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Who am I?



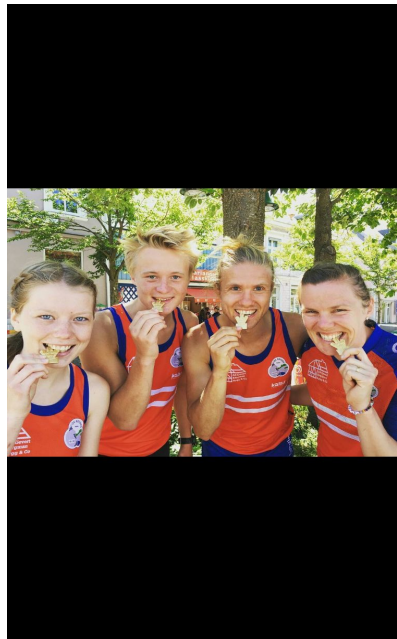
Why orienteering?



Exercise 1

Write down at least one reason why you started to run orienteering

For me



What are the parts of orienteering?

Physical

Technical

Mental

Tactical

Physical strengths

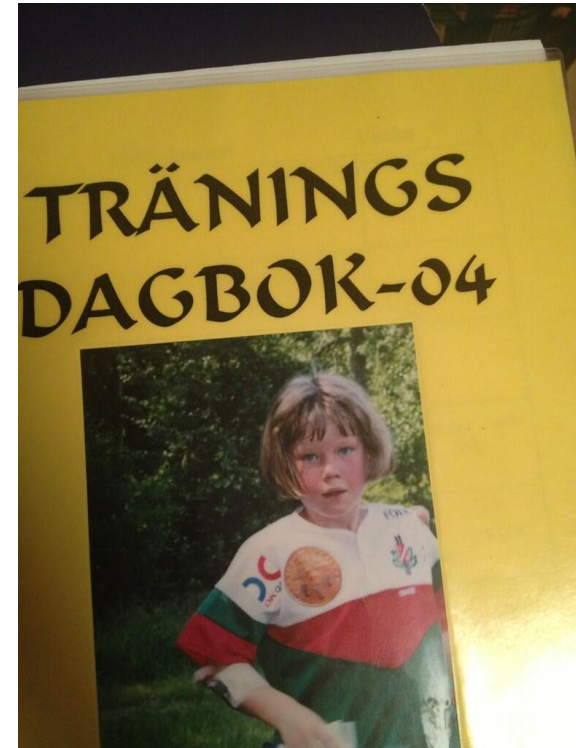
- Running on various surfaces
- Speed
- Being able to run up and down hills
- Strong ankles

How to get better?

- Run in terrain/parks, not just on asphalt
- Variance in training
 - Intervals
 - Long runs
 - Fast and slow
- Find a hill to run in, incorporate hills when running distance, incline on treadmills
- Strength training

What do I do?

- Training planning before the week, do different trainings + training journal
- Try to run at least one training with a map every week
- I do some strength training
- Finding people to train with



Technical strengths

- Being able to read the map
- Take route choices
- Making quick decisions
- Knowing your strengths
- Use the compass
- Reading the map while running fast

Exercise 2

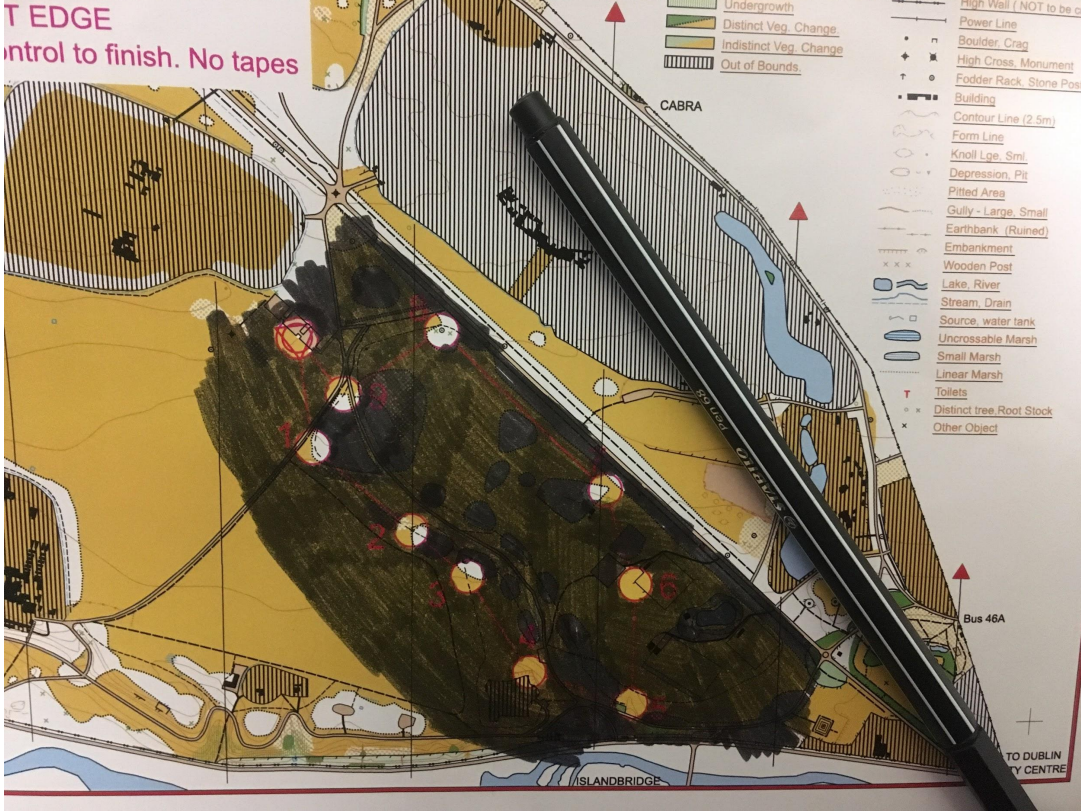
- Write down 3 of your best orienteering skills (physical, technical, mental)
- Write down something you want to get better at

