

# TRÄNINGSLÄGER I SÄLEN



TRAININGS IN SÄLEN 2023



Konfirmation  
**Sälen**  
orientering



# TRÄNINGSLÄGER I SÄLEN

## GENERAL INFORMATION ABOUT TRAININGS IN SÄLEN

### **AVAILABILITY OF TRAININGS**

Controls are set from June 15<sup>th</sup> until end of August, with the exception of training "5. Sprint intervals Tandådalen" where we have flags only during the week 26 (June 26 – July 2).

### **CONTROL MARKING**

The controls are marked with an orange/white stripe with a code number.

On training "7. Forest sprint, Närsjön" there are big 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 with very high quality. Equidistance is 5 m.

### **ELECTRONIC TIMING**

There is a possibility to run with EMIT on trainings "7. Forest sprint, Närsjön" You can borrow EMIT cards at ICA Linvallen (This will not be possible during 3+3 week because we need them to the competition).



# TRÄNINGSLÄGER I SÄLEN

## SALES

You can buy the trainings directly in Sälen at ICA Supermarket Lindvallen, (outside the toilets, right front corner when enter ICA) between June 15th and August 31th.

## PRICE

Naturpass- 100 SEK/map.

Black and Violet courses - 80 SEK/map.

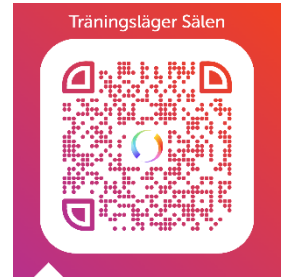
White, Orange and Yellow courses - 50 SEK/map.

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:



Training	Difficulty
1. One man relay, Ö Kalven	○ ● ● ● ●
2. Long distance, V Färdkällan	○ ● ● ● ●
3. Downhill, Hundfjället	○ ● ● ● ●
4. Middle Distance, Hundfjället	● ● ●
5. Sprint intervals, Tandådalen	● ● ●
6. Naturpass, Hundfjället-Närsjön	50 CP and a small course
7. Forest sprint, Närsjön	● ●
8. Control picking, Närsjön	● ●
9. O- Intervals, Flatfjället	● ●
10. Marsh orienteering, Pulsen	● ●
11. Start, Tandådalen	● ●

