

# TRÄNINGSLÄGER I SÄLEN



TRAININGS IN SÄLEN 2021



**Konfirmation**  
**Sälen**  
**orientering**



# TRÄNINGSLÄGER I SÄLEN

## GENERALL INFORMATION ABOUT TRAININGS IN SÄLEN

### **AVAILABILITY OF TRAININGS**

Controls are set from June 15<sup>th</sup> until August 31<sup>st</sup>, except of the training "5. Sprint Tandådalen" where we have flags only during the week 26 (June 28 – July 4).

### **CONTROL MARKING**

Each control is marked with an orange/white stripe with a number code. On trainings "7. Forestsprint, Pulsen" and "8. Downhill, Stornärfjället" there are large orienteering flags with EMIT controls.

### **MAPS**

In Sälen we have more than 120 km<sup>2</sup> mapped by Kenneth Kaisajuntti that are regularly updated. All our maps are printed digitally and are of a very high quality. Equidistance is 5 m.

### **ELECTRONIC TIMING**

There is a possibility to run with EMIT on trainings "7. Forestsprint, Pulsen" and "8. Downhill, Stornärfjället". You can borrow EMIT cards in "Check-in 7 Solbacken", where you can also find the read-out station for your split times.



### **SALES**

You can buy the trainings directly in Sälen between June 15<sup>th</sup> and August 31<sup>st</sup>.



# TRÄNINGSLÄGER I SÄLEN

## PRICE

Black and Violet courses - 70 SEK/map

White, Orange and Yellow courses - 40 SEK/map

When you buy five or more maps, you will get a 10 SEK discount per map.

You can pay with Swish to number: 1233170313. Mark the payment with your name and "Trainings Sälen" or leave your billing address on a document available at the "place you collect your maps" We will come back with information about the exact location.

**Note!** There is a limited number of maps, therefore large groups and clubs are recommended to order them at least 2 weeks before their stay in Sälen.

Order trainings [here](#) or use the QR code:



NR.	TYPE	LOCATION	AVAILABLE COURSES
1	ONE-MAN RELAY	MYRFLODAMMEN	○ ● ● ● ●
2	MIDDLE DISTANCE	HÖGFJÄLLET	○ ● ● ● ●
3	TWO-MAN RELAY	NÄRSJÖN	○ ● ● ● ●
4	DIAMOND	HUNDEFJÄLLET	● ● ●
5	SPRINT	TANDÅDALEN	ONE COURSE
6	NATURPASS	MYRFLODAMMEN	FREE ORDER 50 CP
7	FOREST SPRINT	ÖSTRA KALVEN	● ●
8	DOWNHILL	STOR NÄRFJÄLLET	● ●
9	RELOCATION	MYRFLODAMMEN	● ●
10	LABYRINTH	FLATEFJÄLLET	● ●
11	LONG DISTANCE	TANDÅDALEN	● ●
12	FLYING KILOMETER	FLATEFJÄLLET	● ●

## SPECIAL NEEDS?

Do you have requests for special training sessions or just want something extra?

Contact William Lind: on the phone number +46 737662167 or at lindwilliam@hotmail.com

## LIVELOX

For those who want to analyse their performances, all trainings will be uploaded on Livebox.

### WARNING!

*It is up to each individual to be responsible for their own safety in the mountains. Always notify a friend or relative, or leave a travel message at Experium's reception if you go out alone to the mountains. Malung's OK disclaims any responsibility.*





