



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO



Suomen Suunnistusliitto

# WOC-EOC TRAINING CAMP

## BULLETIN 2

**TRENTINO (ITA)**

**24-31.3.2023**



DESTINATION  
**EOC**  
2023

### 📍 CONTACTS

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## TIMETABLE (TEAM ITA)

FRI 24.3.	SAT 25.3.	SUN 26.3.	MON 27.3.	TUE 28.3.	WED 29.3.	THU 30.3.	FRI 31.3.
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast Checkout	
Intro Forest [2,4-2,5- 1,7- 2,4km] (FIN) <i>Passo Bordala</i>	“Starts” routine [1,4-1,9- 1,4-1,7- 2,5km] (FIN) <i>Vezzano</i>  OR  Sprint intervals [1,2-1,4- 1,3-1,2- 1,4km] <i>Calliano</i>	<b>Trentino Cup Sprint</b> [3,4- 3,9km] <i>Rovereto Centro 10:00</i>	Mountain running [1,5-2h] <i>Santa Barbara</i>  OR  Scenic flat run [1-1,5h] <i>Busatte</i>	<b>KO sprint qualific.</b> [2,8km] <i>Dro 10:00</i>	Slope & Contours [5-10km] <i>San Giovanni al Monte</i>  OR  Easy flat run [1h] <i>Lago di Cavedine</i>	<b>Forest Relay</b> [4,5- 5,5km] <i>Cavedine M-10:10 W-10:15</i>	Long distance intervals [2,0-1,6- 1,2-1,7- 3,0km] (FIN) <i>Vigolana</i>  OR  Easy run
	Own Lunch	Pocket Lunch	Lunch	Lunch	Lunch	Pocket Lunch	
Intro Sprint [4km] (FIN) <i>Pomarolo</i>	<b>WOC Middle Distance</b> [3,8- 4,6km] <i>Ronzo Chienis 15:30</i>	<b>EOC Sprint Final</b> [3,4- 3,8km] <i>Rovereto Centro 15:00</i>	One-Man relay [4,1- 6,9km] <i>Ronzo Chienis</i>  OR  Downhill Sprints [4,8km] <i>Sabbiona ra</i>	<b>KO sprint final rounds</b> [2,1-1,9- 2,5km] <i>Riva Due 15:00</i>  OR  Middle Distance [4,3- 5km] <i>San Giovanni al Monte</i>	“Starts” routine <i>Vezzano</i> OR  Intro forest <i>Passo Bordala</i> OR  Free- start Sprint [4,3km] <i>Dro</i>	Forked sprint [4km] <i>Aldeno</i>  OR  Scenic flat run [1-1,5h] <i>Busatte</i>	Sprint intervals [4km + 2x 2,8km] (FIN) <i>Rovereto Stadio</i>  OR  Contours [8km] (FIN) <i>Cavedine</i>
	Check-in Dinner	Dinner	Dinner	Dinner	Dinner		

**RED:** “race speed” trainings, very relevant areas for EOC and WOC 2023

**Blue:** open trainings not part of the camp but free to join

15:30: first start time, see each training for the startlists (available before each day)

OVERVIEW MAP: see Google MyMaps [HERE](#)



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🕒 FRIDAY, March 24<sup>th</sup>

### Training

Map

Training idea

Parking

Courses

Warmup

Start

Controls

Note

Live GPS

### Intro Forest (🚗 + : 37min)

Passo Bordala, 2022, 1:10'000-15'000 A4

The plan for that first morning is to get an introduction to pre-Alpine terrains with much similarities to WOC 2023, mixing steep slopes and detailed contours areas. The training consists of 4 loops, starting and ending near the parking, so you can fully decide your training load for that morning. 2 (A & B) of the loops are at 1/10'000 scale, when the two others are at 1/15'000. The idea behind it was to be aware how it affects your navigation and strategy in that type of terrain.

[45.906266, 10.975672](#)

**2,4km | 2,5km | 1,7km | 2,4km** | by T. Gueorgiou

Warm-up map available.

Free-start, but one leader will be at the start to spread you evenly on different loops.

Control flags only.

Control description on the map & separated.

