

TRÄNINGSLÄGER I SÄLEN



TRAININGS IN SÄLEN 2024



Konfirmation
Sälen
orientering

TRÄNINGSLÄGER I SÄLEN

GENERAL INFORMATION ABOUT TRAININGS IN SÄLEN

AVAILABILITY OF TRAININGS

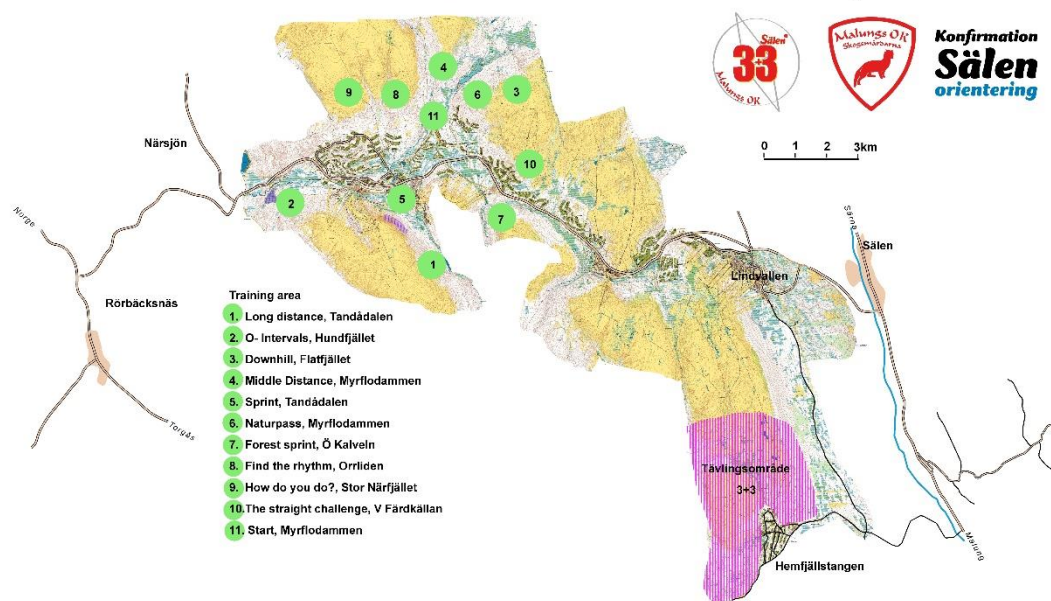
Controls are set from June 15th until end of August, with the exception of training "5. Sprint Tandådalen" where we have flags only during the week 26 (24–30 June).

Training	Difficulty
1. Intervalls, Hundfjället	○ ● ● ● ●
2. Long, Tandådalen	○ ● ● ● ●
3. Downhill, Flatfjället	○ ● ● ● ●
4. Middle Distance, Myrflodammen	● ● ●
5. Sprint, Tandådalen	● ● ●
6. Naturpass, Myrflodammen	50 CP and a small course
7. Forest sprint, Ö Kalveln	● ●
8. Find the rhythm, Orrliden	● ●
9. How do you do?, Stor Närfjället	● ●
10. The straight challenge, V Färdkällan	● ●
11. Start, Myrflodammen	● ●

CONTROL MARKING

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

Overview map 2024



LIVELOX

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



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.

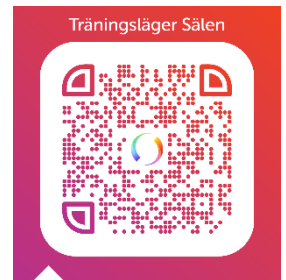
White, Orange and Yellow courses - 50 SEK/map.