## 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](mailto:lindwilliam@hotmail.com)

## LIVELOX

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

## 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.*



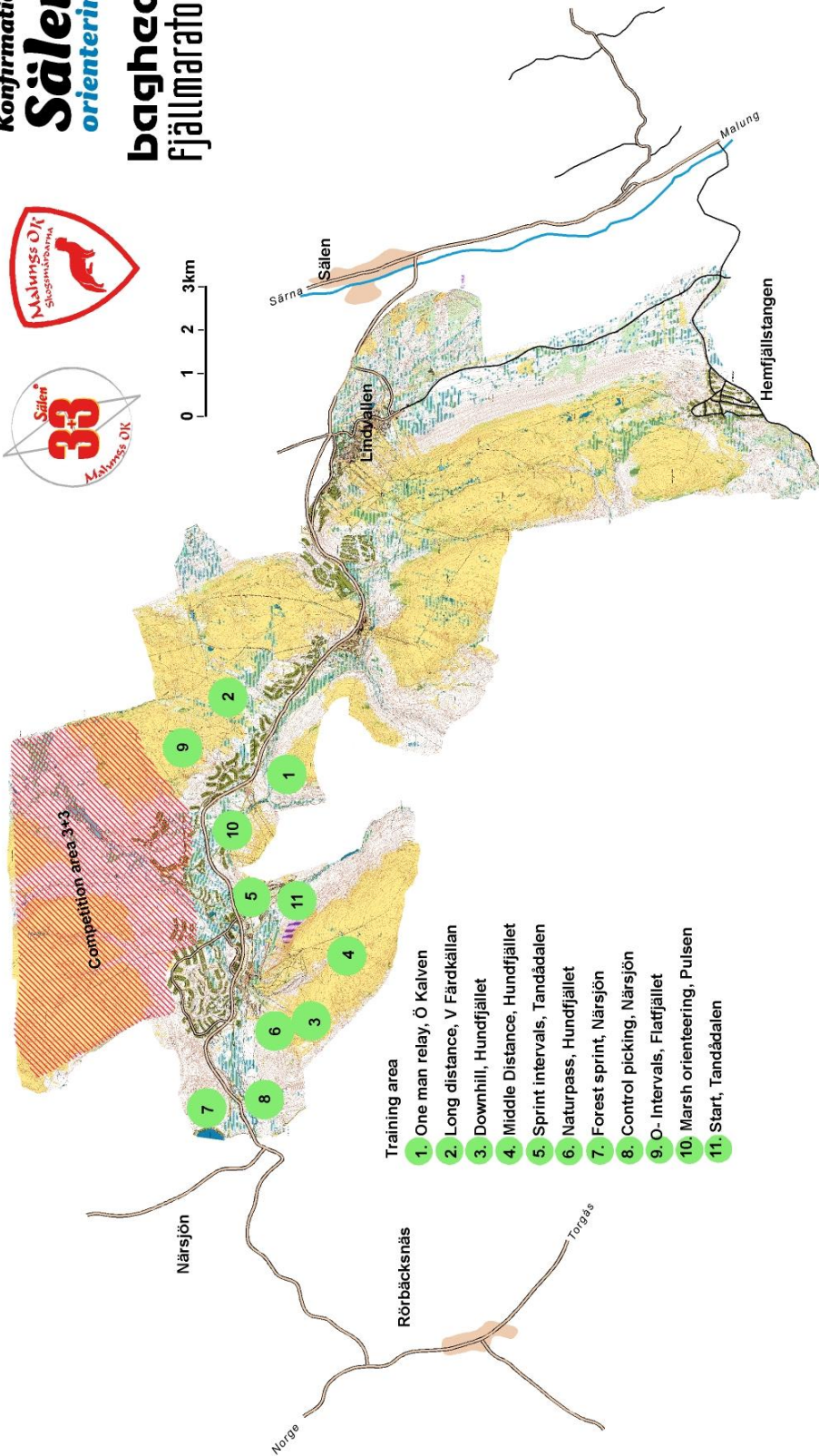
# TRÄNINGSLÄGER I SÄLEN

## Overview map 2023

Konfirmation  
**Sälen**  
orientering  
bagheera  
Fjällmaraton SÄLEN



0 1 2 3km



### Training area

1. One man relay, Ö Kalven
2. Long distance, V Färdkällan
3. Downhill, Hundfjället
4. Middle Distance, Hundfjället
5. Sprint intervals, Tandådalen
6. Naturpass, Hundfjället
7. Forest sprint, Närsjön
8. Control picking, Närsjön
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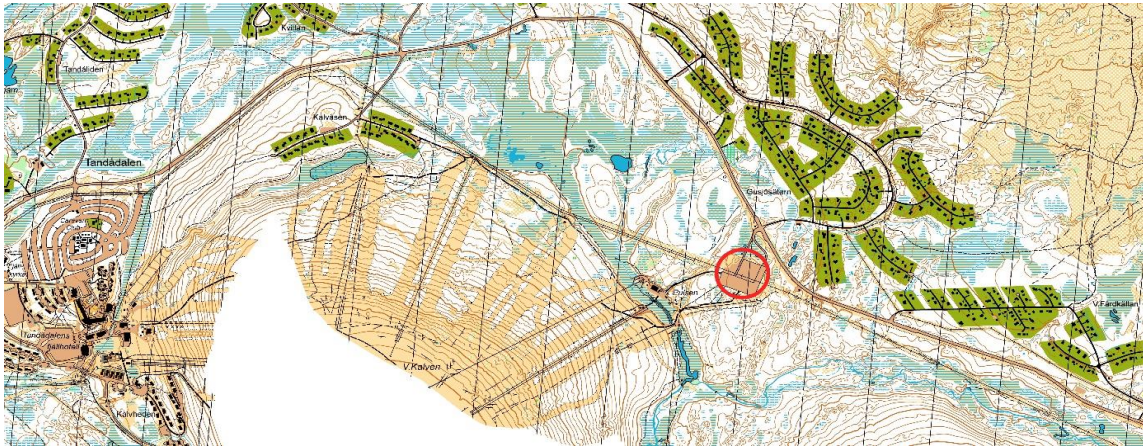
# TRÄNINGSLÄGER I SÄLEN

## 1. ONE MAN RELAY, 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:

This training's main purpose is to offer athletes the possibility to orienteer under big pressure "keeping a cool head" and do your own thing even if you have other runners around. The key is to keep focusing fully on your own orienteering and ignore external distractions.