[GPS-seuranta](#) | [Livelox](#)

### Training

Map

Training idea

### Intro Sprint (🚗 + : 34min)

Pomarolo, 2021, 1:4'000 A4 (same mapper as WC'24/WOC'26 Genova)

We continue the day with some activation to prepare the fast sessions of the next day.

The first part of the training consists of a warmup and running technique lead by Vroni on a football field.

Thereafter, the sprint is planned as pair training. The runner A leads to the first control. The runner B is not reading the map during that time. When the runner A is at the control, the runner B can start to relocate and navigated to the next start triangle and navigation to the first control of the B map. The runner B is not reading the map during that period of time.

The idea is to have as good flow as possible, and simulate the situations where you run in a group, and it doesn't go as planned like in sprint relay and KO Sprint, and need to relocate quickly.

[45.926569, 11.046184](#)

**Runner A-B: 4.6km/180m climb/14 controls (7 each)** | by S. Raus

Warm-up outside the village, south-east direction.

Close to the parking.

Control flags only.

Close to the parking.

Control description on the map & separated.

[GPS-seuranta](#)



### GENERAL NOTE - FOREST TRAININGS

Carefully check for ticks after each forest training. If you find one, don't panic but remove the tick as soon as possible.

The safest way to remove a tick is to use a proper removal tool.

Keep an eye on the bite site. If a large red rash develops, or if you feel unwell, tell the coaches. (Note: A small, itchy spot is a normal reaction to a tick bite).



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🕒 SATURDAY, March 25<sup>th</sup>

### Training

Map

Training idea

**“FOREST OPTION” Starts routine** (🚗 ➕ : 23min)

Vezzano, 2022, 1:10'000 A5

Another terrain with similarities to WOC areas. This morning focus is to work on your start routines, with 5 loops and rather short courses, letting you the possibility to get back to the start, with -1' prestart routine, and first controls focus. Something which can be reproduced directly into the afternoon's middle distance.

[46.089013, 11.009666](#)

Parking

Courses

Warmup

Start

Controls

Finish

Note

Live GPS

**1,4km | 1,9km | 1,4km | 1,7km | 2,5km** | by T. Gueorgiou

Warm-up map available.

Close to the parking. Start-list to spread you on the courses.

Control flags only at the first control, tapes at the others.

Close to the parking.

Control description on the map & separated.

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [LiveloX](#)

### Training

Map

Training idea

Parking

Courses

Warmup

Start

Controls

Finish

Note

Live GPS

**“SPRINT OPTION” Intervals** (🚗 ➕ : 41min)

Calliano, 2022, 1:4'000 A4

5x sprint intervals. The terrain is almost fully flat (20m climb in total).

[45.932380, 11.094351](#)

**1,2km | 1,4km | 1,3km | 1,2km | 1,4km** | by S. Tait.

Warm-up towards south direction, across the bridge.

Close to the parking.

Control flags, and eventually Sport Ident in air mode, depending of the attendance.

Close to the parking.

Control description on the map & separated.

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator)



There are some artificial barriers (marked like the example on the left) and 2 road underpasses marked with multilevel symbol and purple area above, as the road is not crossable (right example).



### Training

Map

Training idea

**WOC Middle Distance** (🚗 ➕ : 35min - 🇮🇹 : 30min)

Ronzo Chienis, 2023, 1:7'500 A4

Middle distance, individual start, 2' start interval.

Even though the terrain has not all the characteristics of Flims, the aim is to have as much relevancy as possible with WOC 2023, with challenging navigation mixed with physically demanding legs.

[45.889273, 10.957626](#)

Parking

Courses

Warmup

Start

Controls

Finish

Live GPS

**MEN: 4.7km/290m climb/20 controls**

**WOMEN: 3.8km/240m climb/17 controls** | by T. Gueorgiou

Warm-up map available.

Startlist will be available [HERE](#). **FIRST START 15:30**

Control sticks with flag and SPORTident with unit in Air-mode, except start (normal punch).

Close to the parking.