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:

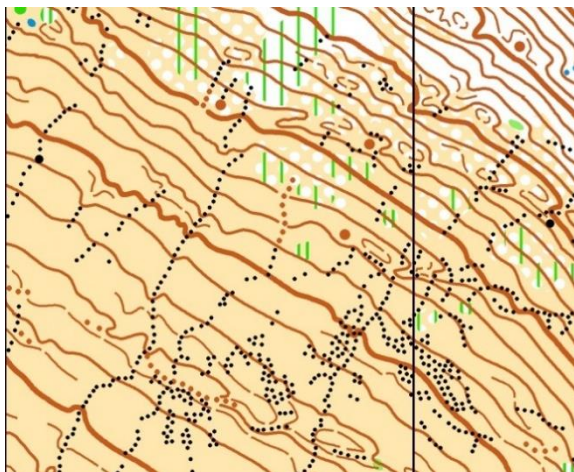


MAPS

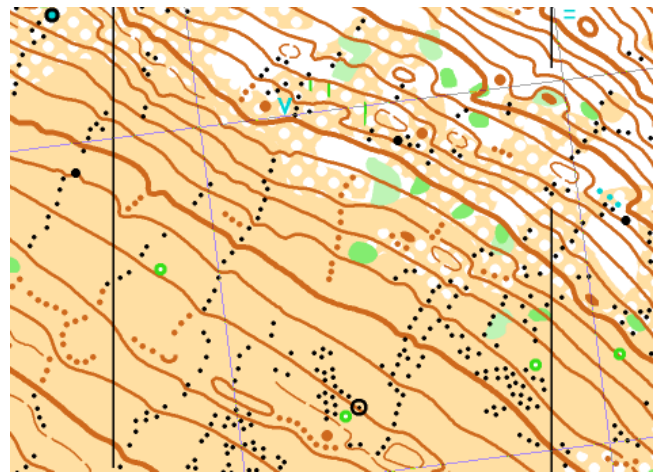
In Sälen we have more than 120 km² mapped by Kenneth Kaisajuntti that are regularly updated. All our maps are printed digitally and with high quality. Equidistance is 5 m.

This year we have two new maps made by Tiago Aires. On training 1 and 2 you have the chance to try it.

