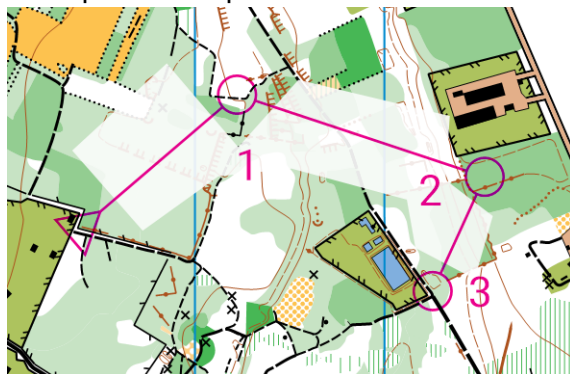
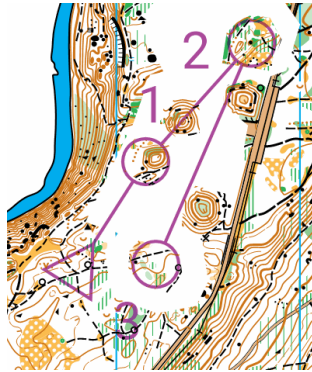


### Course's pattern

- 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.
- 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.
  - Objective: use the skills learned in the past days with the complete map.

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