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [LiveloX](#)





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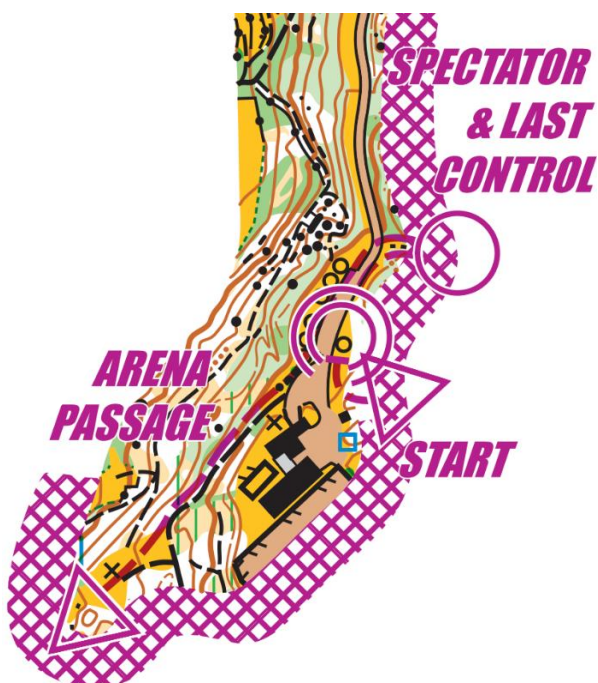
Suomen Suunnistusliitto

### Other important notes:

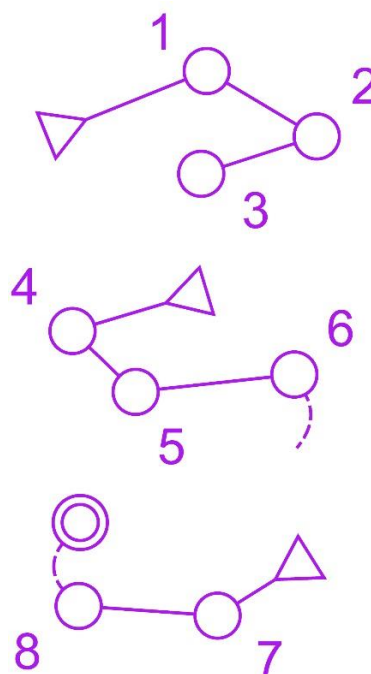
- Remember to bring your GPS vest!
- Call-up time is -2 minutes.
- Control description on the map & separated, available 2min before the start and printed also on the map (dimensions are M: 16x5cm, W: 14x5cm).
- Bib numbers will be delivered before the training.
- Check the arena map below.
- There are 2 “map exchange” and the courses are split in 3 parts. All maps are printed on the same sheet of paper, on the same side. Control numbering is continuous (examples on the right and below).



### ARENA MAP:



### COURSE SPLIT SCHEME:



**ATTENTION:** there are some deep rocky pits that are not very visible from the distance when running. On the map the symbol is “203 Rocky Pit” and on the terrain they are highlighted with white tape, like in the image below.





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🕒 SUNDAY, March 26<sup>th</sup>

**Daylight Saving Time:** in the night between Sat-Sun clocks are turned forward 1 hour!

### Training

Map  
Training idea

Parking  
Courses

Warmup  
Arena  
Start  
Controls  
Finish  
Note  
Live GPS

**“TRENTINO CUP” Sprint** (🚗 ➕ : 30min - 🇮🇹 : 25min)

Rovereto Centro, 2022, 1:4'000 A4

Regional individual sprint competition. See the event page, bulletins and startlists [HERE](#). All important info are there, below is just a recap.  
[45.8955649, 11.0416912](#)

**MEN: 3.9km/65m climb/22 controls**

**WOMEN: 3.4km/55m climb/19 controls** | by S. Raus

Warm-up map available, please respect the instructions.

[Palazzetto dello Sport “Angelo Marchetti”, Rovereto](#)

800m from the arena. **FIRST START 10:00**

Control stands with flag and SPORTident with units in Air-mode.  
At the arena.

Control description on the map & separated.