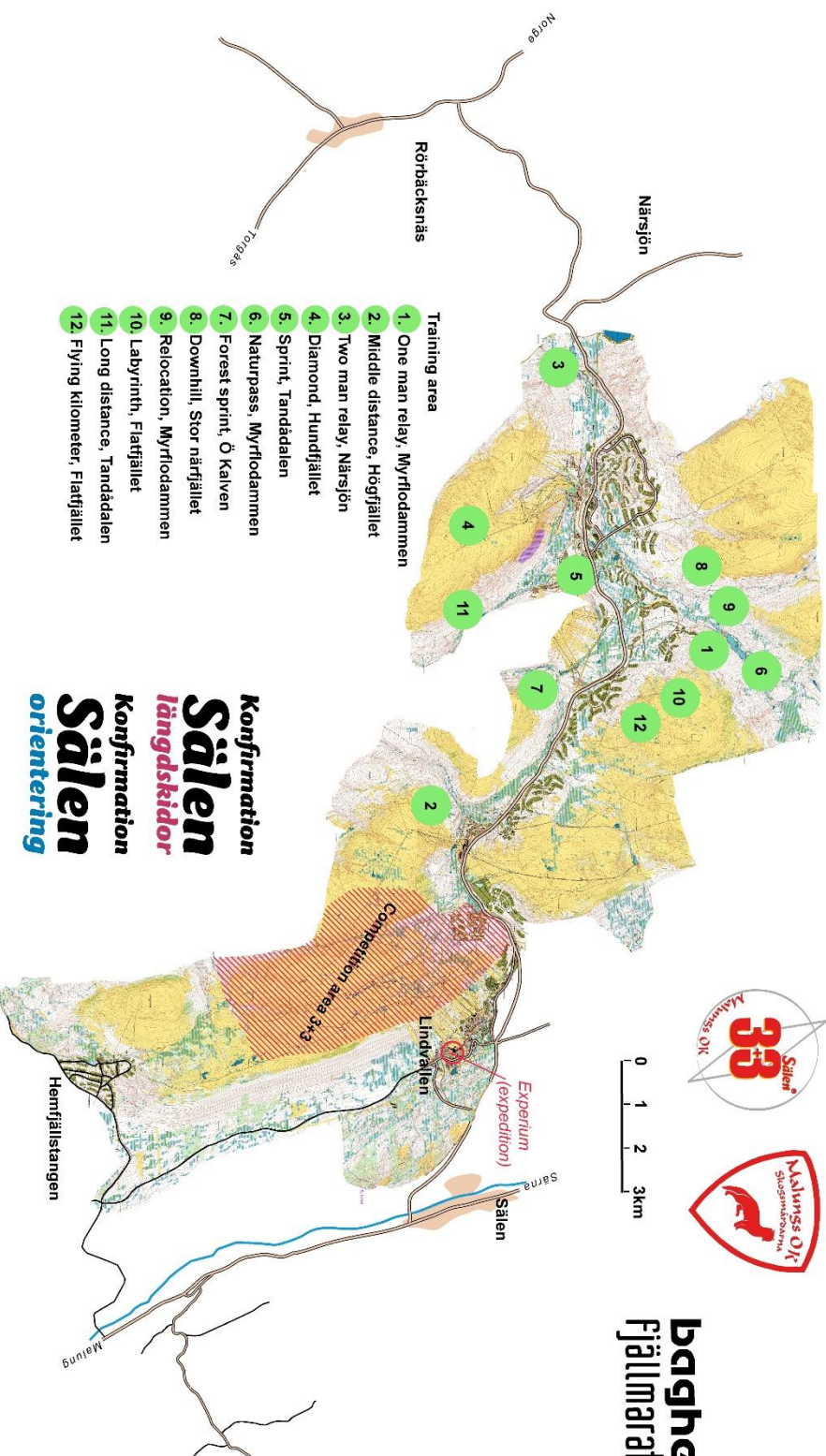
# TRÄNINGSLÄGER I SÄLEN

## Overview map 2021



**baghceera**  
Fjällmaraton **SÄLEN**

0 1 2 3km



Rörbäcksnäs

Närsjön

Training area

1. One man relay, Myrflodammen
2. Middle distance, Högfjället
3. Two man relay, Närsjön
4. Diamond, Hundfjället
5. Sprint, Tandådalen
6. Naturpass, Myrflodammen
7. Forest sprint, Ö Kaiven
8. Downhill, Stor närfjället
9. Relocation, Myrflodammen
10. Labyrinth, Flatfjället
11. Long distance, Tandådalen
12. Flying kilometer, Flatfjället

**Konfirmation**  
**Sälen**  
**längdskidor**  
**Konfirmation**  
**Sälen**  
**orientering**

Lindvallen

Experium  
(expedition)

Sälen

Competition area 3&3

Hemfjällstangen

Malung

# TRÄNINGSLÄGER I SÄLEN

## 1. One-man relay, Myrflodammen

### GATHERING:

Take the road 66 and turn towards Myrflodammen. Parking is suggested in one of the circled areas on the map.

GPS coordinates: 61.201746, 13.020766

### PURPOSE:

This training offers an excellent opportunity to practice "keeping a cool head" without being disturbed by other runners in the forest. Keep focusing fully on your own orienteering and ignore external distractions.

### METHOD:

A forked course that takes you through beautiful but tricky mountain terrain. Scale 1:10 000