***"Make sure your worst enemy doesn't live between your own two ears."*** Laird Hamilton

### METHOD:

A forked course that partly takes you through one of Sälen's fastest forest terrains but for the Black and Violet course you also will find some more tuff legs on the mountain side.

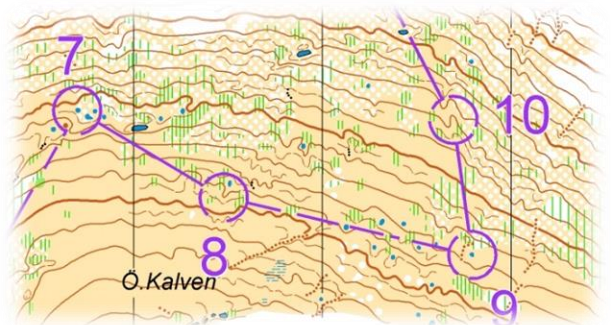
Black course: 8,4 km (five variants of forking) Scale 1:10 000

Violet course: 4,7 km (six variants of forking) Scale 1:10 000

Orange course: 3,5km (six variants of forking) Scale 1:7500

Yellow course: 3,4 km (straight course) Scale 1:7500

White course: 1,6 km (straight course) Scale 1:7500





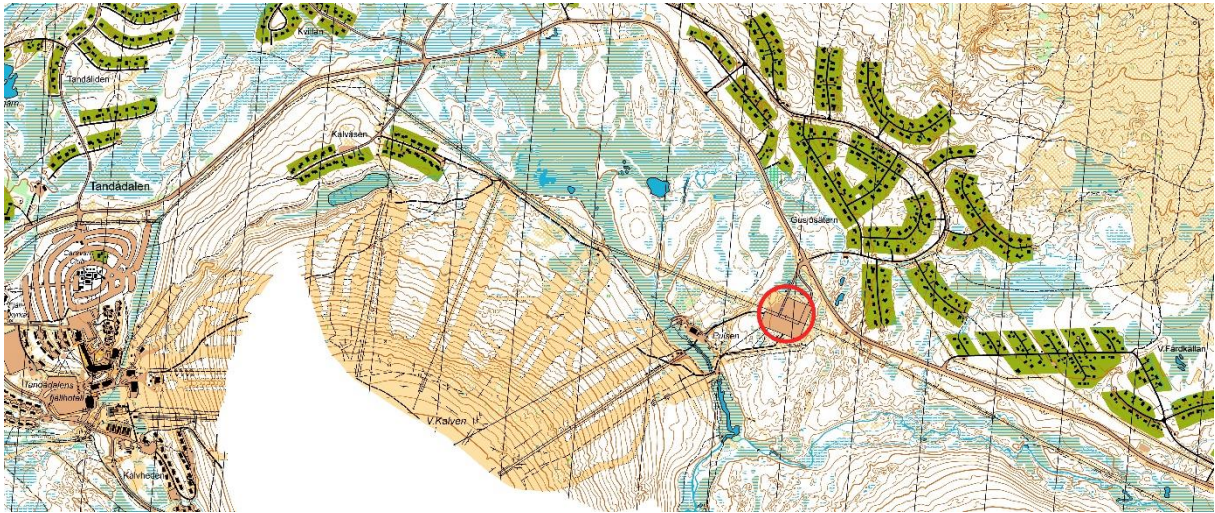
# TRÄNINGSLÄGER I SÄLEN

## 2. LONG DISTANCE, V FÄRDKÄLLAN

### 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:

Long sessions like this gives you opportunity to work on your endurance both mentally and physiologically. It will after a good recovery strengthen your body's joints and ligaments and in the long run reduce the risk of injury.

### METHOD:

A Long distance course in a typical varying Sälenfjällen area.

Scale 1:15 000 for Black, 1:10 000 for Violet and 1:7500 for Orange, Yellow and White.

Black course: 14,5 km

Violet course: 8,4 km

Orange course: 6,3 km

Yellow course: 2,3 km

White course: 1,9 km



### TIP:

Did you know that more than 40% of what you do during a day is based on habits? In a situation of stress its likely even more. Make sure you practice good habits!