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [Liveresults](#) | [LiveloX](#)

### Training

Map  
Training idea

Parking  
Courses

Warmup  
Start

Controls  
Finish  
Note

Live GPS

### EOC Sprint Final

Rovereto Centro, 2022, 1:4'000 A4

Sprint Final with start-list based on morning's results, and EOC relevant area of Rovereto city center. Individual start, 1' start interval.  
[45.8955649, 11.0416912](#)

**MEN: 3.8km/45m climb/20 controls**

**WOMEN: 3.4km/40m climb/18 controls** | by S. Raus

Warm-up map available, please respect the instructions.

1300m from the parking. Use the warm-up map to reach the start area.

Startlist will be available [HERE](#). **FIRST START 15:00**

Start triangle (K-point) is 120m from map issue point.

Control flags with SPORTident with units in Air-mode.

1000m from the parking. Cool down map available.

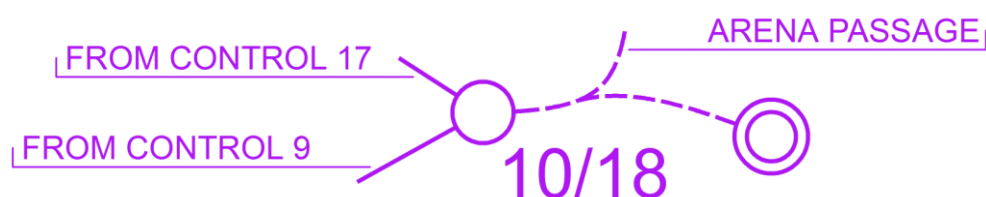
Control description on the map & separated. No artificial barriers.

The area used for the training is closed for traffic but still there might be some cars, cyclists and pedestrians, please pay attention.

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [Liveresults](#) | [LiveloX](#)

### Other important notes:

- Remember to bring your GPS vest!
- Call-up time is -2 minutes.
- Control description on the map & separated, available 2min before the start and printed also on the map (dimensions are M: 15,5x5cm, W: 14,5x5cm).
- Bib numbers will NOT be used.
- There will be an arena passage, located between 800 and 900m from the finish, on both Women and Men courses. As can be seen from the example below, the last control is punched both before the arena passage and just before the finish. It is the athlete's responsibility to follow the left route when passing the arena and the right route when running towards changeover/finish.



Example





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🕒 MONDAY, March 27<sup>th</sup>

### Training

Map  
Training idea  
Parking  
Note  
Live GPS

### Mountain Running (🚗 + : 15min - 🇮🇹 : 5min)

Santa Barbara, 2023, 1:7'500 A4 – OSM converted | [Map link](#)  
Mountain running training with climb, above Riva del Garda.  
[45.8923772, 10.8367052](#)  
DO NOT ENTER EOC 2023 EMBARGOED AREAS!  
[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator)



### Training

Map  
Training idea  
Parking  
Courses

### “FOREST OPTION” One-Man Relay (🚗 + : 35min - 🇮🇹 : 30min)

Ronzo Chienis, 2022, 1:7'500 A4  
Mass start training with loops.  
[45.889273, 10.957626](#)  
**4.1-6.9km/290-360m climb/18-29 controls** I by S. Raus  
[you can easily shorten the course by skipping some loops]  
Warm-up on the asphalt road, do not enter the forest.  
Close to the parking.  
Control flags only.  
Close to the parking.  
Control description only on the map. Map change: Part 2 on the back.  
[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator)

### Training

Map  
Training idea  
Parking  
Courses

### “SPRINT OPTION” Downhill Sprints (🚗 + : 36min - 🇮🇹 : 30min)

Sabbionara, 2021, 1:4'000 A4  
Downhill intervals with uphill run to the start (360m/40m climb).  
[45.740053, 10.953632](#)  
**MEN: 4.8km/235m climb/24 controls**  
**WOMEN: 4.0km/185m climb/18 controls** I by S. Raus  
Warm-up map available, do not enter the training area.  
Near the parking.  
Control flags only.  
Near the parking.  
Control description will be available. Map change: Part 2 on the back.  
Women can skip the fourth (last) downhill interval.  
[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator)

Live GPS



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🕒 TUESDAY, March 28<sup>th</sup>

