

Bulletin 2

TRAINING CAMP 4



This bulletin provides the final information about the different training sessions on Training Camp 4. Some additional information regarding the KO training competition 20 October will be published later.

It is our pleasure to welcome 164 athletes for Training Camp 4. 164 athletes are higher than we had expected, but we will do whatever we can to accommodate everybody's wishes and needs at each training. We have extended the time intervals for some of the trainings, while still making sure that access to private areas is approved and trying to keep gates open for a longer period.

To avoid queuing, we also recommend at least for the biggest teams to coordinate the timing of your attendance at each training. We propose this to be coordinated through the TC4 Facebook group:

www.facebook.com/groups/woc2022trainingcamp4/

Programme

Day	Date	Time	Exercise	Location / map	#	SI
Mon	18 Oct	9.30-11.30	Free order/control picking/route choice	Horsens	1	
		16.00-18.00	Normal course/route choice	Teglgårdsparken	2	x
Tue	19 Oct	9.30-11.30	Route choice exercise	Vejen	3	x
		15.00-18.00	Sprint intervals - 4 loops	Haderslev	4	x
Wed	20 Oct	10.00	KO Sprint training Qual	Grindsted	5	x
		12.00	KO Sprint training Finals	Grindsted	6	x
Thur	21 Oct	10.00-12.00	Direction/Distance + Visualisation/Route choices	Odense	7	
		13.00-17.00	Couple route choice	Odense	8	
Fri	22 Oct	10.00-15.00	Control picking/Visualisation + Map reading loops	Assens	9	
Sat	23 Oct	09.30-17.00	WRE Sprint	Aabenraa		x
Sun	24 Oct	10.00-17.00	WRE KO Sprint	Billund		x



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Training sessions, details

9 training sessions will be arranged throughout the camp. Details about each training are listed below. Maps will be handed out at the [meeting locations](#).



Note that it is **not allowed** to train on the maps outside the arranged training hours.

Maps

The competition maps are drawn by Gediminas Trimakas in 2021 in accordance with ISSprOM 2019. Contour interval 2.5 m. Scale 1:4,000. The maps are digitally printed on waterproof paper.

SI Cards and timekeeping

Athletes must use their own SI Cards. Except for the Training sessions #5 and #6, we do not offer timekeeping or punch control. At some of the trainings, controls will be equipped with SI-units. At these trainings, it will be possible for teams to do their own timekeeping and results. If you have registered for Training sessions #5 and #6, please provide us with your SI card number (if you did not do this in connection with your registration).

Training #1

Map: Horsens

Exercise: Control picking/route choice – or free order option

Date and start time: 18 October, start between 9.30-11.30

Courses: Course 1: 1.8 km, route choice legs, virtual barriers. Course 2: 1.8 km, control picking. All controls are printed on the backside of the map --> free order course or make your own course.

Course setter: Nicolaj Nielsen

Punching system: None, only control flags

Training #2

Map: Teglgårdsparken

Exercise: Normal sprint course with route choice focus.

Date and start time: 18 October, start between 16.00-18.00

Courses: 4.5 km, normal course with artificial barriers.

Course setter: Morten Knudsen

Punching system: Sport Ident

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Training #3

Map: Vejen

Exercise: Normal sprint course with route choice focus.

Date and start time: 19 October, 9.30-11.30

Courses: App. 4.3 km, normal course

Course setter: Per Eg Pedersen

Punching system: Sport Ident



Training #4

Map: Haderslev

Exercise: Loops, intervals

Date and start time: 19 October, 15.00-18.00

Courses: 4 loops, 0.8/0.8/1.3/1.1 km, same start and finish area

Course setter: Ove Brix Therkildsen

Punching system: Sport Ident

Training #5

Map: Grindsted

Exercise: KO Sprint Qualification, training competition

Date and start time: 20 October, first start 10.00

Classes: Women, Men

Courses: Men A: 3.5 km, Men B: 3.4 km, Women A: 3.3 km, Women B: 3.2 km.

Start interval: 1 min

Start lists: Will be available Tuesday evening

Course setters: Mads K. Larsen, Troels Christiansen

Punching system: SI touch free

Training #6

Map: Grindsted

Exercise: KO Finals, training competition with Quarter-Finals, Semi-Finals and Finals. B/C finals rounds will be arranged. All athletes will have the chance to participate in all elimination rounds.

Date and start time: 20 October, first start QF: 12.00, SF: 13.30, F: 15.00

Classes: Women, Men

Start lists: Will be based on the Qualification results

Courses: QF/SF/F: 2.2/2.2/2.4 km. Same courses for Women and Men.

