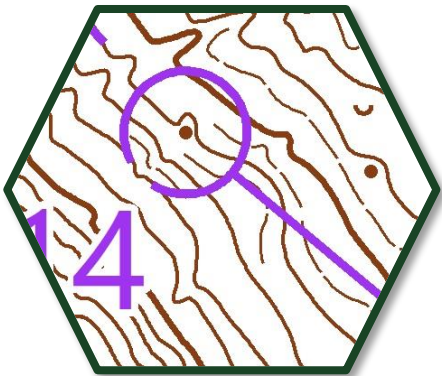
Map maker: Per Forsberg
K. Kaisajuntti
T. Hederskog (2019-2020)

Scale/Contours: 1:10000 / 5 m

LOCATION:

61.881240, 12.855273 (by foot)

<https://goo.gl/maps/CLe5neQroJU3DGrf9>



TRAINING INFO:

Distances: 12 km (8 km)
Controls: Big flags
First start: 16:00
Course setter: Thierry Gueorgiou

DESCRIPTION:

Now as you have had at least one training in the area we are increasing the level a bit with a contour training. As you will run both a middle and a long distance race in the two coming days there should be a slow speed training and therefore contours are a good way of still keeping the technical challenge.

It will always be difficult too hit the controls straight on and especially if the features are disappearing in the end of the leg so plan your route so that you can have map contact all the time.

NOTE:

The map will be given at the accommodation and from there you run to the start.

The start is located about 1,8 km from the reception and the finish 1,6 km from the reception. You will pass the finish to the start so you can leave a jacket at the finish for example.

	Yes	No
Separate control description		X
Warmup map		X
Loggator	X	
Sport-Ident		X
Start-list		X

FRIDAY 26:TH AUGUST

Morning

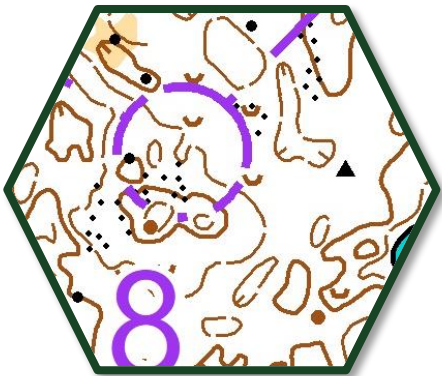
TRAINING: *Middle distance*

Map information:

Map name: Nybo

Map maker: S. Lundbäck
E. Sundberg (2017-2018)

Scale/Contours: 1:10000 / 5 m



LOCATION:

62.004568, 12.351557 (45 min by car)

<https://goo.gl/maps/cDR6kUmggWWBcNxC6>

TRAINING INFO:

Distances: M21 6,2 km
W21 5,1 km

Controls: Big flags

First start: 10:30

Course setter: Thierry Gueorgiou

	Yes	No
Separate control description	X	
Warmup map		X
Loggator	X	
Sport-Ident	X	
Start-list	X	

DESCRIPTION:

For sure, one of the highlight of this camp, with a middle distance, in one of the finest terrain you can dream of. The area is mixing open undetailed forest, with areas rich in contours details. For sure, it is about putting some high speed all the way, but still doing the work with compass, and map reading frequency to not lose the grip, as every second matters in this type of terrain.

NOTE

Start and finish will be at different places where start is about 400 m from the parking and finish 800 m from the parking.

There is a map exchange at the "arena". You will start with both maps on same paper.

FRIDAY 26:TH AUGUST

Afternoon

TRAINING: *Middle distance*

Map information:

Map name: Nybo

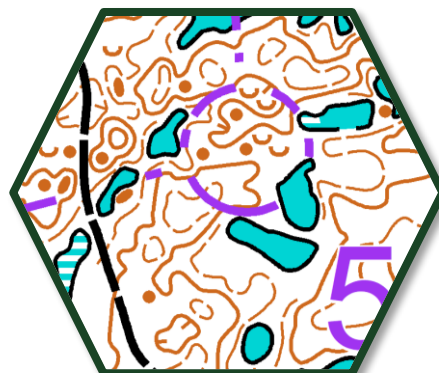
Map maker: S. Lundbäck
E. Sundberg (2017-2018)