Old map



New map



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



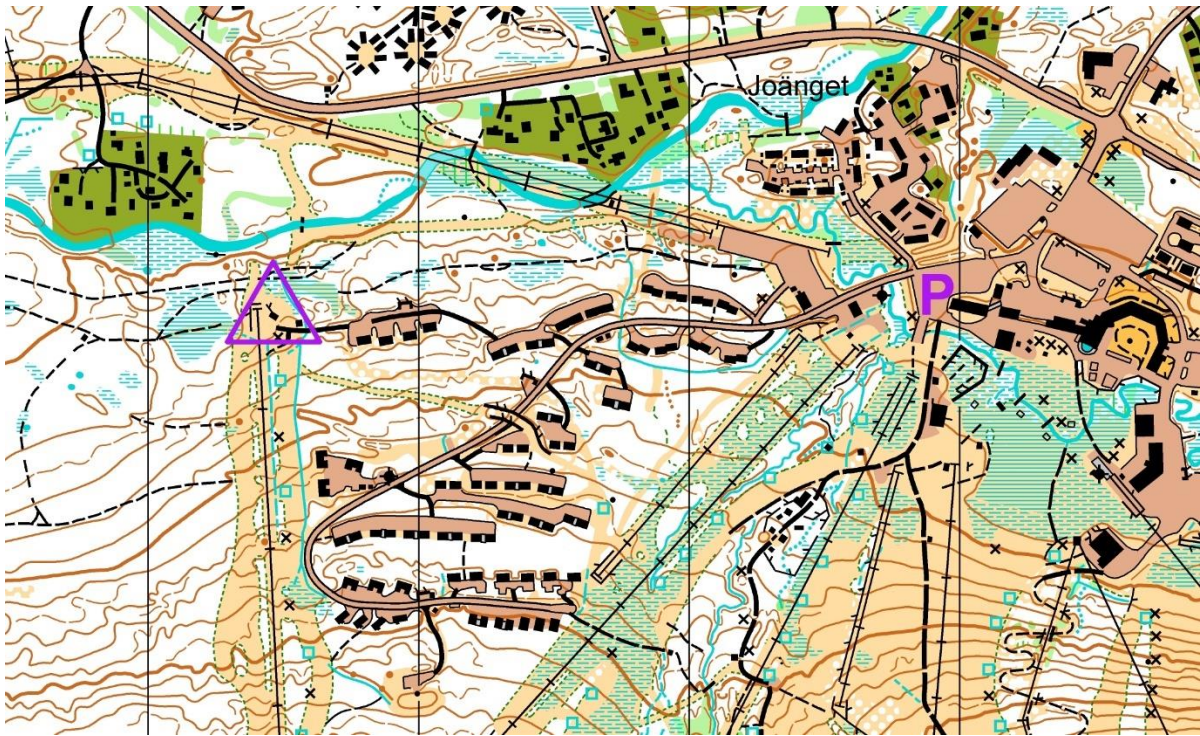
TRÄNINGSLÄGER I SÄLEN

1. INTERVALLS, 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:

This training's main purpose is to offer athletes the possibility to orienteer in high speed and give them possibility to stop in the middle of the session to reflect on your behaviours. Something you can do better for next interval?

METHOD:

A course divided in many small parts it takes you through one of Sälen's fastest forest terrains on a brand new map.

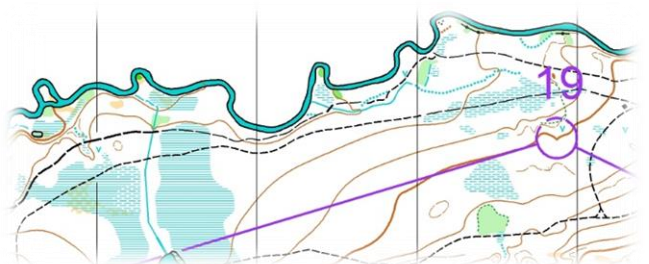
Black course: 8,5 km (five intervals) Scale 1:10 000

Violet course: 6,4 km (three intervals) Scale 1:10 000

Orange course: 5km (three intervals) Scale 1:7500

Yellow course: 2,9 km (two intervals) Scale 1:7500

White course: 2,8 km (two intervals) Scale 1:7500



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2. 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:

Work on your speed and technique adaptation depending on the challenge you have in front of you. Learn to see ahead what type of challenge you are facing and what is important to do where and when. It is a little bit like boxing, sometimes you can aim for a knockout but most of the times it is more important to not get knocked out.

METHOD:

A Long distance course on a brand new map.

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

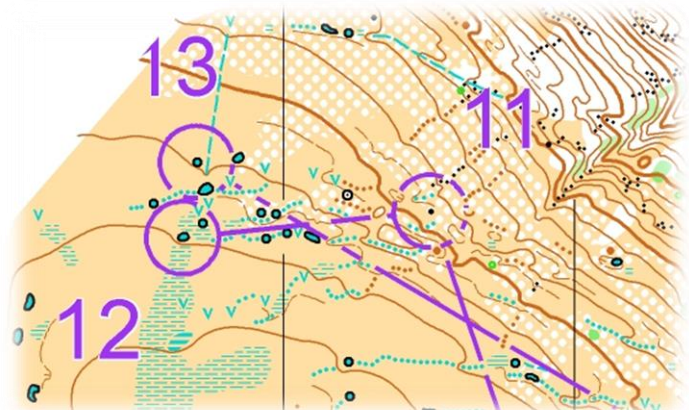
Black course: 13,3 km

Violet course: 8,5 km

Orange course: 4,5 km

Yellow course: 2,0 km

White course: 1,9 km



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3. DOWNHILL, 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:

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:

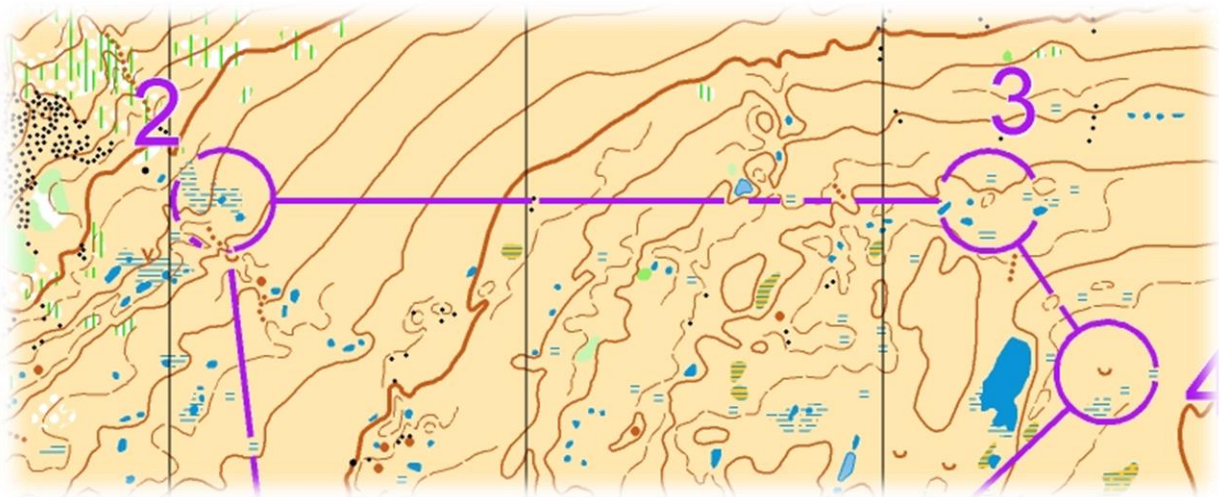
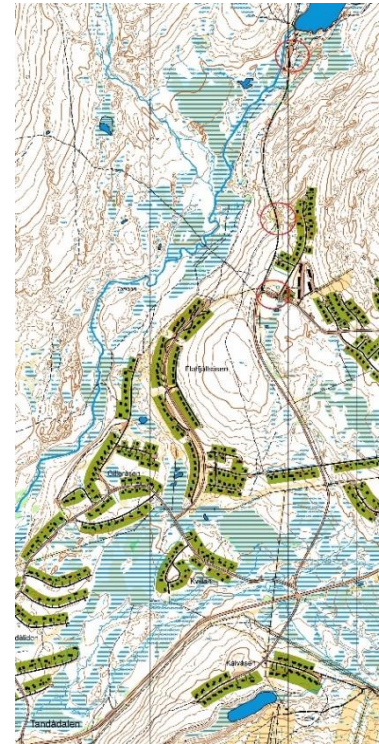
Black course: 7,3 km, Scale 1:10 000

Violet Course: 5,6 km, Scale 1:10 000

Orange course: 3,4 km, Scale 1:7 500

Yellow course: 2,8 km, Scale 1:7 500

White course: 2,8 km, Scale 1:7 500



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



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4. MIDDLE DISTANCE, MYRFLODDAMMEN

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:

Train your navigation and running in heavy terrain. The main key to make it fast and with precision is to use the compass and to be ahead.

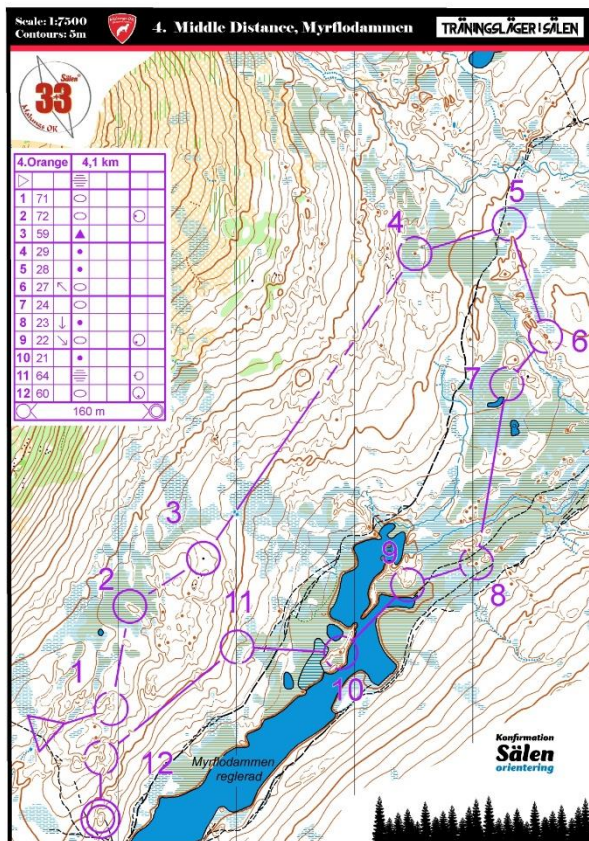
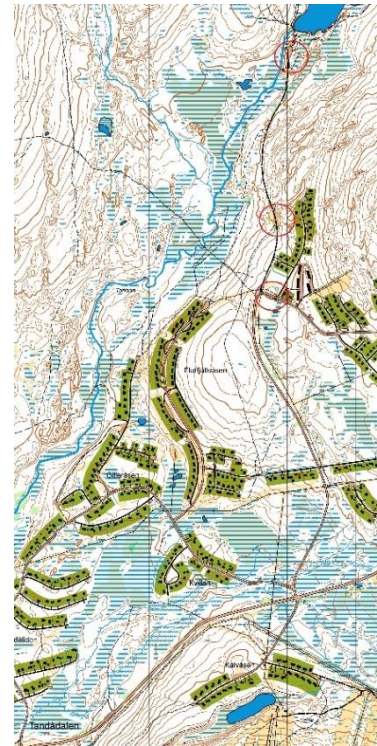
METHOD:

