



NATIONAL TEAM OPEN CAMP KUOPIO I 14-18 SEPTEMBER 2022

The Finnish national team is organizing a training camp on WOC 2025 relevant terrain, around Kuopio, and offer the possibility to elite orienteers to join that activity.

GENERAL COMMENTS:

The plan for this camp is to get an overview of the challenges that await in 2025, but mostly have a good training block focused on quality and climbing.

PRELIMINARY PLAN:

The final details will be provided to the participants closer from the camp.

FINNISH NATIONAL TEAM - WOC 2025 CAMP - SEPTEMBER 2022						
	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18	
MORNING		07:30 SUNRISE-ACTIVITY (OPTIONAL) 07:30-9:00 BREAKFAST 09:15 HILLS/DOWNHILLS INTERVALS <i>Intense, all fast or only downhill</i> [3-5 X [500m/90m climb. + 1-1,5km downhill]O] Puijonsarvi (15') First-start 10:00 TG	07:30 SUNRISE-ACTIVITY (OPTIONAL) 07:30-9:00 BREAKFAST 09:00 RELAY INTERVALS <i>[3 x 10min, different scenarios, shorter forking for juniors]</i> Loutteinen (45') First-start 10:20 AS	07:30-9:00 BREAKFAST 09:00 SCENIC HILLY RUN Easy speed 1hr30 I ~1000m climb Pisa (60') TG	08:00 SUNRISE-ACTIVITY (OPTIONAL) 07:30-9:00 BREAKFAST Check-out 11:00 KUOPION KESKI. [M21:6,0km I W21:4,8km] [M20:X,Xkm I W20:X,Xkm] Rasinmäki (16') First start 12:00 TG	MORNING
AFTERNOON	14:30 FORKED COURSE I JWOC FOCUS <i>Micro-routes, focus on good execution</i> [~4,0-9,0km] Kirkkokuori Drive to the accom. 50' Jere	12:00 LUNCH 15:00 I 15:15 SHARP ORIENTEERING <i>Forked course risky control placement, focus on having a strategy to attack the control</i> [4-8km] Hanhimäki (19') AS	12:00 LUNCH 15:00 I 15:15 SLOPE STYLE <i>Forked course As much climb as possible, with several legs along the slope</i> [4-10km] Jynkänvuori (8') TG	13:00 LUNCH ~15:30 CONTOURS/CORRIDOR <i>Focus on the technical development and extracting the contours</i> [4-8km] Jynkkä [by foot] TG		AFTERNOON
EVENING	18:00 DINNER 19:00 "WELCOME" MEETING 20:00 MOBILITY [OPTIONAL]	18:00 DINNER 19:00 SMOKE SAUNA 20:00 MOBILITY [OPTIONAL]	18:00 DINNER 19:00 RELAY ANALYSIS 20:00 MOBILITY [OPTIONAL]	18:00 DINNER 19:00 WCUP FINAL / JWOC PREP. 20:00 MOBILITY [OPTIONAL]		EVENING
Spa Hotel Rauhalahdi I Katiskaniementie 8 I 70700 Kuopio						

Accommodation: Rauhalahdi cottages for the national team runners.

Cost per training: 5€

Note: You are responsible to enter thru Irma for the competition organized by Kuopion Suunnistajat on Sunday 18th.



HUIPPUSUUNNISTUS
Suomen Suunnistusliitto



CONTACT PERSONS:

Thierry Gueorgiou
Arttu Syrjäläinen

thierry.gueorgiou@suunnistusliitto.fi
arttu.syrjalainen@suunnistusliitto.fi

+46 73 7671688
045 1105433

ENTRIES:

For the runners outside the national team, entering thru this link **latest the Wednesday 31st August:**

<https://docs.google.com/spreadsheets/d/18kAjoihWL3OoZyK73Trk6DC2vAmWpzABY339cByrg1Y/edit?usp=sharing>

Tervetuloa!

SSL Leadership