Course setters: Mads K. Larsen, Troels Christiansen

Punching system: SI touch free

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Training #7

Map: Odense

Exercise: Direction/Distance + Visualisation/Route choices.

See description below: *

Date and start time: 21 October, 10.00-12.00

Courses: Part 1: 3.1 km. Part 2: 4.3 km

Course setter: Tue Lassen

Punching system: None. Part 1: no markings. Part 2: small control flags



Training #8

Map: Odense

Exercise: Couple route choice. See description below: **

Date and start time: 21 October, 13.00-17.00

Courses: Part 1: 2.8 km. Part 2: 5.0 km

Course setter: Tue Lassen

Punching system: None, small control flags

Training #9

Map: Assens

Exercise: Couple route choice. See description below: ***

Date and start time: 22 October, 10.00-15.00

Courses: Part 1: 3.1 km. Part 2: Loop A/B/C: 1.1/1.8/1.5 km

Course setter: Tue Lassen

Punching system: None. Part 1: no markings. Part 2: small control flags

* **The first part** is a direction and distance exercise. The runners should try to follow the line as closely as possible, but most of the map is blurred, some places with a corridor around the line, some places with small map parts on or next to the line, and some placed totally blurred. The line turns are always around impassable features and mostly building corners. When turning on the line, look up and try if you can see where the next turn is. On the other side of the map, the second part is with a normal map if you get lost. There are no controls at the line nor markings in the terrain. **The second part** is a route choice and visualization exercise. The course consists of a short and easy leg, marked with a dotted line on the map, followed by a longer route choice leg. Running on the short leg, the runners should pick the shortest route choice on the following leg and visualize it, so they can run it without looking at the map. Try to keep running all the way on the short legs, and not walk or stop at the controls, but try to remember as much as possible. "Keep it simple" and remember also to visualize the exact control placement. If you run out of memory or get lost, take a ~5 sec look at the map and continue.

** Easy speed sprint training with a couple route-choice exercise. There are two parts, but the concept is the same. On every leg, one of the runners has 5 seconds to plan the best (shortest?) route choice (the other counts to 5). Then the first runner shows

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his/her route choice, and the other one must pick another route within the next 5 seconds, before they both start running their chosen route.



*** **The First part** is a control picking exercise including a visualization exercise, consisting of short, rather “easy legs”, but the “fill” of the control circles is removed from the map and added to the control description. Moreover, there are no control markings. The runners should visualize the control circle and check the control description and try to get a flow doing this. After 15 controls, there is a new start triangle; take a short mental break before continuing with the next 15 controls. Remember to change the control description. **The Second part** consists of three normal loops, but with either short legs or longer legs with route choices. The exercise is to use/read the map all the time, and to find the balance of focusing on the present leg and the next leg. The runners can challenge themselves by increasing the running speed a bit. There are artificial barriers marked on the map (with a purple line), but not in the terrain.

Venues for the training sessions

All venues/meeting points for the trainings can be found here:

<https://www.google.com/maps/d/edit?mid=11JNeJvDbsa6IcxKuZQJsrtmiykxb-SToN&usp=sharing>

Further information

Please contact: training@woc2022.dk or office@woc2022.dk

Covid-19

The Covid-19 situation in Denmark is currently good, and due to a very high vaccination rate in the Danish population, virtually all restrictions to daily life have been removed. The training camp will be held in accordance with that, which means there will be no requirement for testing, social distancing or wearing face masks during the camp.

There will, however, be hand sanitizer available at all training sessions, and, as a general rule, we urge everyone to keep a good hygiene and show sensible behaviour! Keep the good habits to reduce spread of the virus. Most importantly: If you have symptoms of Covid-19, you must stay away from the trainings and isolate yourself! Contact the WOC office for help to get a test.

Travel restrictions: even though restrictions *within* the Danish society have been removed, there are still travel restrictions applicable to travellers from a number of countries. It is the teams' own responsibility to seek information on the travel restrictions applicable when traveling into Denmark from different countries inside and outside the EU/Schengen. Please visit our [Covid-19](#) page for relevant links.

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For questions concerning Covid-19, please contact Dorthe Rosenvinge, office@woc2022.dk; +45 6130 0402



Registrations

Country	Number of athletes
Denmark	33
Finland	27
Norway	20
Switzerland	16
Great Britain	15
France	14
Czech Republik	7
Poland	6
Russian Federation	4
Turkey	4
Belgium	3
Spain	3
Sweden	3
Japan	2
Austria	1
Bulgaria	1
Hong Kong China	1
Hungary	1
Italy	1
Netherlands	1
Ukraine	1
Total	164

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