### Training

Map  
Training idea  
Parking  
Courses

Warmup  
Start  
Controls  
Finish  
Note

Live GPS

### Knock Out Sprint Qualification ( 🇪🇺 🇫🇮 : 0min - 🇮🇹 : 10min)

Dro, 2023, 1:4'000 A4  
Knock Out Sprint, qualification.  
[45.958035, 10.907475](#)

**M/W Heat 1: 2.8km/20m climb/13 controls**

**M/W Heat 2: 2.8km/20m climb/13 controls**

**M/W Heat 3: 2.8km/20m climb/13 controls** I by S. Tait  
Warm-up map available, please respect the instructions.

Startlist will be available [HERE](#). **FIRST START 10:00**

Control flags with SPORTident with units in Air-mode.

[Ca' de l'Olif, Dro](#).

Control description on the map & separated. There will be some artificial barriers mapped using "708 Out-of-bounds boundary" symbol and "709 Out-of-bounds area". On the terrain they are visible, as they are rubber speed bumps for vehicles (see image below).

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [Liveresults](#)



Left: example of rubber speed bump

### Training

Map  
Training idea  
Parking  
Courses

Warmup  
Starts  
Controls  
Finish  
Note

### Knock Out Sprint Final Rounds ( 🇪🇺 🇫🇮 : 15min - 🇮🇹 : 5min)

Riva Due, 2022, 1:4'000 A4  
Knock Out Sprint, final rounds.  
[45.897291, 10.844345](#)

**M/W Quarter final: 2.0km/15m climb/13 controls**

**M/W Semifinal: 2.0km/15m climb/8 controls**

**M/W Final: 2.5km/15m climb/13 controls** I by S. Raus

Warm-up on the west side of the parking, don't enter the training area.

See the event schedule and startlist [HERE](#). **FIRST QF START 15:00**

Control flags with SPORTident with units in Air-mode.

Close to the parking.

CALL-UP TIME: -2 minutes !!

Control description only on the map. In some rounds the course is divided in Part1 and Part2; they are on the same side of the paper. There may be some artificial barriers, marked with "708 Out-of-bounds boundary" symbol, "709 Out-of-bounds area" and "515 Uncrossable wall". On the terrain there will be nothing, pay attention! Please respect kids, pedestrians, cyclists and private properties and gardens. The training area is mostly closed for traffic.

Live GPS QF  
Live GPS SF  
Live GPS F

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [Liveresults QF](#)  
[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [Liveresults SF](#)  
[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [Liveresults F](#)





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## Training

Map  
Training idea

**“FOREST OPTION” Middle distance** ( 🚗 + : 31min - 🇮🇹 : 23min)

San Giovanni al Monte, 2022, 1:10'000 A4

This is an alternative to the KO sprint rounds for those having a higher forest focus. The idea was to offer another middle-distance course on partly relevant WOC terrain. The course is making the best of quite a small area, and is crisscrossing a couple of times, so pay attention to the leg you are heading to.

Parking  
Courses

[45.972850, 10.890215](#)

**MEN 5.0km/270m climb/21 controls**

**WOMEN 4.3km/230m climb/18 controls** | by T. Gueorgiou

Warmup  
Controls

Warmup map available

Control flags, Start-list, and eventually Sport Ident in air mode, depending of the attendance.

Note

Arena passage and map exchange – both maps are printed in the same sheet of paper, the first part is on the left side and control numbering is continuous.

Note  
Live GPS

Control description on the map and separated.

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [LiveloX](#)



🕒 WEDNESDAY, March 29<sup>th</sup>

## Training

Map  
Training idea

**Slope & Contours** ( 🚗 + : 31min - 🇮🇹 : 23min)

San Giovanni al Monte, 2022, 1:15'000 A4

Forked course on a contours map (+ greens 2-3, and uncrossable cliffs), with focus on slope running.

The first part of the course is set on the steepest part of the map, where the small plateaus help you to get a sense for distance and to keep a good flow.

The second part is visiting more detailed areas of the terrain which are quite challenging with that scale.

Two starts possibilities, one from the highest point – Monte Brento 1545m famous for [basejumping](#), and one slightly lower on the slope.

One leader will be at start to organize the start and spread the runners on different forking. Possibility to shorten the course in several places.

