



NATIONAL TEAM OPEN CAMP KUOPIO I 05-08 SEPTEMBER 2024

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 a small block of relevant trainings before the World Cup Finals, and making the best of some national teams present at the same time in Kuopio, but mostly to have high focus on developing orienteering skills.

As this camp is placed between two weekend of Finnish championships/selection races, the sessions will be relatively shorts.

PRELIMINARY PLAN:

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

FINNISH NATIONAL TEAM - WOC 2025 CAMP - SEPTEMBER 2024					
	THURSDAY 05	FRIDAY 06	SATURDAY 07	SUNDAY 08	
M O R N I N G	Travel to Kuopio	07:30 SUNRISE-ACTIVITY (OPTIONAL) 07:30-9:00 BREAKFAST 08:45 MIDDLE DISTANCE w/ SUI/AUT [M21: 5,2km / W21: 4,5km] [M20: 4,2km / W20: 3,6km] Lastukoski (50') [NEW MAP/NEXT WCUP TERRAIN] First-start 10:20	07:30 SUNRISE-ACTIVITY (OPTIONAL) 07:30-9:00 BREAKFAST 08:45 RELAY INTERVALS w/ SUI [3x10-12'] Saarvo (50') First-start 10:30	07:30 SUNRISE-ACTIVITY (OPTIONAL) 07:30-9:00 BREAKFAST 09:00 EASY RUN TO VANUVUORI TOWER & SKILLS ("DIFFUSE" NAVIGATION /15.000) & MICRO SPRINT [~6-10km] Vanuvuori (17')	M O R N I N G
A F T E R N O O N	~15:00 INTRO [Forked] & MICROSPRINT [6km + 1km] Jynkänvuori (meeting on spot) ~17:00 CHECK-IN	12:30-13:30 LUNCH 15:15/15:45 SKILLS MASTERING GREENS & "TRANSITIONS" [4-6km] Rasinmäki (16')	13:00 LUNCH [FREE-START] SKILLS CONTROLPICK. & CONTOURS & 17:30 TEAM-ACTIVITY [4-6km] Jynkkä (by foot)	12:00 LUNCH & CHECK-OUT	A F T E R N O O N
E V E N I N G	18:00 DINNER 19:00 WELCOME MEETING 20:30 MOBILITY [OPTIONAL]	18:00 DINNER 19:00 MD ANALYSIS & WORLD CUP OVERVIEW 20:30 MOBILITY [OPTIONAL]	18:00 DINNER 20:30 MOBILITY [OPTIONAL]		E V E N I N G
Rauhalahti Holiday Centre Rauhankatu 3 70700 Kuopio					

Note: Preliminary timetable. The times shown are when we plan to leave the accommodation.

[Locations](#)



HUIPPUSUUNNISTUS
Suomen Suunnistusliitto



Accommodation: [Rauhalampi cottages](#). ~35€ /night/pers.

Food: at Rauhalampi Spa hotel. 13€ breakfast, 14,5€ lunch, 18€ dinner.

Cost per training: 10€ [WOC 2025 price]

Note: The training camp is ending Sunday 08th after the lunch.

NATIONAL TEAM RUNNERS:

Activity covered at 100% for A-national team runners, 50% for challengers, 0% for juniors and others. Travels not included, but we will do our best to coordinate it.

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ENTRIES:

Thru this link **latest the Sunday 4th August:**

<https://docs.google.com/forms/d/e/1FAIpQLSexxzzMZZUIPbZl1cNg26acgk-l-q1gwHrkiaaLQUzrBVf9g/viewform?vc=0&c=0&w=1&flr=0>

Note: This camp is open to juniors from the national team (and those who have represented Finland in international races in 2024), and runners who are aiming to run the World Cup Final 2024.

Tervetuloa!

SSL Leadership