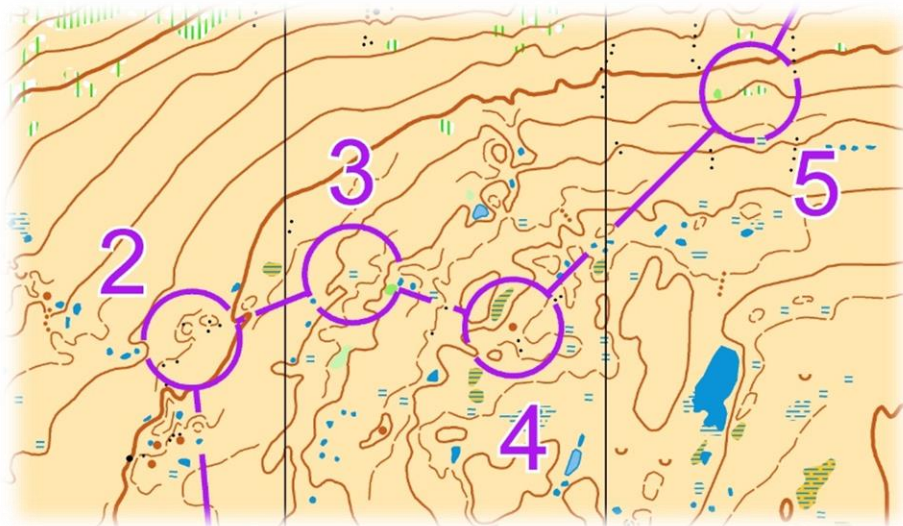
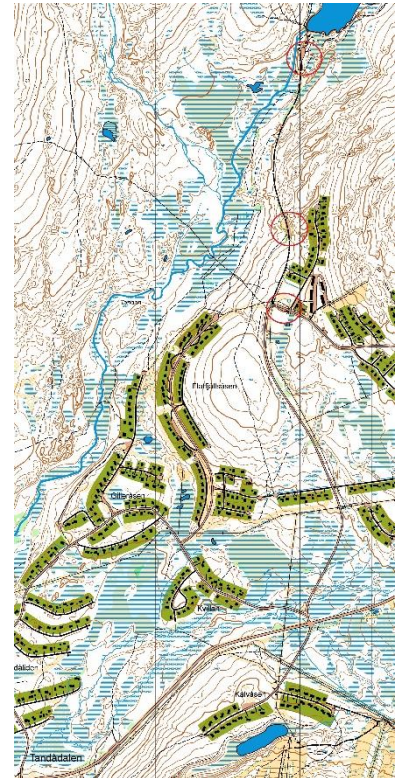
Black course: ca 8,5 km (three variants of forking)

Violet course: ca 6 km (three variants of forking)

Orange course: ca 3,3 km (three variants of forking)

Yellow course: ca 2,7 km (straight course)

White course: ca 2,2 km (straight course)





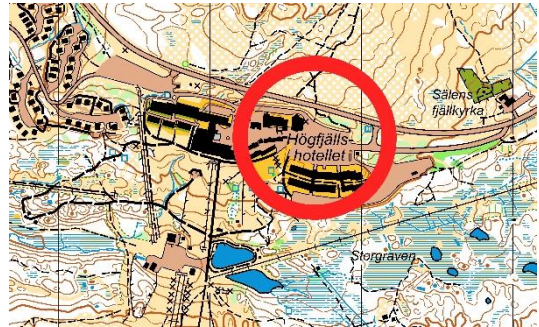
# TRÄNINGSLÄGER I SÄLEN

## 2. Middle distance, Högfjället

### GATHERING:

Take the road 66 to Högfjällshotell. You can park at the main hotel parking lot (red circle on the map).

GPS coordinates: 61.156667, 13.121075



### PURPOSE:

Excellent chance to try all your race routines. Do you have a pre-start ritual? A special warm-up routine? Maybe you want to try new pre-race meal? Here you are offered a great shot to do it all!

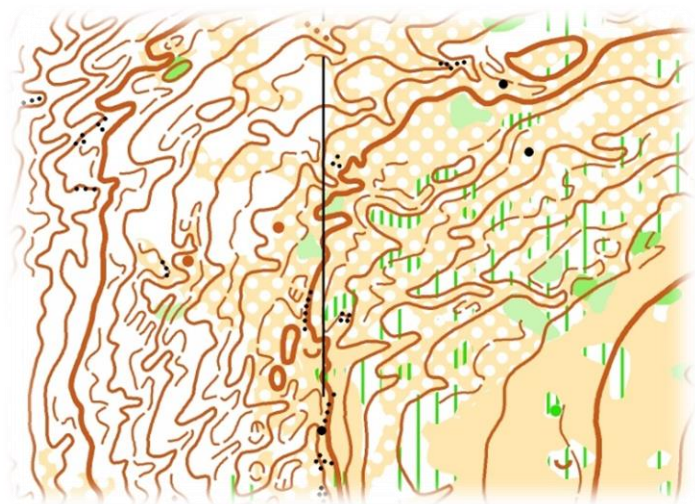
Use the option to take and read your loose definition properly while running as it is also very important part of your complex orienteering performance.

Challenge your friends and make out of this opportunity a real race!

### METHOD:

Middle distance course in typical varying Sälenfjällen area (everything from open mountains through tricky forest slopes till flatter marshy areas). Loose definition. Scale 1:10 000.

Black course: 6,5 km  
Violet course: 3,9 km  
Orange course: 3,0 km  
Yellow course: 2,5 km  
White course: 1,9 km



### TIP:

Go through your route-choices after the training and analyse what did go well and where you could do it differently. Maybe do a group chat and use the Livelox?