# TRÄNINGSLÄGER I SÄLEN

## 3. DOWNHILL, HUNDFJÄLLET

### **GATHERING:**

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

GPS coordinates: 61.177885, 12.962535

### **PURPOSE:**

As the courses are planned downhill it will help you to move fast in the terrain whiteout spend so much energy. Buckle up, try to look far and simplify!

### **METHOD:**

Finnish is located around 250meter (150m for shorter courses) below the start on the longer courses.

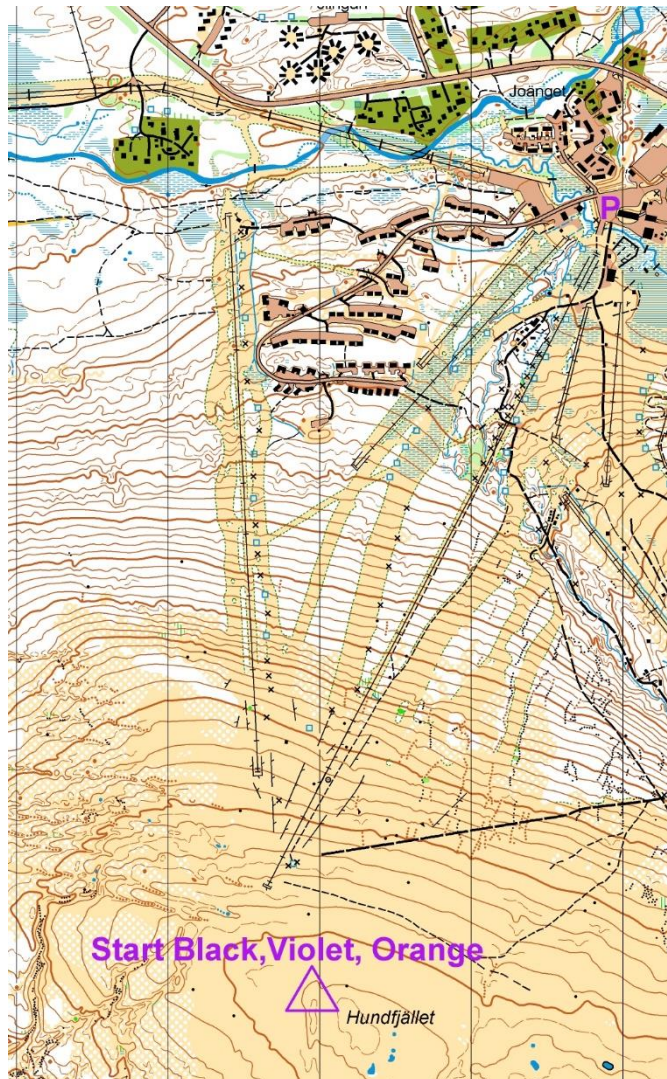
Black course: 5,7 km, Scale 1:10 000

Violet Course: 4,2 km, Scale 1:10 000

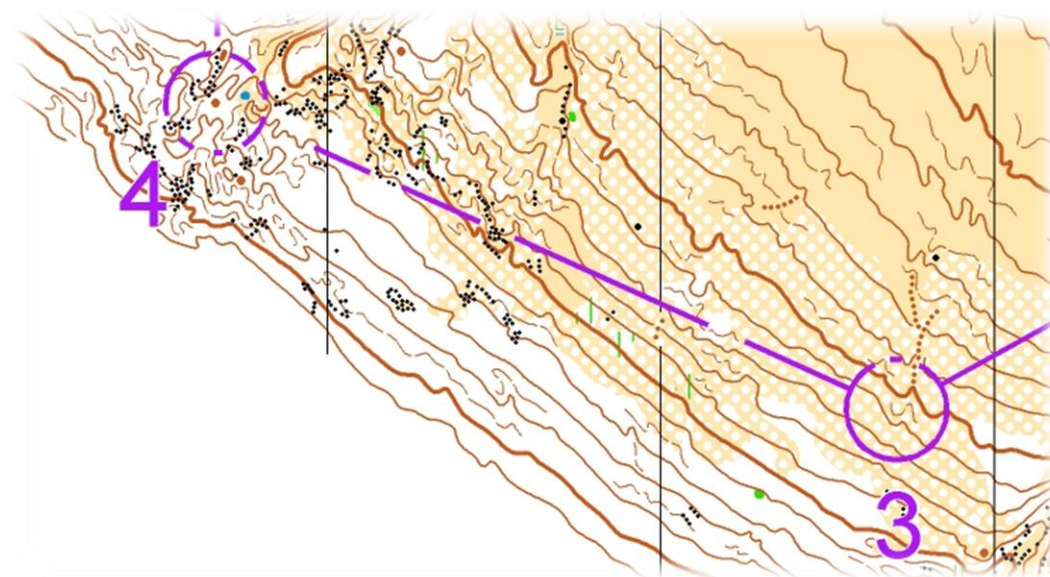
Orange course: 3,2 km, Scale 1:7 500

Yellow course: 2,5 km, Scale 1:7 500