Training tips

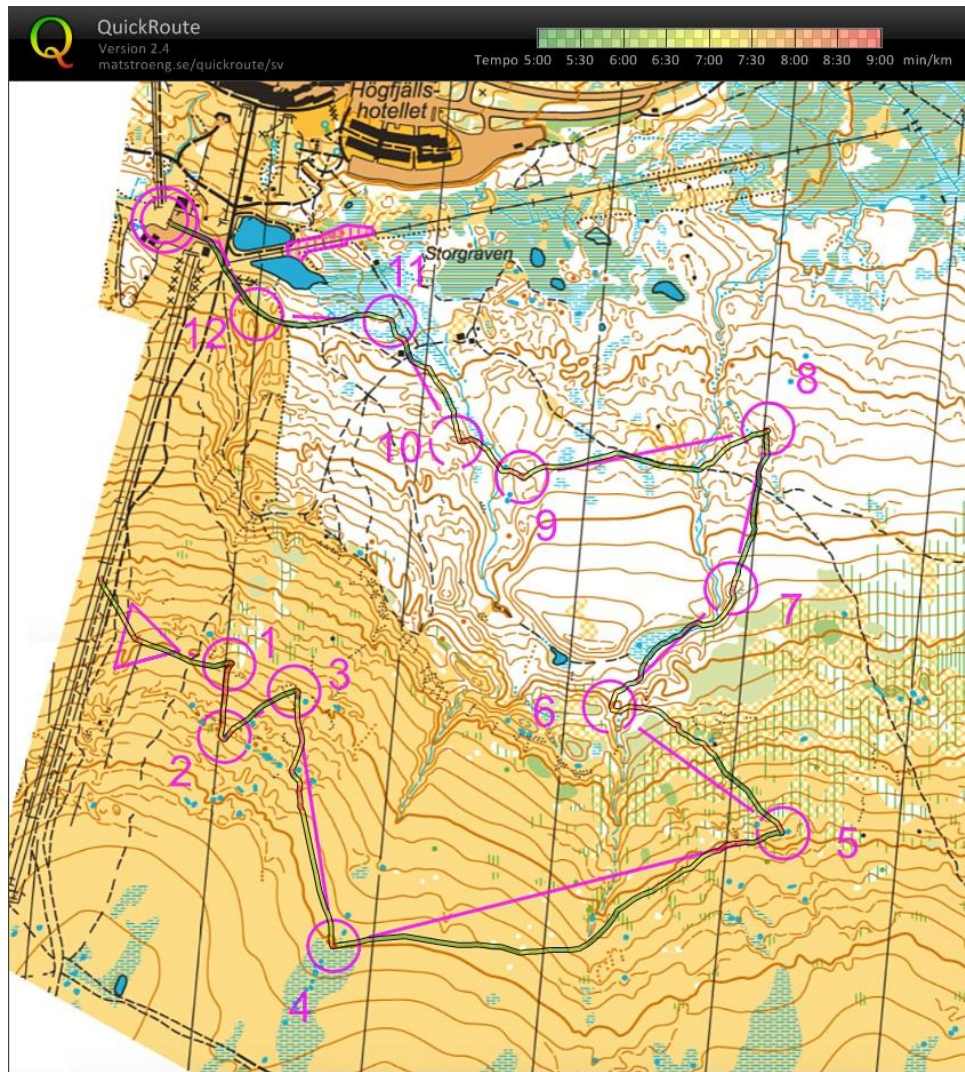


T EDGE

control to finish. No tapes



My best race



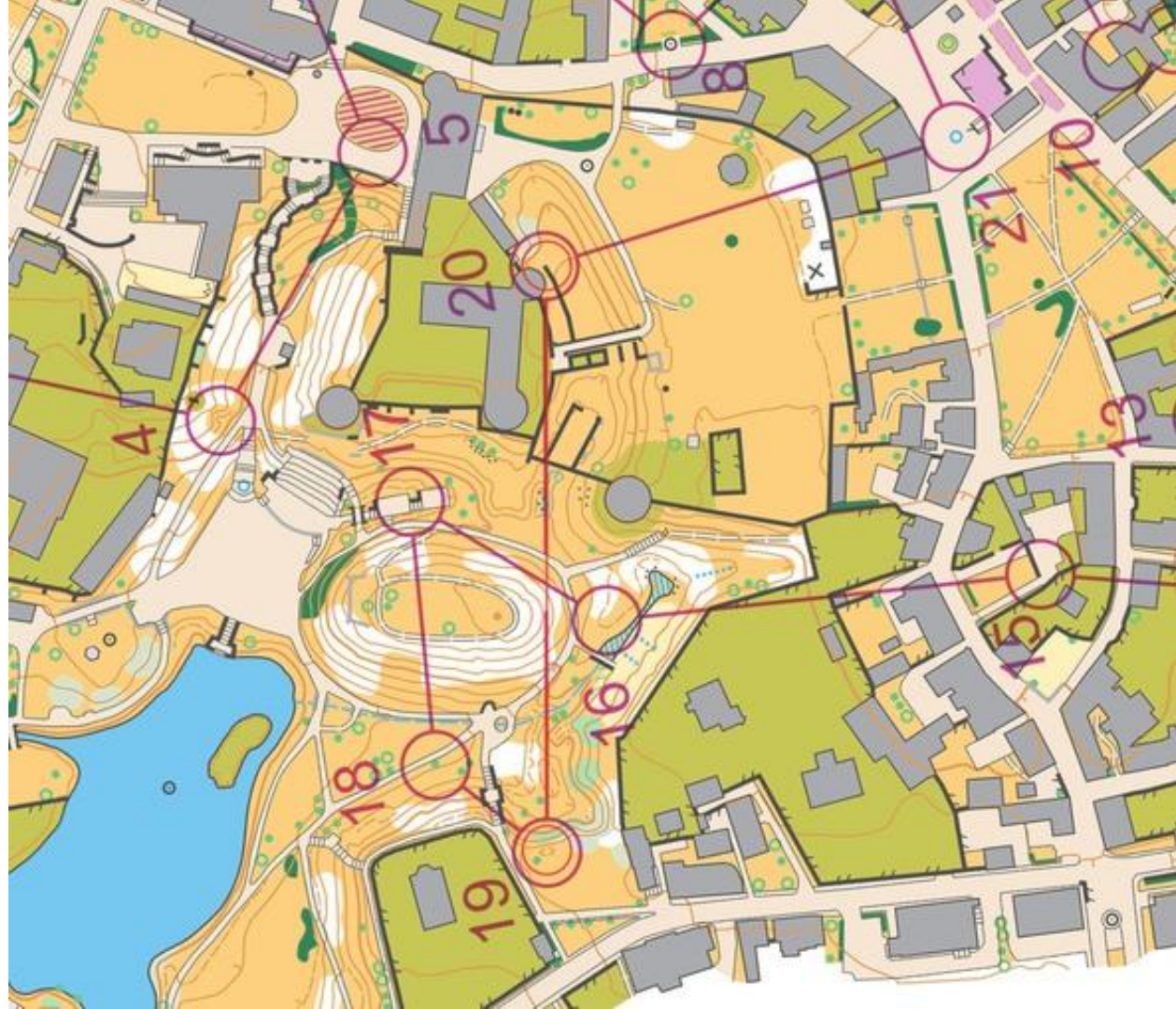
Exercise 3