# TRÄNINGSLÄGER I SÄLEN

## 3. Two-man relay, Närsjön

### **GATHERING:**

Drive Fjällvägen 66 towards Norway, pass Hundfjället and you will soon be on the map. Parking is at the gravel parking lot on the left side of the road.

GPS coordinates for parking: 61.178285, 12.913619



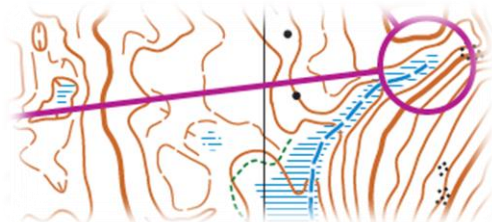
### **PURPOSE:**

This training's main purpose is to offer athletes the possibility to orienteer at the high speed under bigger pressure.

### **METHOD:**

White and yellow courses can either be done individually or as a mass start.

Orange and violet/black courses are recommended to be ran in teams of two athletes of similar level. All first leg runners should start of a mass start. Leg two runners jog to the following changeover control. There they wait for a changeover and afterwards they continue on their part of the course to the next changeover control where they change to leg one runners again. Etc. On the way back (finish -> start), athletes run the other part of the course ran in the first round by the other team member. Scale 1:10000.



Violet/ Black course: ca 4,4 km (3 variants of forking)

Orange course: ca 3,0 km (3 variants of forking)

Yellow course: 2,7 km (straight course)

White course: 1,8 km (straight course)





# TRÄNINGSLÄGER I SÄLEN

## 4. DIAMOND, HUNDFJÄLLET

### **GATHERING:**

Take Fjällvägen 66 towards Norway and turn towards Hundfjället. Park at the large parking lot (red circle on the map).

GPS coordinates: 61.177885, 12.962535

### **PURPOSE:**

Focus on your running direction and try to feel the distance.

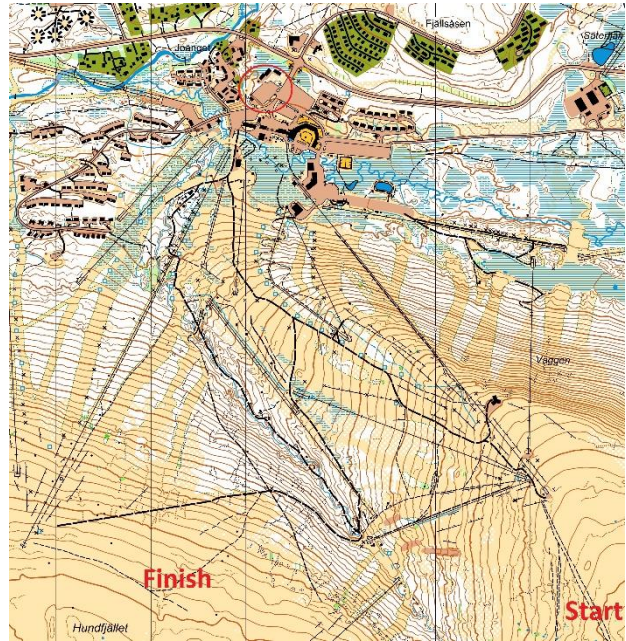
### **METHOD:**

Forked courses, groups of 2-4 runners start together. Around 2 km to start from the parking, courses can be easily shortened. Scale 1:10 000.

Black course: 7,9 km (3 variants of forking)

Violet course: 5,6 km (4 variants of forking)

Orange course: 3,9 km (4 variants of forking)





# TRÄNINGSLÄGER I SÄLEN

## 5. SPRINT, TANDÅDALEN

### GATHERING:

Take the road 66 and turn towards Tandådalen. Park at the large parking lot (red circle on the map).

GPS coordinates: 61.175120, 12.997552



### PURPOSE:

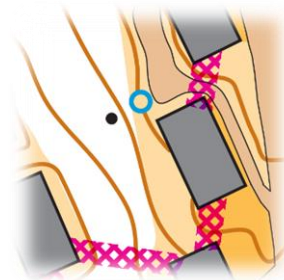
This sprint offers an opportunity to work on your focus and anticipation at a high speed. There will be added out-of-bounds areas in order to create more challenging and different route choice possibilities (you should respect them and not go through, even though it's no marking in the terrain, as the symbol indicates). They look like the one shown in the picture.

### METHOD:

The sprint course is constituted by two different parts. Athletes are recommended to start with part 1 and turn to part 2 as soon as they get to the last control of the part 1. From one part to another some out-of-bounds areas may change, so read the map carefully and keep the focus all the way!

Scale 1:4000

One course - 2,6 km (part 1 - 1,6 km, part 2 - 1 km)





# TRÄNINGSLÄGER I SÄLEN

## 6. NATURPASSET, MYRFLODAMMEN

### GATHERING:

Take the road 66 and turn towards Myrflodammen. Parking is suggested in one of the circled areas on the map.