Parking  
Courses

[45.972850, 10.890215](#)

**max. 9,8km | 400m climb** | by T. Gueorgiou

P-Start 1: 2,7km | 310m climb | P-Start 2: 3,2km | 500m climb.

Warmup  
Controls

Ribbons

Finish

Close to the parking.

Note

Control description only on the map.

Live GPS

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [LiveloX](#)

## Training

Map  
Training idea

**“SPRINT OPTION” Free-start Sprint** ( 🚗 + : 0min - 🇮🇹 : 10min)

Dro, 2023, 1:4'000 A4

Sprint course from Finnish accommodation.

Flags on spot from 15:30 to 16:30 (may change due to attendance).

Parking  
Courses

[45.958035, 10.907475](#)

**4.3km/20m climb/15 controls** | by T. Gueorgiou

Warmup  
Start & finish

Wherever you want.

Controls

Next to the accommodation.

Note

Control flags only.

Control description on the map and separated.

Map change: Part 2 on the back.

Live GPS

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator) | [LiveloX](#)





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🕒 THURSDAY, March 30<sup>th</sup>

### Training

Map  
Training idea  
Parking  
Courses

Warmup  
Start  
Controls  
Finish  
Note

Live GPS

**Forest Relay** (🇮🇹: 25min - 🇫🇮: 30min)

Cavedine, 2022, 1:10'000 A4

Relay training with forking and teams of 2 runners.

[45.984433, 10.963702](#) (last part of the road is unpaved, pay attention)

**MEN Leg 1-2: 5.5km/250m climb/17 controls**

**WOMEN Leg 1-2: 4.5km/210m climb/14 controls** I by S. Raus

Warm-up on the road going north, do not enter the forest.

Startlist will be available [HERE](#). **MASS START 10:10 (M) - 10:15 (W)**

Control sticks with flag and SPORTident with units in Air-mode.

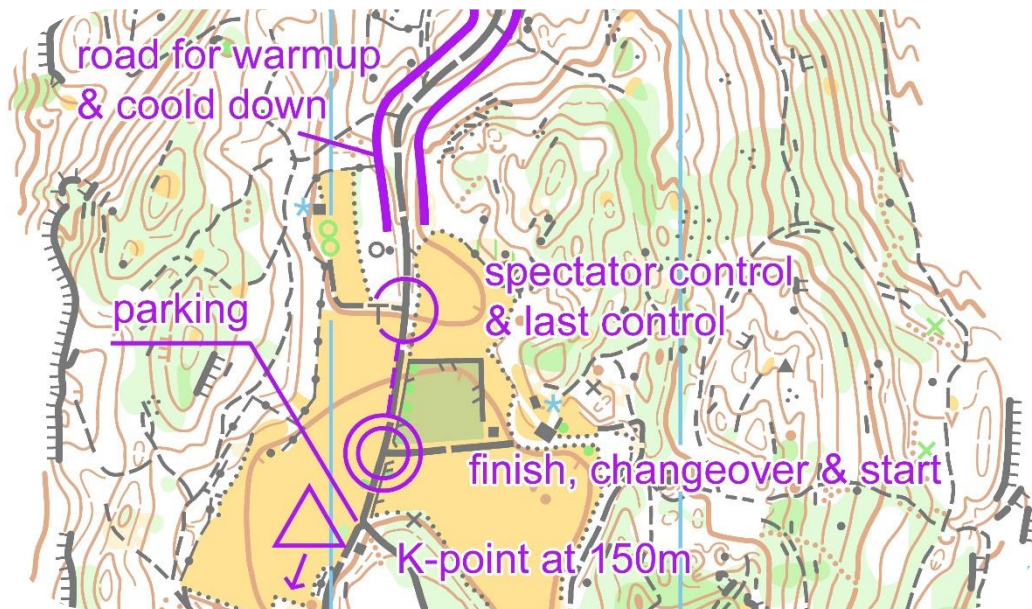
Close to the parking.

Control description only on the map. Next to the control circle it's printed only the control sequence number, not the code number.

The spectator control is located approx. at 70-75% of the course.