Tell the person next to you about one orienteering race that you remember because you did it really good.

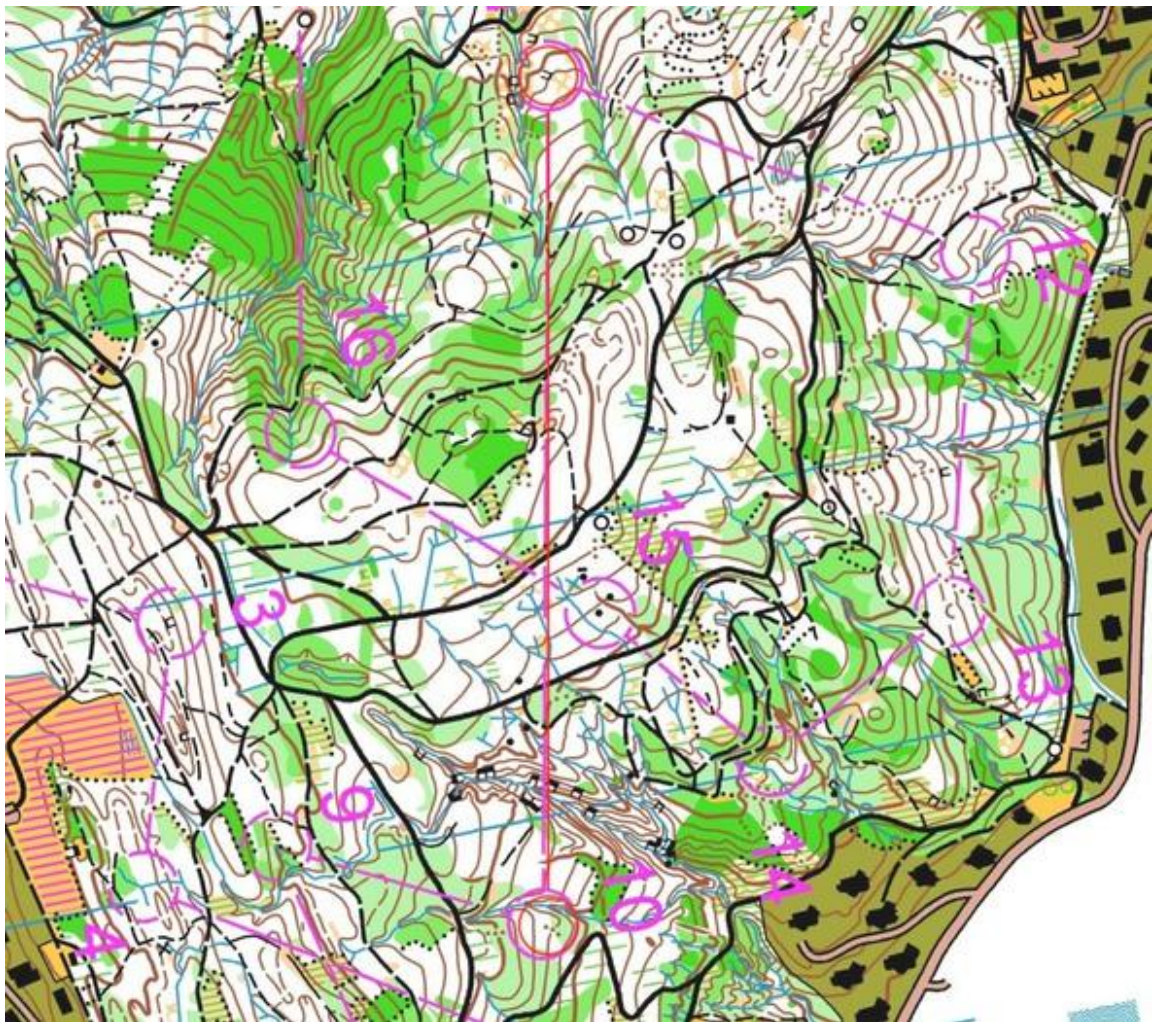
- What did you do?
- What did you think?