A Middle course in tuff Scandinavian forest. On one of the legs you get a bit different rout choose problematic.

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

Violet course: 5,2km, Scale 1:10 000

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



"It's hard to beat a person who never gives up". ~ Babe Ruth



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:

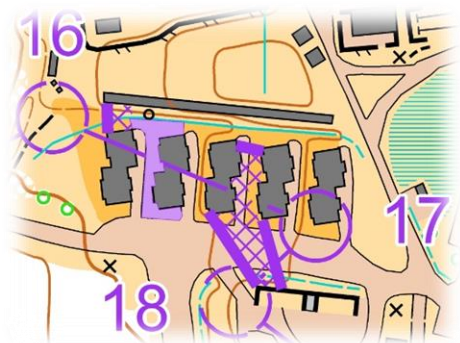
Train your sprint abilities. On some of the legs it is crucial to read the control definition to pick the best route choice. It is added out-of-bounds areas in order to create more challenging and different route choice possibilities (you should respect them and not go through, even though there's no marking in the terrain). They look like the one shown in the picture below.

METHOD:

Sprint in Tandådalen.

Scale 1:4000

The course is – 2,5 km and work for Orange-Black difficulty.



TIP:

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



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6. NATURPASS, 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:

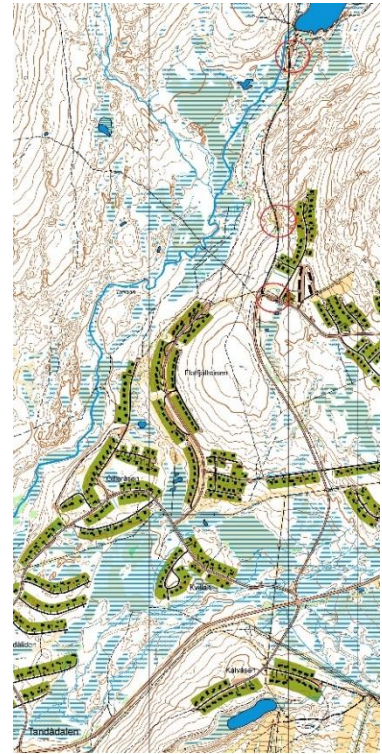
A training where you can train on what you want and need.

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. 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.



