

TRAINING WITH THIERRY GUEORGIU

Sunday 9th December 2007

Dear Orienteering friends,

You will find a short description of today's training there. The philosophy of those trainings will be explained more deeply in tonight's lecture.

Have a nice training!

TRAINING DESCRIPTION

SKALA 1 :10 000

EKVIDISTANS 5m

DISTANCE 11.830 km

Shortcut possibilities:

- After the 13th control: 7.7 km
- From the 15th to the 21th control: 10.3 km

“If you compete hard in practice, then the competition will be easy.”

GENERAL TRAINING PHILOSOPHY

No matter who you are, no matter how good athlete you are, we're creatures of habit. The better your habits are, the better they'll be in pressure situations. Therefore, this training is mainly there to train your good routines. It comes down to a very simple saying: there is a right way and a wrong way to do things. You can practice orienteering eight hours a day, but if your technique is wrong, then all you become is very good at orienteering the wrong way. Get the fundamentals down, and the level of everything you do will rise.

I tried to set a course with different parts which requires varied orienteering techniques. I believe that those exercises are nothing new to you, but I will try to highlight the attitude I try to have when I am running those trainings type. Here are the specific descriptions for each section:

PART 1 : CONTROLS PICKING (*between the 1st and 2nd control*)

I use this exercise mainly to train my compass routine when I leave a control. If a leg is shorter than 100 meters long, I believe that if I succeed to leave the control in the right direction, 90% of the work is done. It means that when I punch the control, the first thing I do is to check my compass.

PART 2 : FOLLOW THE CONTOUR (*between the 2nd and 3rd control*)

Contours lines are the most important feature on a map. I believe that if I am able to follow a contour line or to see where are running the contours through the terrain, it is as simple as to follow a path.

PART 3 : SIMPLIFICATION (*between the 4th and 5th control*)

If you have the possibility to run twice the leg 4-5 it would be nice. Run the first time with your own choice and features selection. Then, you can use the "R" control to reach again the 4th control. At your second passage, use my "mental map" on the left. This is the way I would try to run this leg (red intermitted line).

PART 4 : SPEED UP ON CONTROL'S EXIT (*between the 6th and 9th control*)

On those controls, you have to put your efforts on the exit of the control. I believe that you can win a lot of seconds on the 100 meters after the control if you have a clear feature to reach, straight after the control. Just before you punch the control, you already have to know what kind of element you will seek in next 100 meters.

PART 5 : COMPASS CONTROL (*between the 10th and 12th control*)

This is two short legs where your only chance to success will be to use your compass. I don't think that you can orienteer well only with the help of your compass, but it is like a harness. You should always know in which "corridor" you are running.

*"If we don't back it
up with performance
or hard work, the
talking doesn't mean
a thing."*

PART 6 : SIMPLIFICATION (*between the 14th and 15th control*)

This is a leg where only the important features are shown on the map. Try to use your compass and to rise your head to see as far as possible.

PART 7 : CONTOURS MAP (*between the 16th and 18th control*)

Once more, the contours lines are the element you will always find on a map – often the main element of the map. Contours give you continuity to orienteering – a rock or a knoll stays on its place but a slope goes on.

PART 8 : WINNING SPEED UP (*between the 18th and finish*)

If you want to win a relay or a mass-start, you have to attack the other runners in some place to make the decision. In this part of the course, you have to try to speed up on the red leg (20th, 22th and 24th). But the key is to have a clear plan for those legs. In another words, to attack with full control!

Thierry 7/12/2007