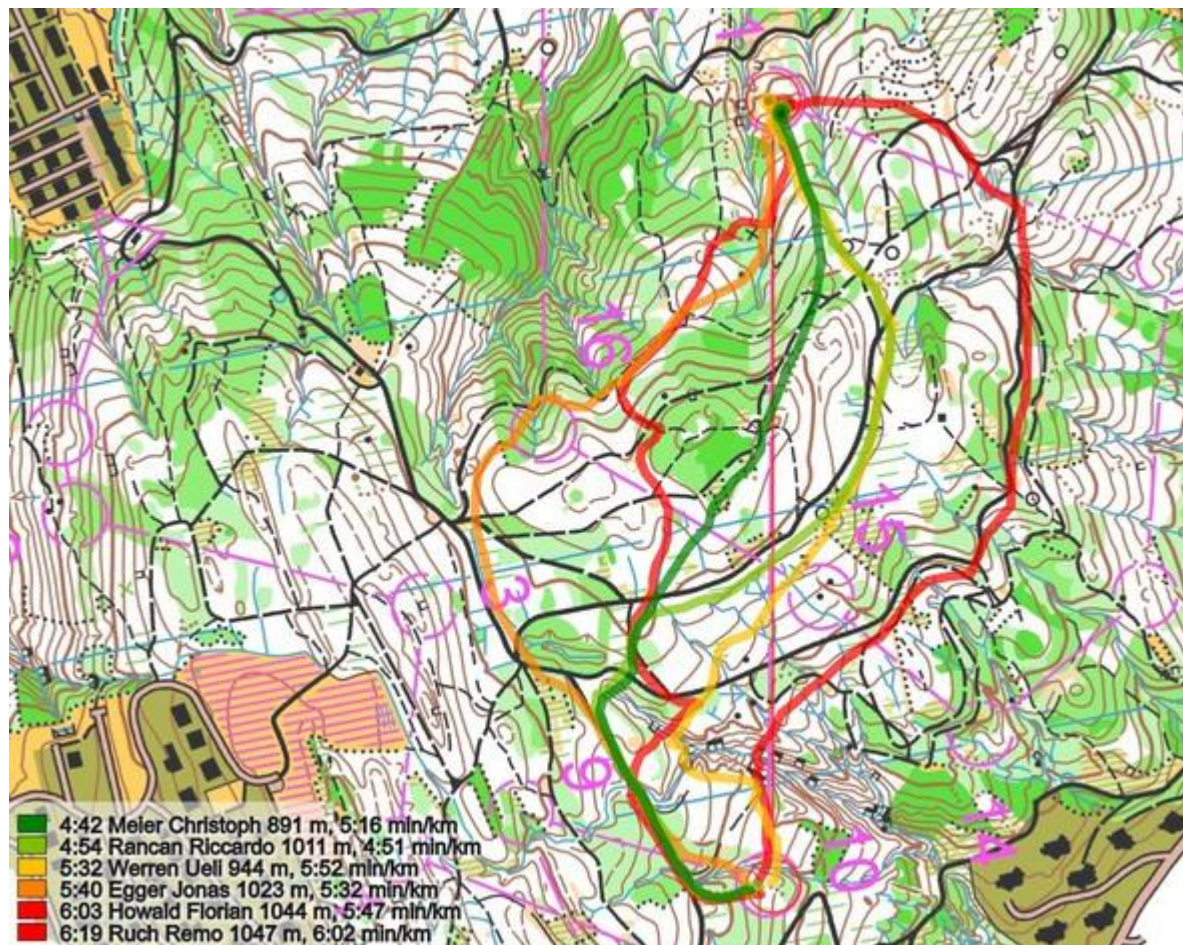
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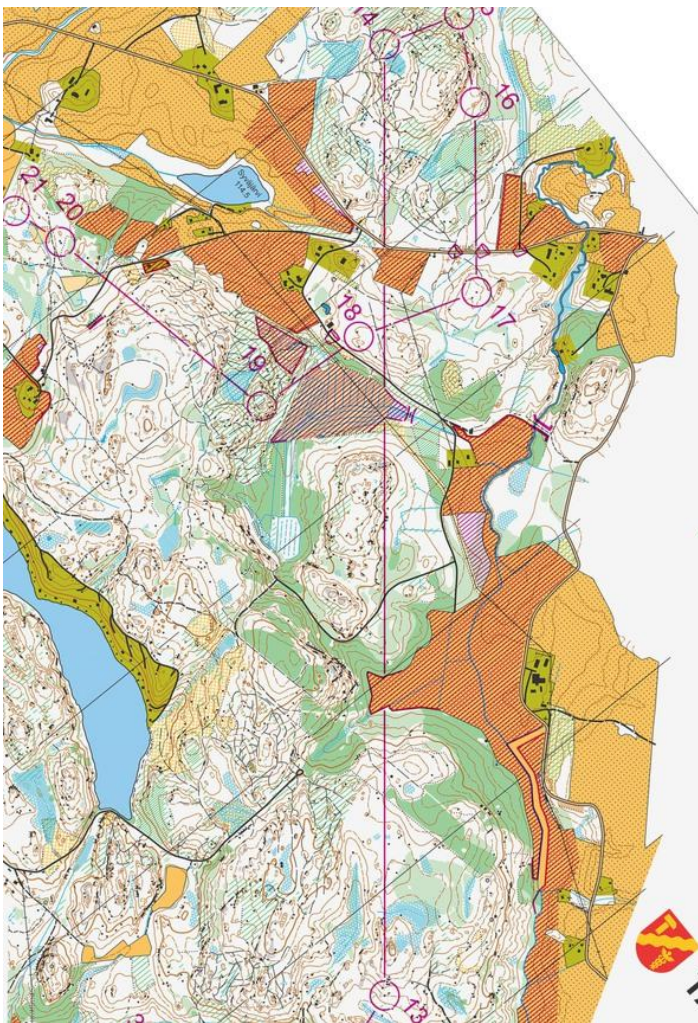
- Articles
- Map archive
- Route to christmas