White course: 2,1 km, Scale 1:7 500



***"Willpower is a muscle, the more you use it, the stronger it gets."***





# TRÄNINGSLÄGER I SÄLEN

## 4. MIDDLE DISTANCE, HUNDFJÄLLET

### GATHERING:

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

GPS coordinates: 61.177885, 12.962535

### PURPOSE:

Train your navigation and running in nice fast open mountain terrain. The main key to make it fast, with precision is to use the compass and to be ahead. Can you make the course with less than 5% running from the redline?

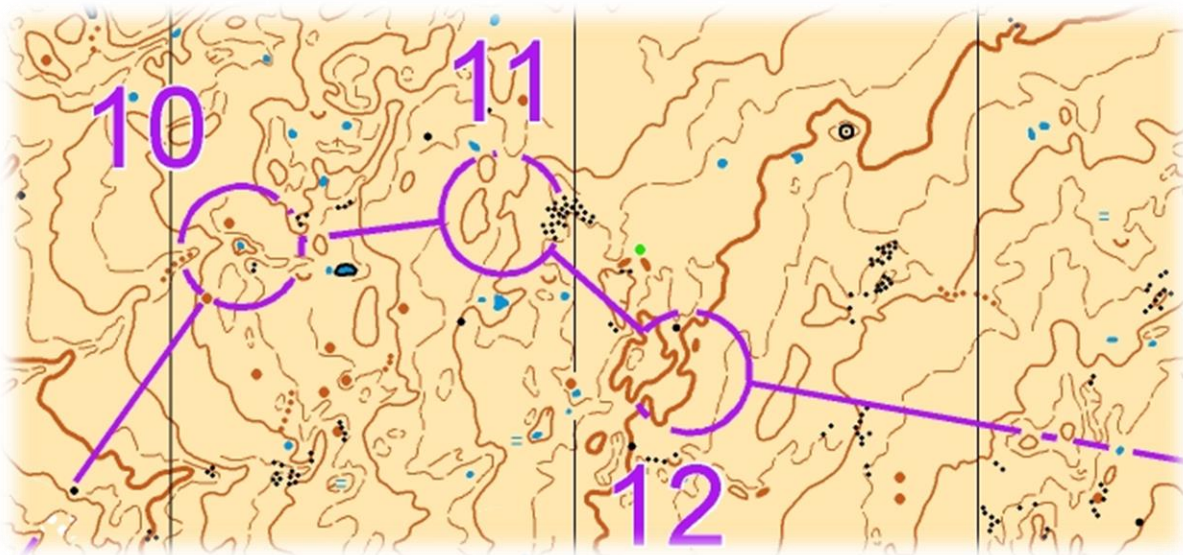
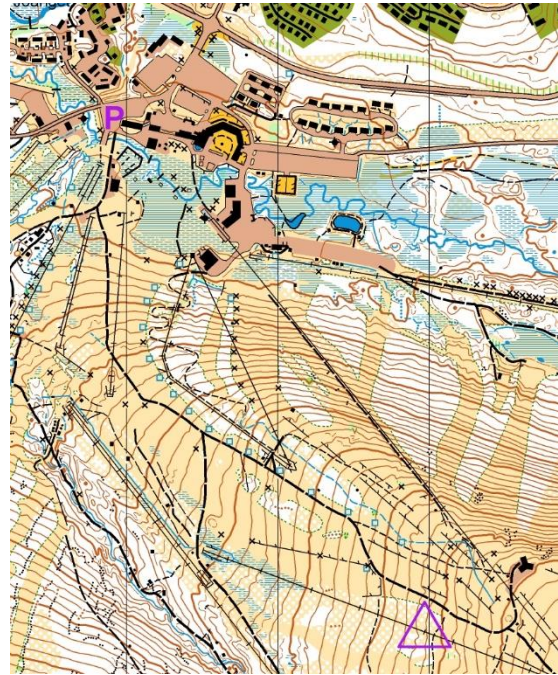
### METHOD:

A Middle course on top of the mountain.

