

TRAINING WITH THIERRY GUEORGIOU

Sunday 23th November 2008

Dear Orienteering friends,

You will find here a short description of today's training. The philosophy of each exercise will be explained more deeply in tonight's lecture.

Have a nice training!

TRAINING DESCRIPTION

SKALA 1 :10 000

EKVIDISTANS 5m

DISTANCE 10.120 km

Shortcut possibilities:

- From the 12th to the 19th control: 6.7 km

- From the 14th to the 18th control: 9.3 km

“If you compete hard in practices, then the competitions 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 types of trainings. Being in tune with what's happening in the forest and fitting into the flow of action is far more important than trying to set a fast time during this training.

Here are the specific descriptions for each part:

PART 1: SIMPLIFICATION (*between the 1st and 4th 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 2: COMPASS CONTROL (*between the 2nd and 3rd control*)

This is two short legs where your only chance to succeed 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 be aware in which "corridor" you are running (as narrow the corridor is, as efficient you are).

PART 3: CONTROLS PICKING (*between the 9th and 10th 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. But thereafter, I increase my map reading frequency to keep the same speed than for a normal long leg.

PART 4: FOLLOW THE CONTOUR (*between the 10th and 11th control*)

This is a crucial skill because contours lines are the most important features 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 5: FLEXIBILITY (*around the 12th and 18th control*)

In this part of the map, I have intentionally added some details which don't exist on the terrain. The point here is to force you to read only the most reliable thing on a map: the contours. Thus be flexible, don't waste time to focus on other details than curves.

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

PART 6: CONTOURS MAP (*between the 13th and 17th 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 7: WINNING A RACE (*between the 18th and finish*)

The last part of a race is always a decisive place. The tiredness is growing and if you don't want to spoil a good race, you have to hang on your routines.

If you want to win a relay or a mass-start, you also have to attack the other runners in some place to make the final decision. In this part of the training, you have to try to speed up, but still be aware of having a clear plan for those legs. In another words, to attack with full control!

Thierry 3/11/2008