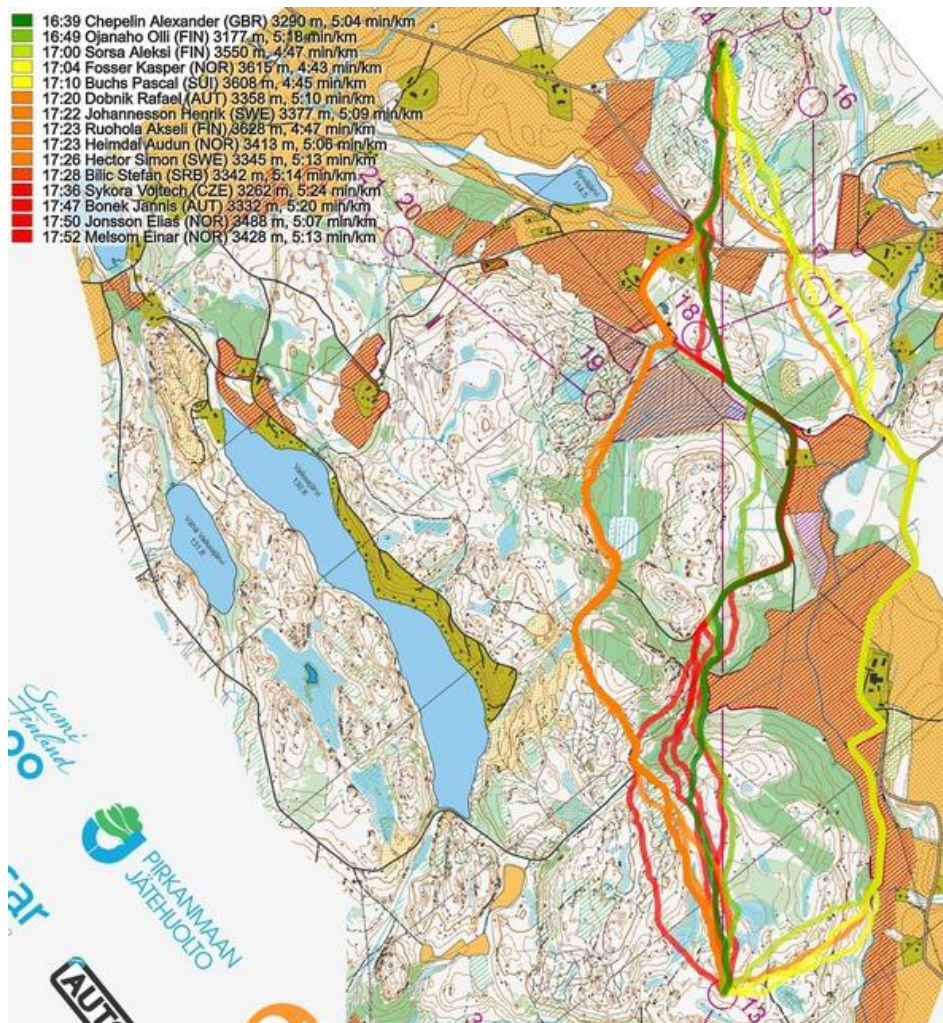


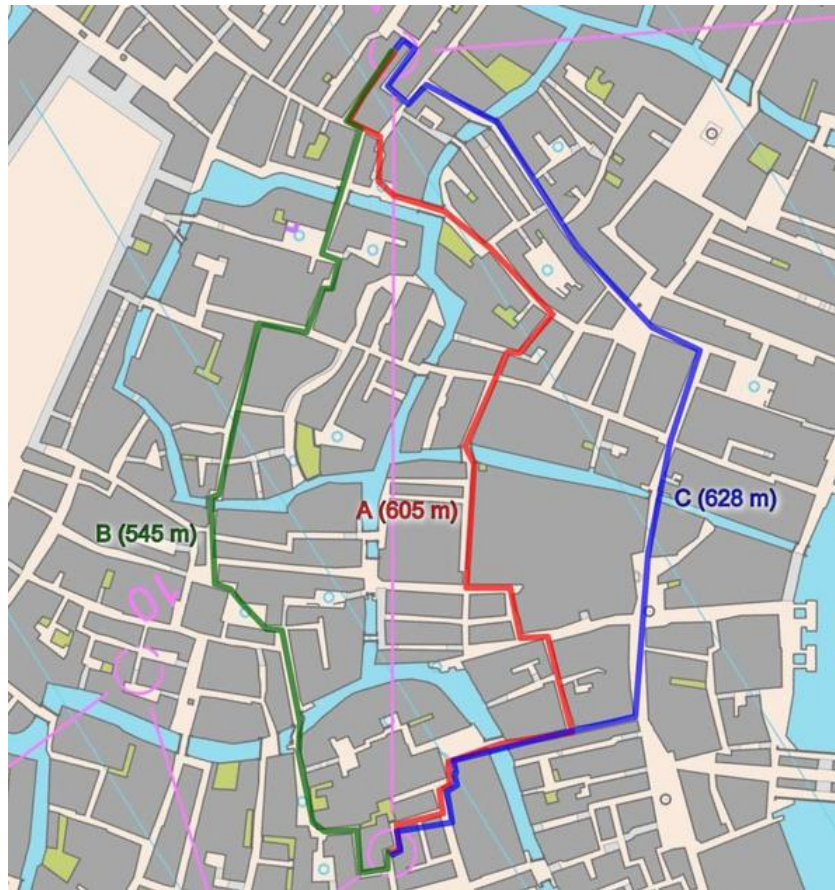
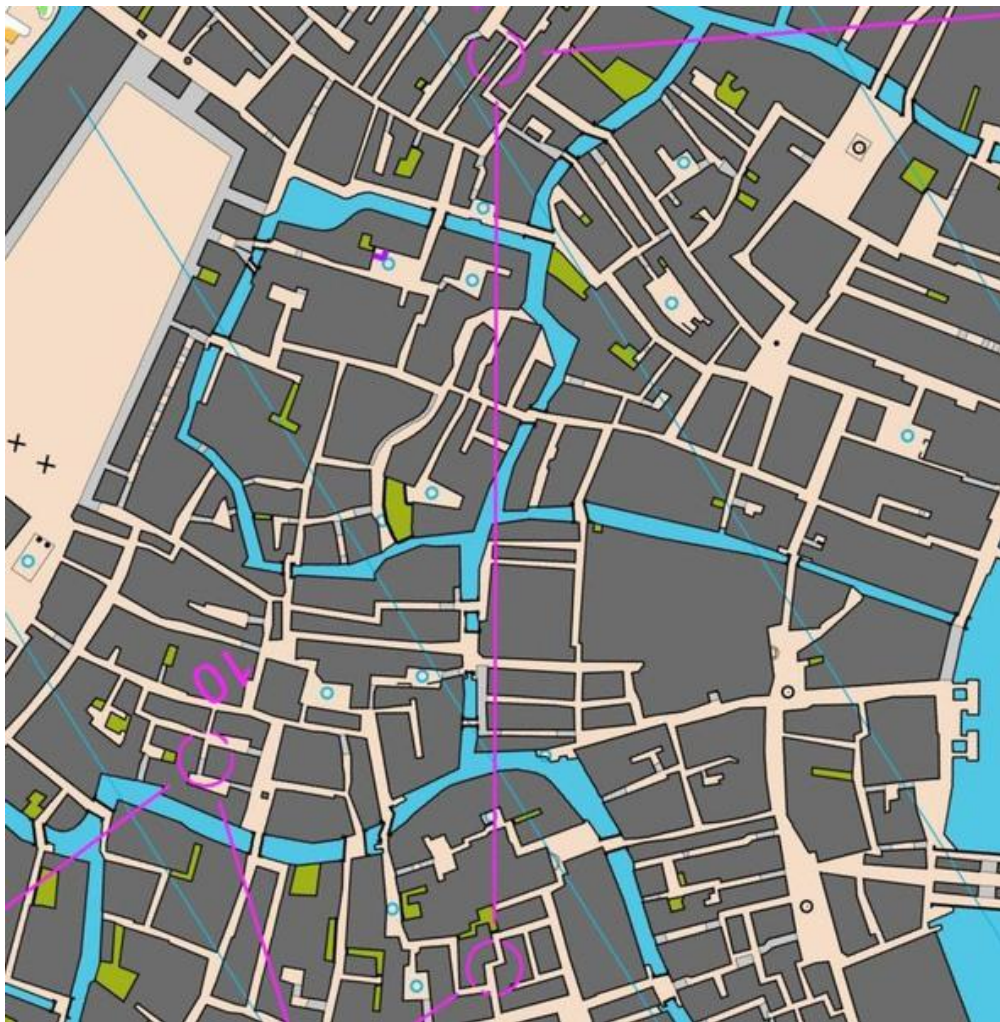