Black course: 6,7km, Scale 1:10 000

Violet course: 5,5km, Scale 1:10 000

Orange course: 4,4 km, Scale 1:7 500



*"Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it." – Andy Rooney*





# TRÄNINGSLÄGER I SÄLEN

## 5. SPRINT INTERVALS, 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 different sprint skills at a high speed. On some of the legs it is crucial to read the control definition to pick the best route choice. It is 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 there's no marking in the terrain). They look like the one shown in the picture below.

### METHOD:

Sprint intervals in Tandådalen. Start one and one if you want to train for the individual sprint or in small groups if you prefer to practice for the knock out.

Scale 1:4000

The course is – 3,1 km and work for Orange-Black difficulty.





# TRÄNINGSLÄGER I SÄLEN

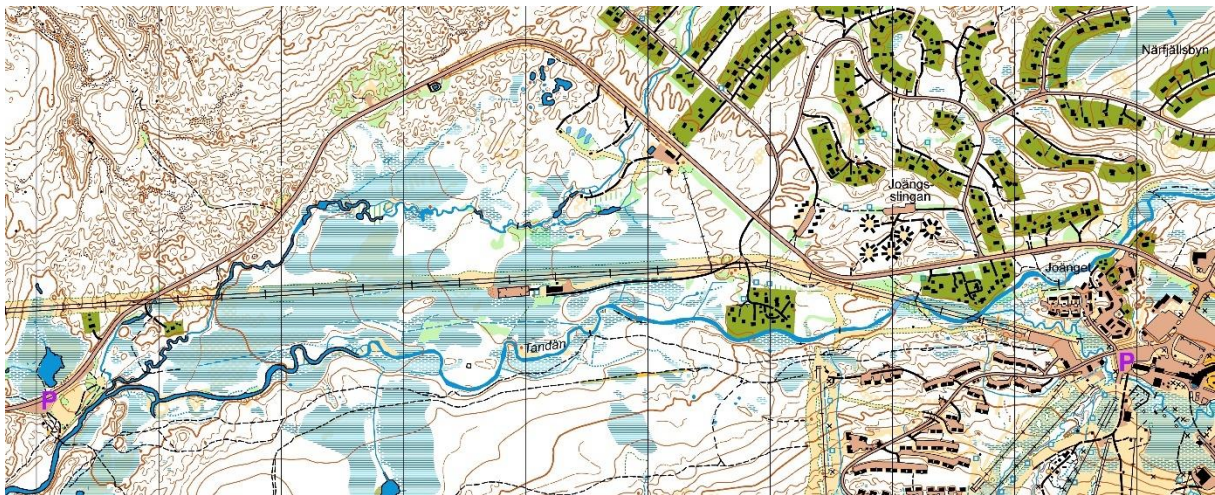
## 6. NATURPASS, HUNDFJÄLLET-NÄRSJÖN

### GATHERING:

Two suggested parking's.

1. 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 parking1: 61.178285, 12.913619



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

GPS coordinates 2: 61.177885, 12.962535

### 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. You also have a normal orienteering course with 5 controls that you can try if you want.

Do what feels most fun and rewarding!

Scale 1:10 000, A3 size.





# TRÄNINGSLÄGER I SÄLEN

## 7. FOREST SPRINT, 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:

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

### METHOD:

The courses are set on a relatively flat and open mountain terrain. The controls are marked with big flags and EMIT timing. Scale 1: 5 000

Violet: 2,5 km

Orange: 2,3 km





# TRÄNINGSLÄGER I SÄLEN

## 8. CONTROL PICKING, 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:**

Practice to find a good rhythm in the orienteering and in and out from the control.

