





Raduno Regionale Invernale nel Carso

Technical Bulletin

Training plan

| | Length | Warm Up | Workout |
|--------------|----------------|-----------------|-------------------|
| Veliki Dol 1 | 2 (WU) + 5km | Control Picking | Simplification |
| Veliki Dol 2 | 2 (WU) + 4km | Follow the line | No paths |
| Sgonico | 2 (WU) + 5km | Plan the route | Long routes |
| Lipica 1 | 1.5 (WU) + 3km | Compass | Compass and holes |
| Lipica 2 | 1.5 (WU) + 3km | Corridor | Middle |
| Veliki Dol 3 | 3km | Free | Middle |

Trainings' details

- Veliki Dol 1:
 - Warm up: a classic control picking course.
 - Workout: there are two butterfly wings, one is in a simplified map with only the objects that the course setter considers important to execute the route; the second one is a normal course.
 - Length: warm up 2km, first wing 2.5km, second wing 2.5km; the lengths may be slightly different. There will be a shortcut.
 - Objective: to understand which elements are significant to execute the route in this terrain.
 - o Examples:



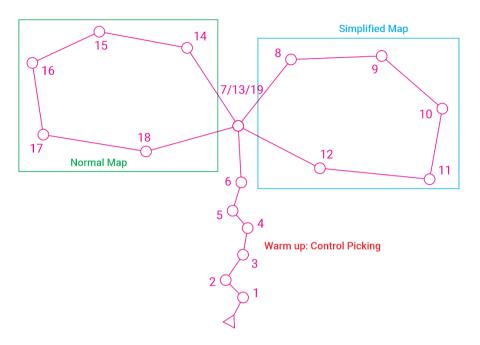
Simplified map on the right











Course's pattern

Veliki Dol 2:

- Warm up: follow the line, the map is without paths.
- Workout: a middle style course, the map is without paths.
- Length: warm up 2km, workout 4km; the lengths may be slightly different. There will be a shortcut.
- Objective: get confidence with the contours.

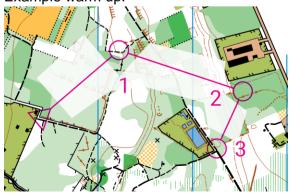
Sgonico:

- Warm up: an easy course, with some long routes that the athlete must be only plan (not execute).
- Workout: some long routes with choices.
- Length: warm up 2km, workout 5km; the lengths may be slightly different. There will be a shortcut.
- Objective:

Lipica 1:

Warm up: an exercise to remember the compass' skills

Example warm up:











- Workout: on the map there are only the bigger holes and the area around the controls; the controls are placed next to the bigger holes.
- Length: warm up 1.5km, workout 2.5km; the lengths may be slightly different.
 There will be a shortcut.
- Objective: keep the direction, use the bigger holes as a reference point and hold the direction after passing around a hole.
- o Example:



• Lipica 2:

- Warm up: corridor, 4mm of width
- Workout: middle style course.
- Length: 3km. There will be a shortcut.
- Objective: use the skills learned in the past days with the complete map.

• Veliki Dol 3:

- Warm up: nothing
- Workout: middle style course.
- Length: 3km. There will be a shortcut.
- o Objective: use the skills learned in the past days with the complete map.

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