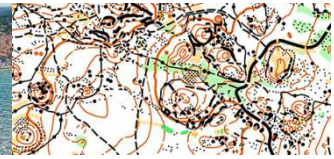


Training camp – trainings schedule

Slovenia – Koper



LIPICA OPEN



Saturday

Lipica open

Accommodation – start/finish – 280 km

Parking – 45°41'39.9"N 13°56'22.8"E

Divaška jama, 1 : 10 000, Äquidistanz 5 m

- middle distance
- more info - <http://www.lipicaopen.com/>

normal map – competitions

speed = fast

Sunday

Lipica open

Accommodation – start/finish – 50 km

Parking – 45°45'12.9"N 13°49'19.4"E

Veliky Dol, 1 : 10 000, Äquidistanz 5 m

- long distance
- more info - <http://www.lipicaopen.com/>

normal map – competitions

speed = fast

O-game

Accommodation – start/finish – 44 km

Start – 45°40'27.8"N 13°54'39.9"E

Vilenica, 1 : 10 000, Äquidistanz 5 m

- 2 000 m – 12 controls

normal map – flags on the controls

speed = walking

Monday

Sprint corridor + short legs

Accommodation – start/finish – 14 km

Start – 45°31'42.4"N 13°34'06.2"E

Piran, 1 : 4 000, Äquidistanz 2,5 m

- Corridor – 2 000 m or 3 000 m
- Short legs – 1 700 m – 25 controls

normal map – flags on the controls

speed = medium

Sprint loops

Accommodation – start/finish – 14 km

Start – 45°32'52.8"N 13°43'51.6"E

Koper, 1 : 4 000, Äquidistanz 2,5 m

- A – 1 750 m – 13 controls
- B – 1 600 m – 13 controls
- C – 1 570 m – 13 controls

normal map – flags + SI on the controls

speed = fast

Tuesday

Relay (first leg)

Accommodation – start/finish – 46 km

Start – 45°40'21.2"N 13°56'56.7"E

Divaška jama, 1 : 10 000, Äquidistanz 5 m

- I – 1 350 m – 4 controls
- II – 950 m – 4 controls
- III – 1 450 m – 5 controls

- IV – 1 400 m – 4 controls
- V – 1 330 m – 5 controls
- J+A – 2 840 m – 16 controls
- K+M – 2 040 m – 11 controls

normal map – flags + SI on the controls
speed = fast

Middle

Accommodation – start/finish – 20 km

Start – 45°30'03.9"N 13°49'59.3"E

Zabavlje, 1 : 7 500, Äquidistanz 5 m

- H – 3 670 m – 220 m climbing – 18 controls
- D – 2 590 m – 170 m climbing – 13 controls
- J+A – 1 000 m – 95 m climbing – 6 controls
- K+M – 1 050 m – 90 m climbing – 6 controls

normal map – flags + SI on the controls
speed = fast

Wednesday Even Odd (course + line)

Accommodation – start/finish – 51 km

Start – 45°43'52.9"N 13°44'57.1"E

Sgonico, 1 : 10 000, Äquidistanz 5 m

- XL – 10 600 m – 360 m climbing – 20 controls
- L – 8 200 m – 1-13 + 18-20 controls
- M – 6 500 m – 1-10 + 17-20 controls
- S – 5 400 m – 1-2 + 7-10 + 17-20 controls
- J+A – 2 400 m – 8 controls
- K+M – 2 000 m – 7 controls

normal map – flags on the controls
speed = medium

Thursday Loops

Accommodation – start/finish – 44 km

Start – 45°40'23.9"N 13°54'29.0"E

Lipica, 1 : 10 000, Äquidistanz 5 m

- A – 1 080 m – 5 controls
- B – 1 250 m – 6 controls
- C – 1 270 m – 4 controls
- D – 1 190 m – 5 controls
- E – 1 070 m – 5 controls
- F – 920 m – 4 controls
- AJKM – 2 000 m – 12 controls (stars)

normal map – SI and flags on the controls
speed = fast

Memory + sprint

Accommodation – start/finish – 50 km

Start – 45°41'39.0"N 13°55'19.5"E

Vrabčna jama, 1 : 10 000, Äquidistanz 5 m

- forest sprint – 1 280 m – 10 controls
- memory – 4 440 m – 19 controls
- J+A – 3 140 m – 10 controls
- K+M – 1 680 m – 8 controls

normal map – SI (on sprint) and flags (map on memory) on the controls
speed = medium

Friday Sprint + sprint relay

Accommodation – start/finish – 19 km

Start – 45°32'28.8"N 13°39'23.9"E

Izola, 1 : 4 000, Äquidistanz 2,5 m

- Sprint H – 1 790 m – 15 controls
- Sprint D – 1 360 m – 12 controls
- Sprint relay – I. leg – H – 1 940 m – 17 controls
- Sprint relay – II. leg – H – 1 640 m – 16 controls

normal map – flags + SI on the controls
speed = fast

Sprint

Accommodation – start/finish – 13 km

Start – 45°30'50.5"N 13°35'40.4"E

Portoroz, 1 : 4 000, Āquidistanz 2,5 m

- HD – 2 460 – 19 controls
- AJKM – 1 770 m – 15 controls

normal map – flags + SI on the controls

speed = fast

Friday

Direction (compass) training + short legs

Accommodation – start/finish – 36 km

Start – 45°33'56.6"N 13°56'29.9"E

Prešnica, 1 : 10 000, Āquidistanz 5 m

- H – 8 110 m – 31 controls
- D – 6 340 m – 26 controls
- HD – 4 720 m – 21 controls
- J+A – 2 830 m – 12 controls
- K+M – 2 420 m – 8 controls

normal map – flags on the controls

speed = medium

Maps with training places -

<https://www.google.cz/maps/@45.521053,13.4239094,10.25z/data=!4m2!6m1!1s12UK20mwnZ0xkfGC7Y7yyNA46nBU?hl=cs>

All trainings (maps in JPG format, results in PDF format) you will find on Facebook (Austrian junior team) or ZBM home page (<http://zhusta.sky.cz>)