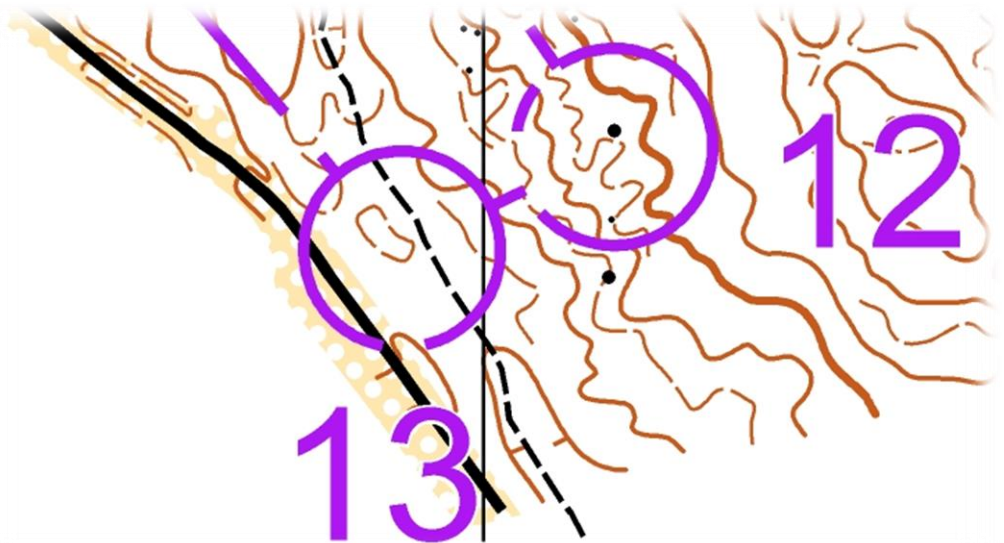
### **METHOD:**

A middle course in open fast pain forest where you can be very close to the red line.

Scale: 1:7500

Violet: 5,1 km

Orange: 3,5 km





# TRÄNINGSLÄGER I SÄLEN

## 9. O- INTERVALS, FLATTFJÄLLET

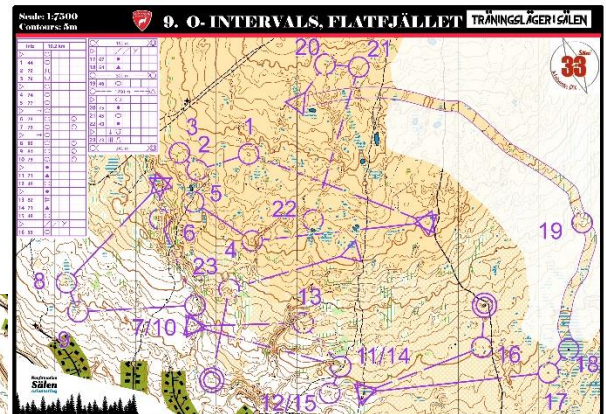
### GATHERING:

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:

The course is divided into intervals, this enables higher speed and that means a greater challenge, but it also means several restart opportunities where you can reflect on which behaviors worked well and what you want to do even better on the next interval. Use that opportunity.

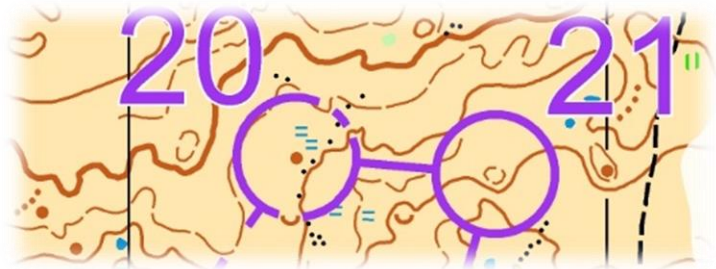
### METHOD:

A course divided in several intervals. You have Orange and Violet difficult on the same map. So if you want you can challenge a friend on the other difficulty on some of the intervals. Run to the last control and then use the rest to jog and reflect on what you did before you start the next interval

Scale 1:7500

Violet course: 7,2km, 6 Intervals.

Orange course: 3 km. 4 Intervals.