Scale/Contours: 1:10000 / 5 m

LOCATION:

62.004568, 12.351557 (45 min by car)

<https://goo.gl/maps/cDR6kUmggWWBcNxC6>



TRAINING INFO:

Distances: 5,0 km
Controls: Big flags
First start: 14:30
Course setter: Johan Runesson

	Yes	No
Separate control description	X	
Warmup map		X
Loggator	X	
Sport-Ident		X
Start-list		X

DESCRIPTION:

As a second training in the same place where we run the middle distance we do a middle training but only with contours to get an extra level of the technical skills. Also we will use somehow same area so that is also one reason to go with contours since you are all now familiar with the terrain. And this way we get the most of the area and hopefully you all will get good experience. Still remember it will be a middle distance training so use your compass and stay focused on the map reading.

NOTE:

Remember to bring some refreshment for the whole day since we the return back to the accommodation after the second training will be about 45 min. During lunch we will discuss and plan when to start the training but the plan is around 14:30.

The start and finish is located close to the arena from the morning training so it will be about 800 m from the parking.

SATURDAY 27:TH AUGUST

Morning

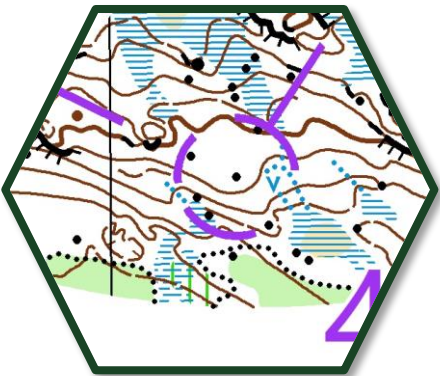
TRAINING: *Long distance*

Map information:

Map name: Slättvålen

Map maker: P. Forsberg
K. Kaisajuntti
T. Hederskog (2019-2020)

Scale/Contours: 1:15 000 / 5 m



LOCATION:

61.879617, 12.851556 (by foot)

<https://goo.gl/maps/PKzZygNNJA88CZih7>

TRAINING INFO:

Distances: M21 18,4 km
W21 13,2 km

Controls: Big flags

First start: 09:30

Course setter: Thierry Gueorgiou

	Yes	No
Separate control description	X	
Warmup map		X
Loggator	X	
Sport-Ident	X	
Start-list	X	

DESCRIPTION:

We wanted to end this camp with a tough long distance. The Swedish team did the same course in 2020 so there will definitely be possible to challenge some of the runners.

Long distance is very much about the mind-set of how you are approaching the challenge in front of you. It will be tough either way but if you are looking forward for the fight you are already in front of some of your opponents.

NOTE:

There will be one map exchange for women and two for men. All map exchange will be at the finish which is located at the top of the ski slope. Since the start is about 800 m away from finish and about 1000 m from reception we will organise some possibility to leave refreshment and clothes that will be at the map exchange/finish for those who want that.

SATURDAY 27:TH AUGUST

Afternoon

TRAINING: *Long legs*

Mapinformation:

Map name: Åskvitan

Map maker: P. Forsberg
K. Kaisajuntti
T. Hederskog (2019-2020)

Scale/Contours: 1:15 000 / 5 m



LOACATION:

61.893243, 12.820434 (by foot)

<https://goo.gl/maps/8QBnkYxX5vETPBeq9>

TRAINING INFO:

Distances: 7,1 km

Controls: Big flags

First start: 15:30

Course setter: Johan Runesson

DESCRIPTION:

We continue with the long distance focus but since many of you for sure will be tired we only do a shorter training in slow speed. As you should continue to focus on your orienteering skills there is a forked course so you can start 3 and 3.

NOTE:

Start and finish are at the same place about 800 m west of the reception so it is possible to bring jacket and refreshment and leave at the finish before you start.

	Yes	No
Separate control description	X	
Warmup map		X
Loggator	X	
Sport-Ident		X
Start-list		X