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator)

ARENA MAP:



**ATTENTION:** in the forest there are some small traps for rodents placed by the Forestry Agency for study purposes, all the traps are also highlighted with a plastic tape, don't worry if you see them. This is how they look:







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## Training

Map  
Training idea  
Parking  
Courses  
Warmup  
Pre-start

Controls  
Finish  
Note

Live GPS

## Forked Sprint ( 🚗 + : 40min - 🇮🇹 : 35min)

Aldeno, 2022, 1:4'000 A4

Sprint, with forking and arena passage.

[45.975626, 11.091954](#)

**3.0km/35m climb/16 controls** | by S. Raus

Warm-up map available, please respect the instructions.

80m from the parking. Then call-up to reach the start area as we have in the Sprint Relay competition format.

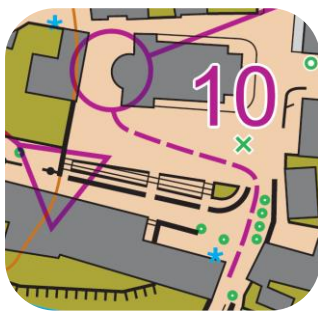
Control flags only.

Close to the start.

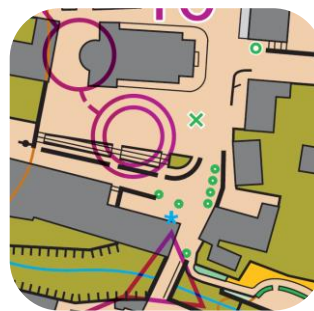
Control description only on the map. Map change: Part 2 on the back.

The map is rolled with a rubber band, Part 1 is in the inside.

[MEN](#) (GPS-seuranta) | [WOMEN](#) (Loggator)



PART 1



PART 2

🕒 FRIDAY, March 31<sup>st</sup>

## Training

Map  
Training idea  
Parking  
Courses

Warmup

Controls  
Note

## Long distance intervals ( 🚗 + : 50min)

Vigolana, 2020, 1:15'000 A3

5 intervals, with a focus on slope running & routes selection.

[45.999825, 11.196103](#)

**2,0km-1,6km-1,2km-1,7km-3,0km | Total 9,8km/530m climb/21 controls** | by T. Gueorgiou

The 3<sup>rd</sup> interval is starting where the 4<sup>th</sup> is ending, and therefore it is convenient to skip those two if you want to shorten the course (>6,9km)

Warm-up map available. Start at 1km from the parking.

Startlist will be available.

Control flags only.

Control description on the map, and separated.

There is one map for each interval. All the maps are printed in the same sheet of paper and the first one is on top.

All the intervals are starting where you ended the previous one, except for the 2<sup>nd</sup> and 4<sup>th</sup>. In that case, a small triangle next to the last control is showing you where is the start of the next interval >

The rest in-between the intervals is up to you, depending what kind of effort and continuity you want to have that morning.

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INTERVAL 1



INTERVAL 3





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## Training

Map  
Training idea

Parking  
Courses

Warmup  
Start  
Controls  
Note

### “SPRINT OPTION” Sprint Intervals ( 🚗 + : 30min)

Sant’Ilario, 2023, 1:4’000 A4 & Rovereto Stadio 1:3’000 A5, 2022

The first part of the training is a forked course (start by two) where the focus is about finding a good flow and being on step ahead, as there will be no marking at the controls.

The second part is two shorter courses planned to be run with a pair start, on a forked course.

[45.901051, 11.038661](#)

Part 1: Sant’Ilario

**4.2km/55m climb/19 controls** I by T. Gueorgiou

Part 2: Rovereto Stadio

**“Semi” 1.8km/45m climb/10 controls**

**“Final” 1.7km/55m climb/11 controls** I by T. Gueorgiou

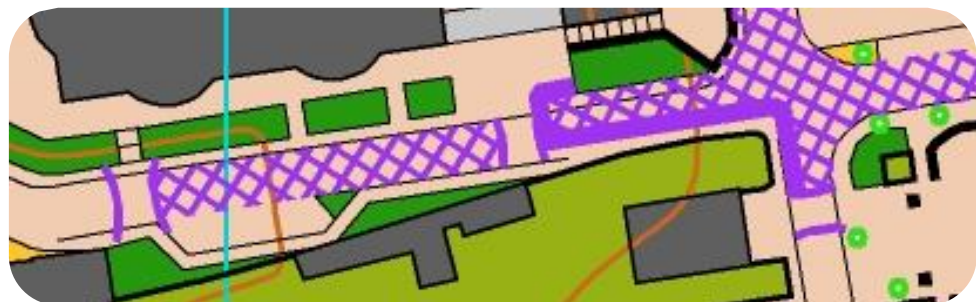
Warm-up map available.