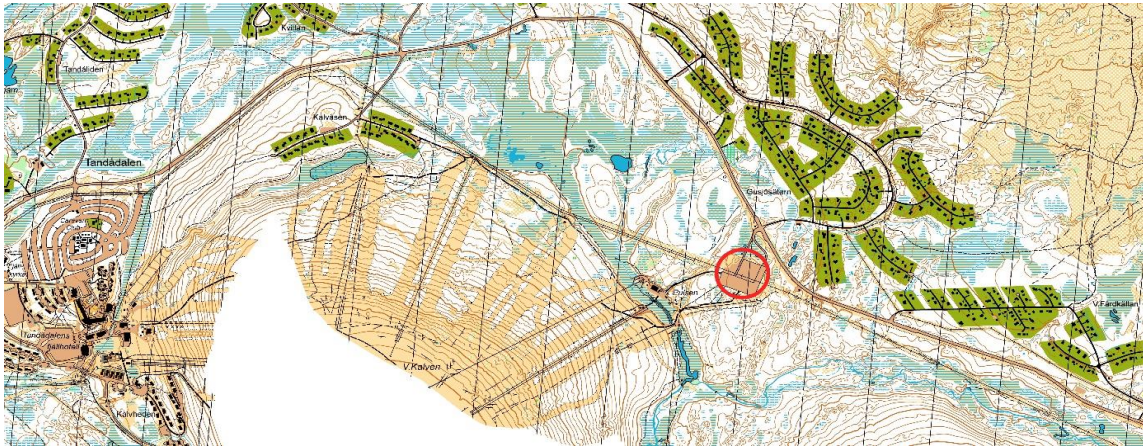
# TRÄNINGSLÄGER I SÄLEN

## 10. MARSH ORIENTEERING, PULSEN

### **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:**

Running in march is known as being is one of the best endurance workouts. It is also very gentle on the body but and good exercise for the psyche. So only good things.

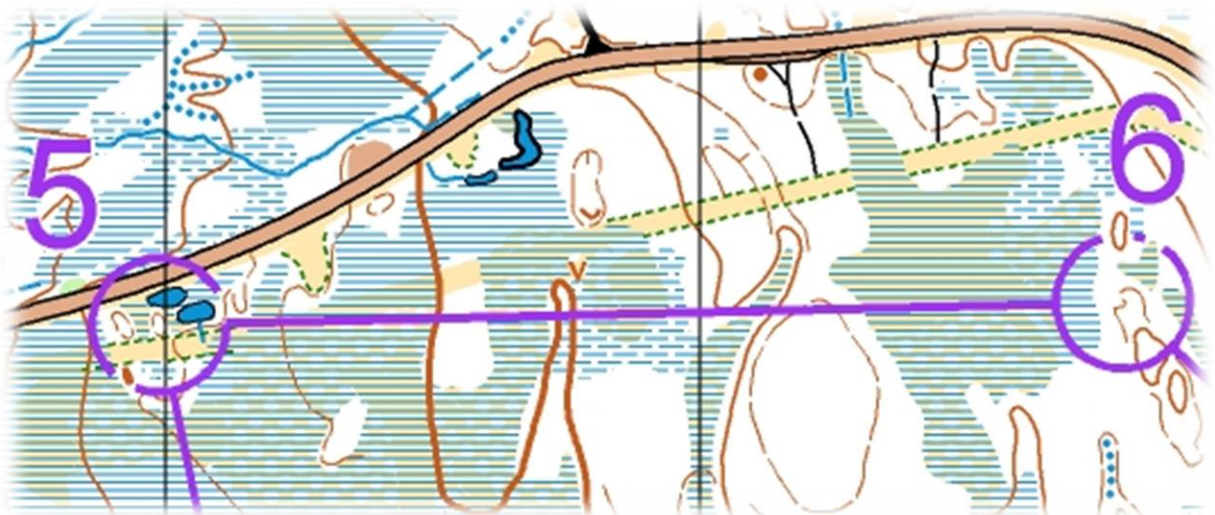
### **METHOD:**

A course planed mostly in soft marches.

Scale 1:7 500 to make it feel like you are moving forward =)

Violet course: ca 5 km

Orange course: 3,4km





# TRÄNINGSLÄGER I SÄLEN

## 11. START, 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:

One of the keys in a race is to get a good start. You want to run fast but you don't want to make a mistake either. It is not so easy to find the perfect balance between map reading and pushing. Here you get the chance to train it.

### METHOD:

You have two courses that is around 1,3km long, one with orange difficulty and one with violet difficulty.

In the warm up/cold down you have corridors where you can challenge yourself to preform perfect navigation at slow sped.

Scale 1:7500

7,9 km in total if you do all the corridors and both courses you have a lot of nice navigation in front of you. Enjoy!



*The beginning is the most important part of the work. – Plato*