GPS coordinates: 61.201746, 13.020766

### PURPOSE:

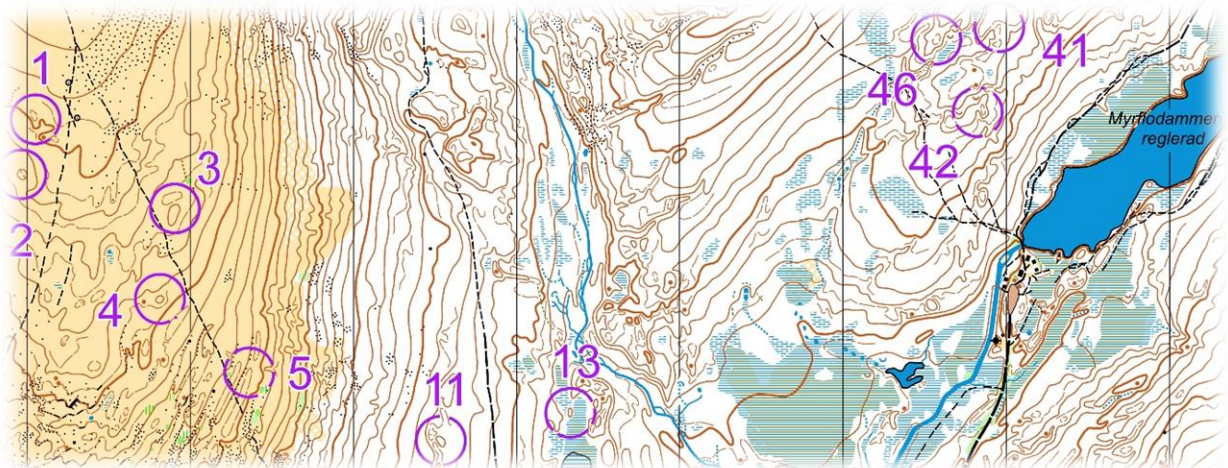
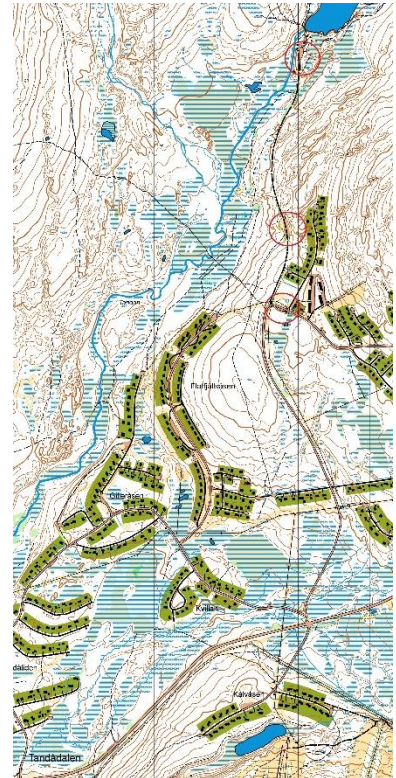
A training where you can train on what you want and need.

### METHOD:

A map with 50 controls of different difficulties. You can make your own courses using available controls in the area; for example, forked control picking, middle distance, long distance, direction exercises, etc. In addition to these controls, there is a short downhill course you are welcome to try.

Do what feels most fun and rewarding!

Scale 1:10 000, A3.





# TRÄNINGSLÄGER I SÄLEN

## 7. FOREST SPRINT, Ö KALVEN

### GATHERING:

Take the road 66 and turn towards Tandådalen - Östra skidområdet (Pulsen). Park at the large parking lot (red circle on the map).

GPS coordinates: 61.178919, 13.046003



### PURPOSE:

Trainings on a larger scale often make it easier to get a good flow in the map reading. So take the chance and practice right orienteering decision-making at a high speed.

### METHOD:

The course runs in relatively flat mountain terrain.

Scale 1: 5 000

Violet: 2,6 km

Orange: 2,5 km



### DID YOU KNOW:

Let's say you run at a speed of 6 min / km. If you run 10 extra meters, you lose 3.6 seconds. If you can save 10m at each exit, you earn 1 min and 12 s on 20 controls. In other words, there are many seconds to save on being accurate with the direction.





# TRÄNINGSLÄGER I SÄLEN

## 8. DOWNHILL, STOR NÄRFJÄLLET

### GATHERING:

Take the road 66 and turn towards Myrflodammen. Parking is suggested in one of the circled areas on the map.

GPS coordinates: 61.201746, 13.020766

### PURPOSE:

Downhill training is your chance to practise high-speed orienteering without being physically demanding as usually. Running downhill is also an excellent way to train your running technique.

