

SSL TRAINING PACKAGE I WCUP 2023 NORWAY

#7 LD intervals 09/04

TRAINING TYPE:

LONG DISTANCE INTERVALS

MAP:

MØRK I Mapmaker:

K. Treekrem (2019)

Scale I Contours:

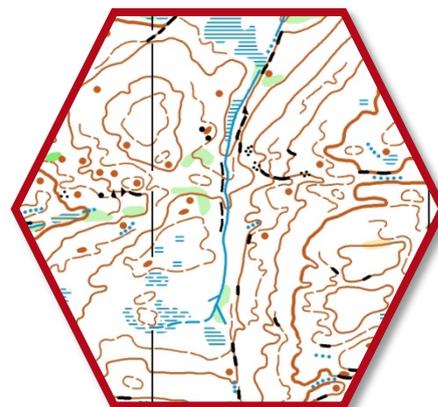
1/15.000 I 5 m

LOCATION:

Tureparkering Trollerudåsen 59.520558, 11.025175

<https://goo.gl/maps/6pWPys6ZraPvmp426>

Note : Other options if that parking is full, check the warmup map.



TRAINING INFO:

Distances: 4 intervals 3,8km/3,1km/3,6km/3,0km
The third one is starting and finishing at same place, and the one to skip to shorten the course.

Controls: 09/04 10:00-13:00 SI Air 30x30 control kite
09/04 13:00 – 14/04 Red & white ribbons

Course: T. Gueorgiou
[LiveloX](#) (password: WCupNOR23) I [2Drerun](#)

Entries: For those who want to run it the **09th between 10:00-13:00**, enter thru [this link before 05/04](#). Competition maps and separated control descriptions (not warmup maps) will be printed, and at start. Start list will be published the 06/04 on that same link.

For those who want to **run it at another time**, here are [the maps to print](#) (avoid checking this link if you want to run it the 09th).



DESCRIPTION:

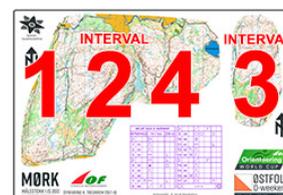
Just as the day before, the aim of that training is to sharpen your strategy. This time toward the long distances of the coming weekends, with a focus on longer legs.

The course is split into 4 intervals for a total of 13,4km and 390m climbing (reduced to 10km if the third interval is skipped), on the area used for the beginning of the WOC 2019 long distance.

NOTE:

The two first intervals are on the left side of the map. The third one (optional) is on the right side. The 4th, and last one, bringing you back to the parking is on the left side. The control numbering is continuous, and every interval is ending at the start of the next one (marked with a start triangle >).

The rest in-between the intervals is up to you. When you come to the last control of the interval, you punch the unit on top of the stick (airmode), when you restart, you punch the unit hanging nearby on the red ribbons (not in airmode).



MØRK
MÅLESTOKK 1:15.000
EKVDISTANSE 5 M

Orienteering
WORLD CUP

ØSTFOLD
0-weekend

World Cup 26-30, april 2023

SYNFARING K. TREEKREM 2017-18
UTGITT AV INDRE ØSTFOLD OK

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