- 16:39 Cheplin Alexander (GBR) 3290 m, 5:04 min/km
- 16:49 Ojanaho Olli (FIN) 3177 m, 5:18 min/km
- 17:00 Sorsa Aleks (FIN) 3550 m, 4:47 min/km
- 17:04 Fosser Kasper (NOR) 3615 m, 4:43 min/km
- 17:10 Buchs Pascal (SUI) 3608 m, 4:45 min/km
- 17:20 Dobnik Rafael (AUT) 3358 m, 5:10 min/km
- 17:22 Johannesson Henrik (SWE) 3377 m, 5:09 min/km
- 17:23 Ruohola Akseli (FIN) 3628 m, 4:47 min/km
- 17:23 Heimdahl Audun (NOR) 3413 m, 5:06 min/km
- 17:26 Hector Simon (SWE) 3345 m, 5:13 min/km
- 17:28 Bilic Stefan (SRB) 3342 m, 5:14 min/km
- 17:36 Sykora Vojtech (CZE) 3262 m, 5:24 min/km
- 17:47 Bonek Jannis (AUT) 3332 m, 5:20 min/km
- 17:50 Jonsson Elias (NOR) 3488 m, 5:07 min/km
- 17:52 Melsom Einar (NOR) 3428 m, 5:13 min/km