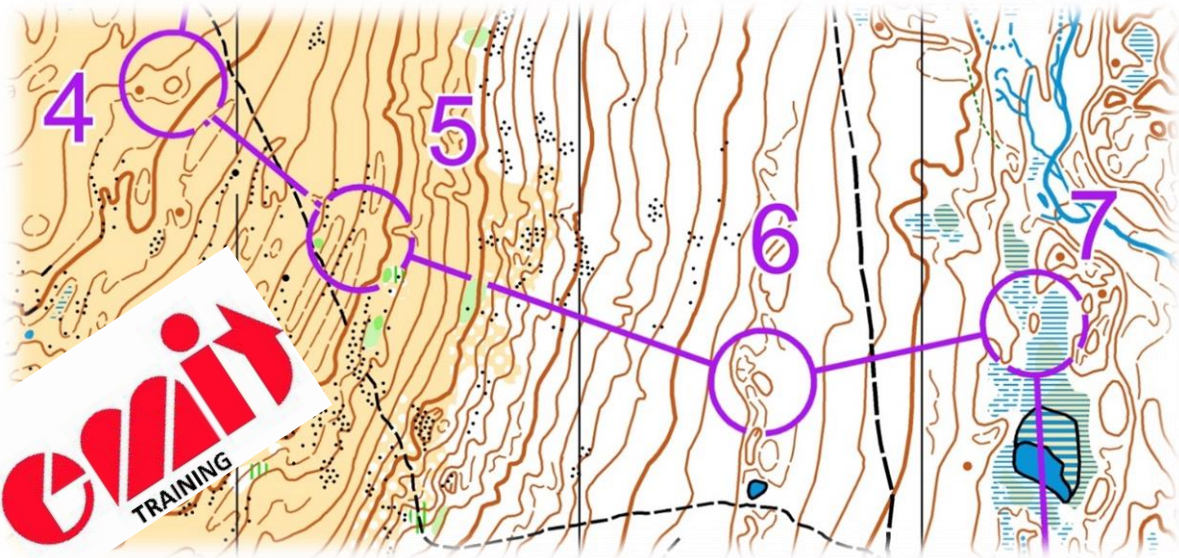
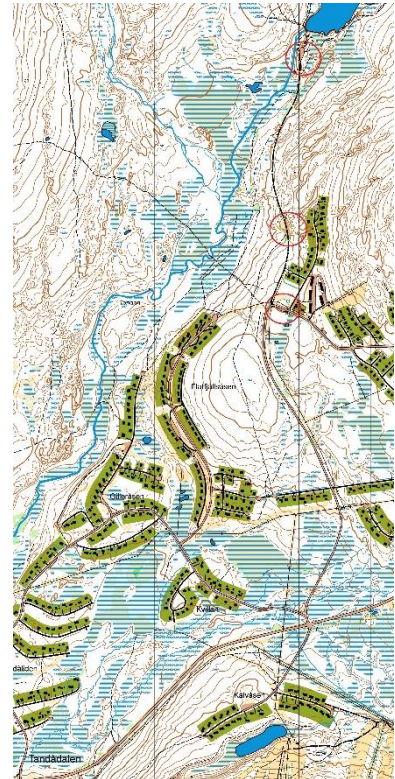
### METHOD:

A course that almost only goes downhill, where the start is located 225 meters above the finish.

Scale: 1:10 000

Violet: 3,5 km

Orange: 2,5 km



### TIP:

This workout can be smart to take at the end of the camp when the body is tired the most and it is tough to get up in heart rate. With this type of training, you can still get a technical challenge at a high speed.





# TRÄNINGSLÄGER I SÄLEN

## 9. RELOCATION, MYRFLODAMMEN

### GATHERING:

Take the road 66 and turn towards Myrflodammen. Parking is suggested in one of the circled areas on the map.

GPS coordinates: 61.201746, 13.020766

### PURPOSE:

Orienteering is about staying concentrated and knowing where you are heading. But sometimes it happens... "Oops, where am I?" Today you have a perfect chance to train how to deal with this situation.