Pair start with start-list.

First part: no marking. Second part: control flags only.

Separate control description for the first part only.

Some of the streets are only crossable on the pedestrian passages and will be marked this way on the map:



Live GPS

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## Training

Map  
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Courses

Controls  
Note

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### “FOREST OPTION” Contours ( 🚗 + : 16min)

Cavedine, 2022, 1:10’000 A4

Forked course, with uphill warmup to the start passing by [La Madonna della Grotta](#).

[45.994186, 10.970978](#)

**8.2km/450m climb/15 controls** including a 3km run to the start I by T. Gueorgiou

No marking

Control description only on the map.

Two forkings: course A and course B.

Starting with 5<sup>th</sup> control is shortening the course by 1,9km.

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## 🕒 SCENIC OR FLAT RUNNING OPTIONS FOR MONDAY & WEDNESDAY

**“Sentiero Busatte”** ( 🚗 + : 19min - 🇮🇹 : 15min) | [Map link](#) | Parking: [45.86574, 10.88139](#)

**“Lago di Cavedine”** ( 🚗 + : 11min - 🇮🇹 : 15min) | [Map link](#) | Parking: [45.99356, 10.94946](#)



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## 🕒 TRAINING PHILOSOPHY FOR THE CAMP



### REMEMBER THE BASICS

- Look from the map where you need to go and go there
- Direction and compass: under control at entry/exit from controls
- Contours and big details/objects help you with navigation



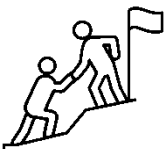
### PERFORMANCE

- Don't force things, take your time for technical work during the trainings
- Making controlled performances now, will raise your confidence for the future
- Control will quickly make you solid and confidence on new terrains
- In important races it's crucial to have a solid performance under pressure



### KNOW YOUR STRENGTHS

- What kind of feeling you need to make a solid performance?
- What is the one thing you need to concentrate to keep the control?
- What do you need to develop in your o-technique during the camp?



### ANALYSIS AND SHARING

- After every training go through your thoughts about the training/course
- After every training talk with different persons (athletes or coaches)
- Look at things from different points of view



### REPEAT AND REVISE

- Take a good look at the old maps to be up-to-date at every session
- Repeat some legs or the whole course in your mind
- Rerun some legs if needed
- Start the leg from the beginning if losing control
- Find the things you need to do to avoid unsureness and ask if you have questions



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## 🕒 MAP SAMPLES AND OLD MAPS

Click on the map name to open the online map – doesn't work if printed :D



[Aldeno](#)



[Calliano](#)



[Cavedine](#)



[Dro \(new map\)](#)



[Passo Bordala](#)



[Pomarolo \(new map\)](#)



[Riva Due](#)



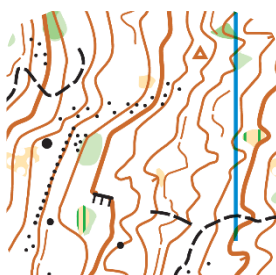
[Ronzo Chienis](#)



[Rovereto](#) (page 4)



[Sabbionara](#)



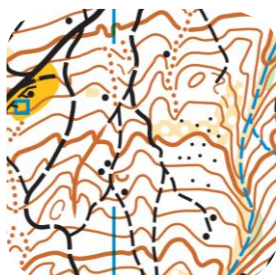
[San Giovanni al Monte](#)



[Sant'Ilario](#) (page 4)



[Vezzano](#)



[Vigolana](#)



Buoni allenamenti!  
Hyviä treenejä!