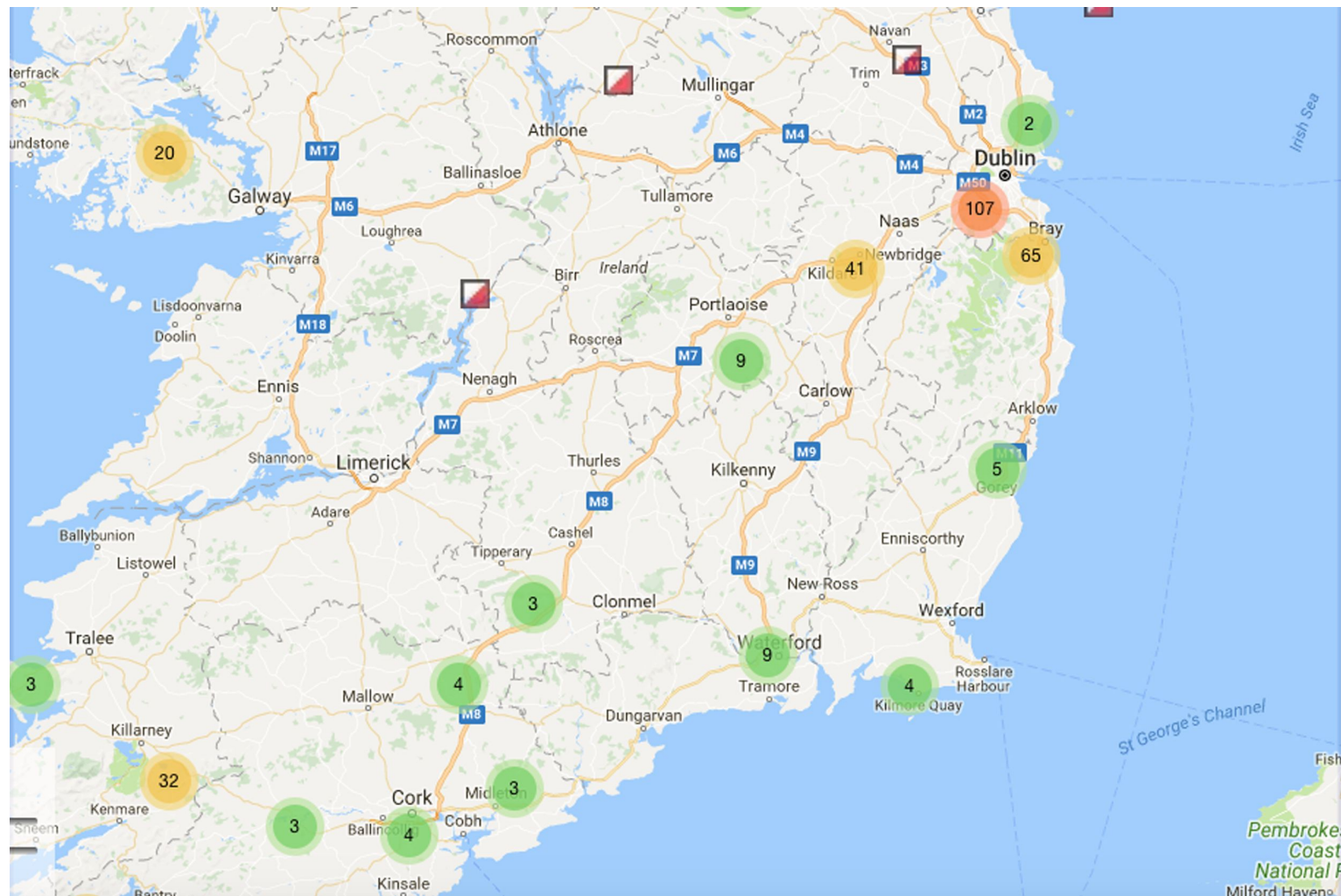




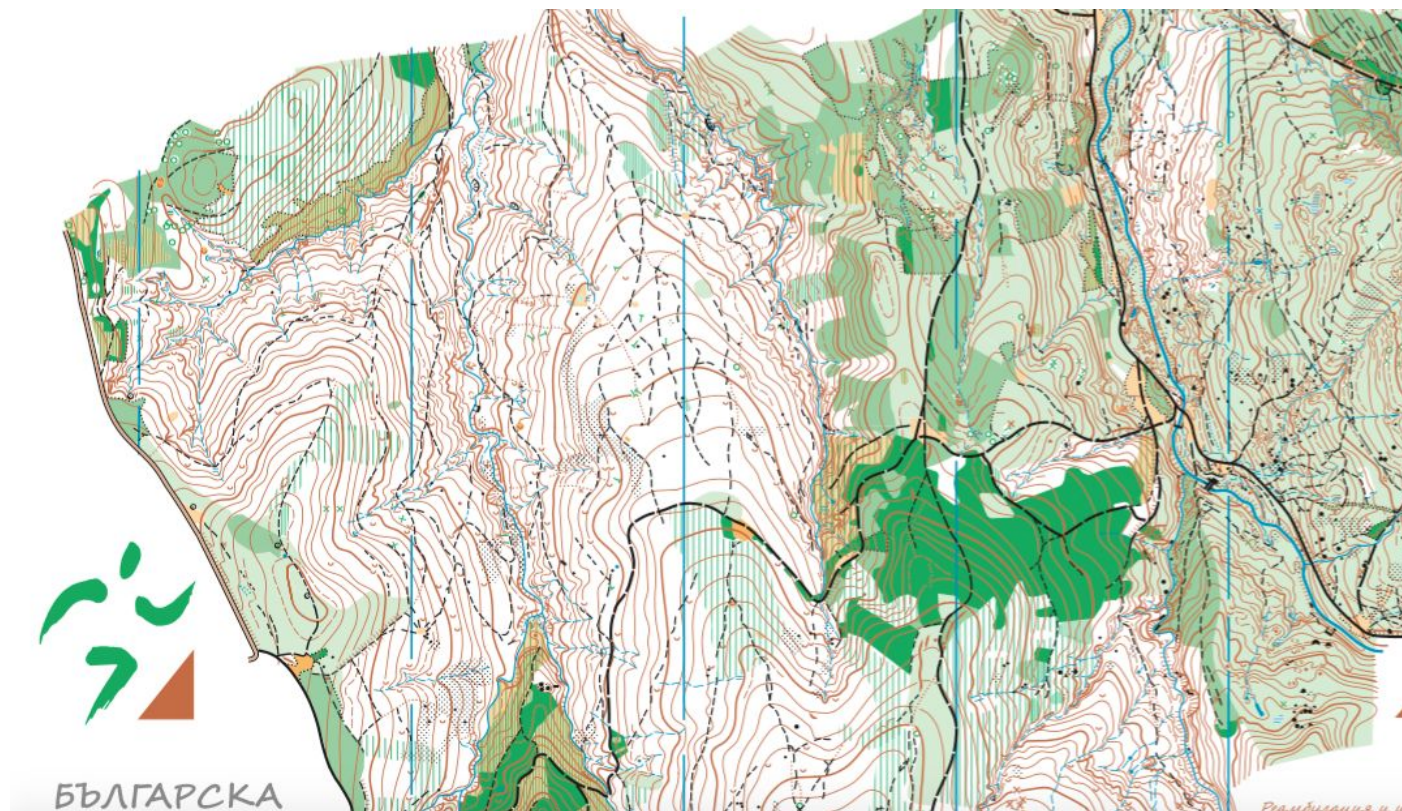
Preparation for competitions

- Going to a new place where you never been

- 1. What do I know?
- 2. What can I find out more about it?
- 3. How can I prepare for it?
- 4. Make a list



ЕУОС



Zheleznica - north

Scale - 1:10000
h - 5m



R1 R2 R3

To be used ONLY if Sport Ident fails

JWOC 2014 Middle - Q									
M20 Q-1		2.8 km		180 m					
---		90 m		---		▶			
▶			▲			◻			
1	54								
2	55		•			ñ			
3	31	↗	▶						
4	51	↘	▲		1				
5	52	↖	▲		2	♀			
6	32		mm		1.5	ℓ			
7	33								
8	53	↑	ℓ						
9	56	▲			1.5	◻			
10	57		ℓ						
11	48		•	○		≡			
12	59		○	•		≡			
13	36		○	○		≡			
14	88				1.5	♀			
○		---		160 m		---		○	

160 m

mapmaker: Georgi Hadzhimitev

ЦАРГЕВЦ М 1:2 500 Н 5m

Brown Cup 2011 Sprint				
W21	1.5 km			
1	31		▲	
2	50			
3	49			
4	48			
5	37			
6	39			
7	42			
8	46			
9	44			
10	43	→		
11	53			
12	55	→		
13	38	↑		
14	36		▲	
15	35			
16	34	↘		
17	57	▲		
18	58			
19	51			
20	54	↗		
21	88	▲		

30 m



BULGARIAN
ORIENTEERING
FEDERATION



TRELLEBORG

ИЛИНА

1871

www.museumvt.com

Brown Cup 2011 Sprint distance

Регionalен
Историческия
Музей Велико Търново
www.museumvt.com

Девот
1871

Tips for thinking orienteering

- People around you, friends, family
- Internet, World Of O, Google on maps, Orienteering forums
- Games like Catching Features
- Older people with different experience, ask questions

Exercise 4

- Write down something that you will try to do or focus on during the training this afternoon!
- After the training:
 - Think about how well you did the thing you wrote down
 - Talk to someone about a leg on the course and how you thought on it

Finally...

**May the
Compass
be with you**



www.orienteeering-world.net