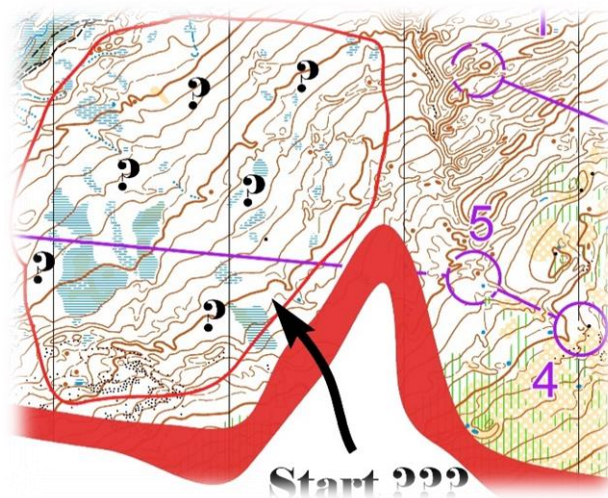
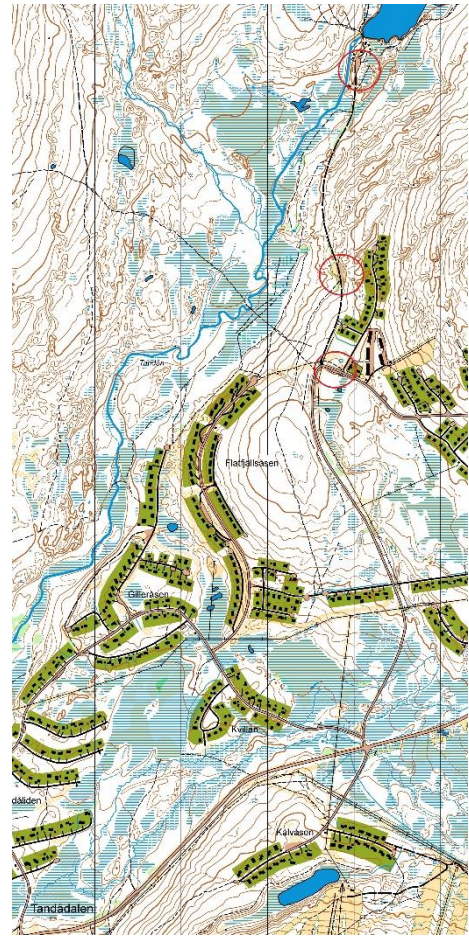
### METHOD:

Let someone take you to the area with question marks and start where he wants you to. Relocate yourself as fast as possible and go for the first control. There are also areas with blind map (white colour), where you should try to keep direction until you reach the mapped area and relocate again.

Scale 1:10 000

Violet course: ca 4,5 km (depending on where you start).

Orange course: ca 2,5 km (depending on where you start).





# TRÄNINGSLÄGER I SÄLEN

## 10. LABYRINTH, FLATFJÄLLET

### GATHERING:

Take the road 66 and turn towards Myrflodammen. Parking is suggested in one of the circled areas on the map.

GPS coordinates: 61.201746, 13.020766

### PURPOSE:

This Labyrinth offers you possibility to work on your anticipation skills and legs execution. You will face several route choices that need to be planned ahead and some big angle direction changes that require a lot of focus and map contact. Courses are short, so you have the best chance to stay fully focused until the end. Have fun!

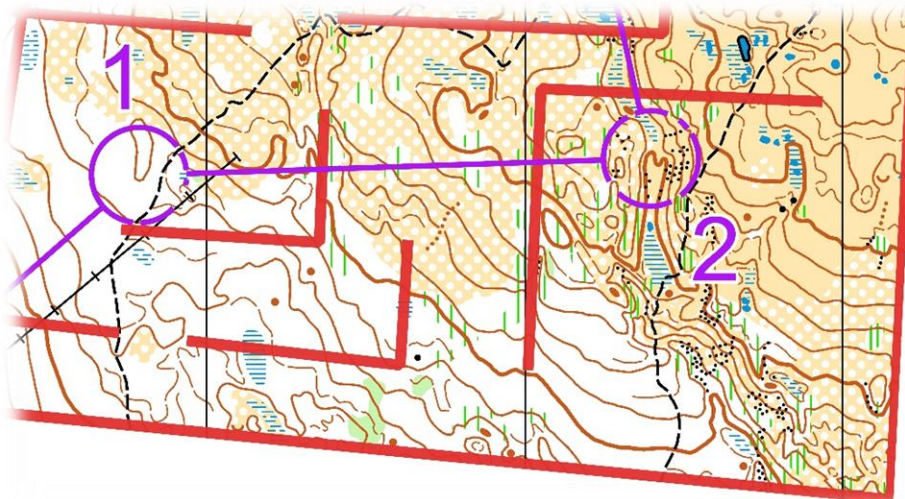
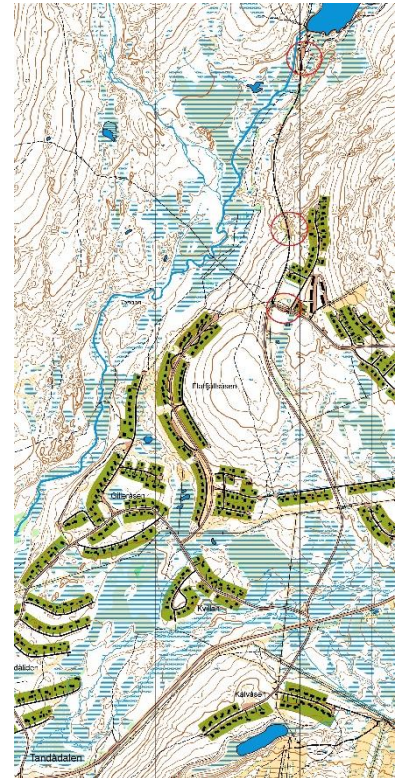
### METHOD:

Labyrinth (represented in red on the map) will not be marked in the terrain but you should try not to touch the "imaginary red lines" to fully succeed with this exercise's goal.

Scale 1:10 000

Violet course: 3,4 km

Orange course: 1,8 km





# TRÄNINGSLÄGER I SÄLEN

## 11. LONG DISTANCE, TANDÅDALEN

### GATHERING:

Take the road 66 and turn towards Tandådalen. Park at the large parking lot (red circle on the map).

GPS coordinates: 61.175120, 12.997552



### PURPOSE:

The purpose of this training is to test your strategies on a long-distance course. It will put high demands on your concentration and endurance, but you will be able to enjoy some beautiful mountain environment, too. Long sessions like this strengthen the body's joints and ligaments and in the long run reduce the risk of injury.

### METHOD:

A course with a lot of slope challenges.

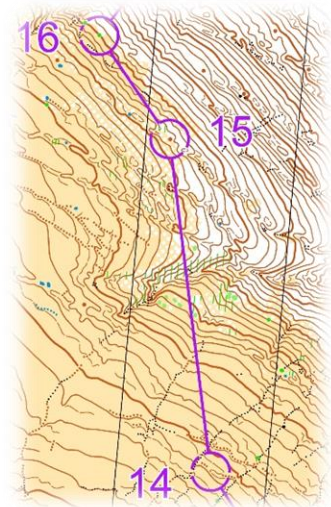
Scale 1:15 000

Violet course: 9,5 km (2 shortening possibilities – 4,0/5,7 km)

Orange course: 9,4 km (3 shortening possibilities - 3,5/6,3/7,6 km)

### TIP:

It is difficult and time-consuming to know your exact position all the time. However, it is of a highest importance to know where you are heading (in other words have a good plan). So, try to simplify the map, look up and keep track of your direction.





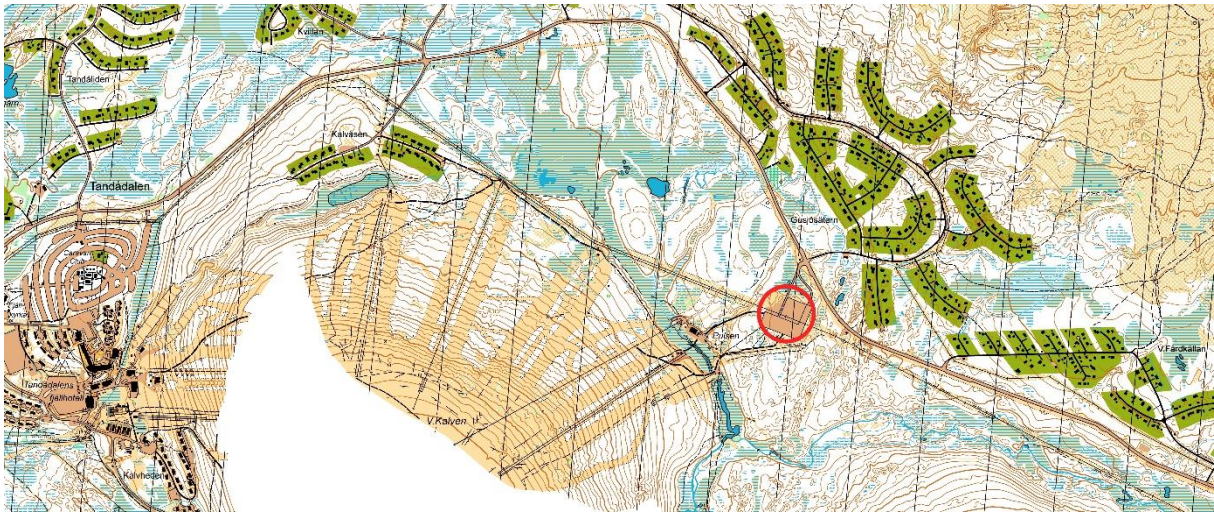
# TRÄNINGSLÄGER I SÄLEN

## 12. FLYING KILOMETER, FLATFJÄLLET

### **GATHERING:**

Take the road 66 and turn towards Tandådalen - Östra skidområdet (Pulsen). Park at the large parking lot (red circle on the map).

GPS coordinates: 61.178919, 13.046003



### **PURPOSE:**

Courses are very short, so you are challenged to be 100% present in the moment and focused only on the map and what are you doing.

### **METHOD:**

There are two exactly 1 km long courses (one with Violet difficulty and one with Orange). The start and the finish are the same, so you can compete against each other. Start together with a friend and race down to the goal or challenge yourself and try to make the course as close to the line as possible. As a warm up/cold down you have two corridors to choose from, one Orange and one Violet. You can also decide to simply run up and down the path to the start. All the options are available on the same map and so you have several possibilities to choose from on this training. Maybe you will try both difficulties? 😊

Scale 1:10 000

Violet course: 1000 m (+corridor 1,7 km)

Orange course: 1000 m (+corridor 2,0 km)