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



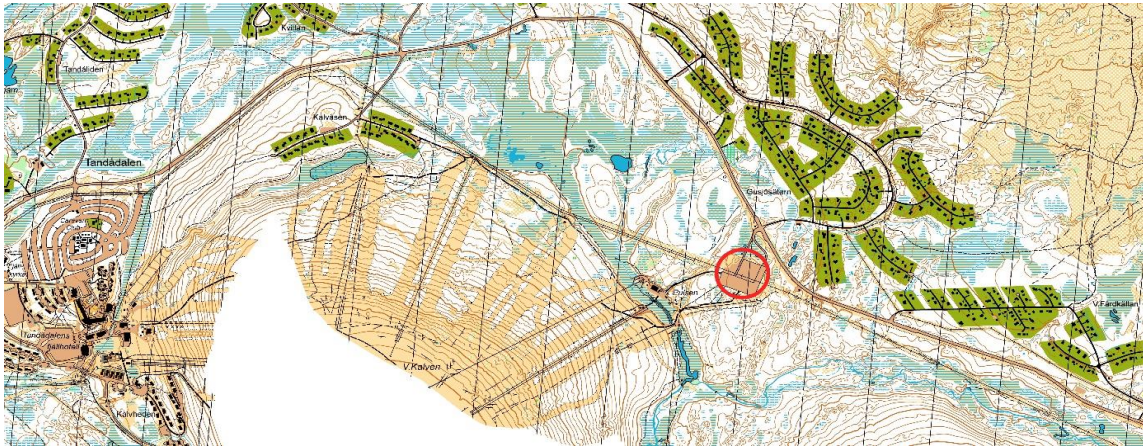
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7. FOREST SPRINT, Ö KALVELN

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:

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. Be extra careful with the direction out from the control.

METHOD:

The courses are set on a flat and open mountain terrain.

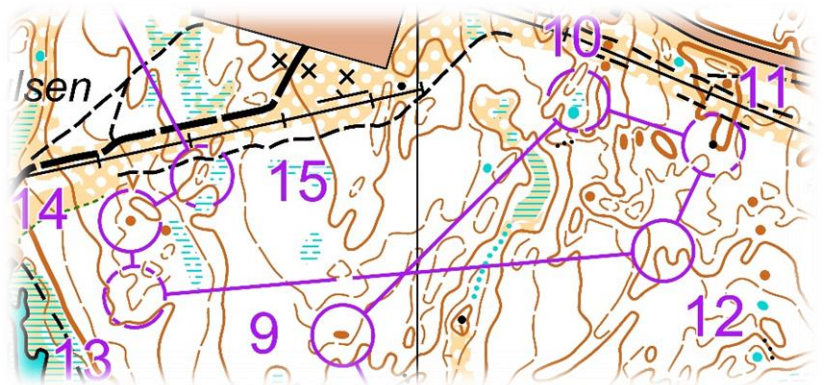
Scale 1: 5 000

Violet: 2,8 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.



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8. FIND THE RHYTHM, ORRLIDEN

GATHERING:

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

GPS coordinates for parking: 61.192273, 12.962223



PURPOSE:

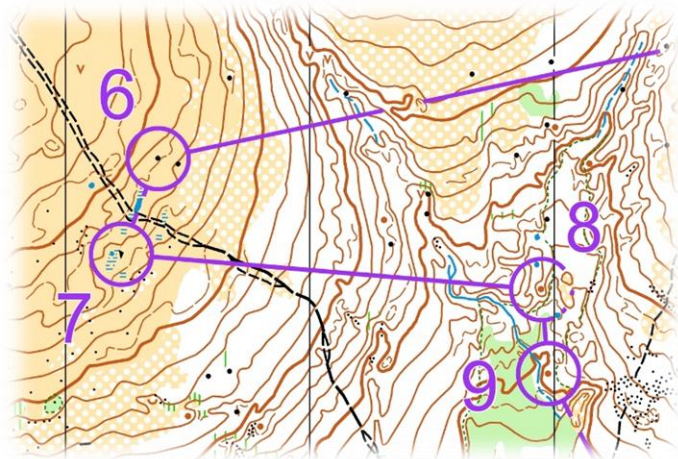
Practice to find a good rhythm in the orienteering when do you need to take it carefully and when can you press the speed paddle.

METHOD:

A course that starts up on the mountain side and goes downhill to the nice fast forest. The courses are set with some short legs and some longer ones some easy controls and some hard. With other words as it more or less always is in orienteering. =)

Violet: 4,5 km, Scale: 1:10 000

Orange: 3,6 km, Scale 1:7500



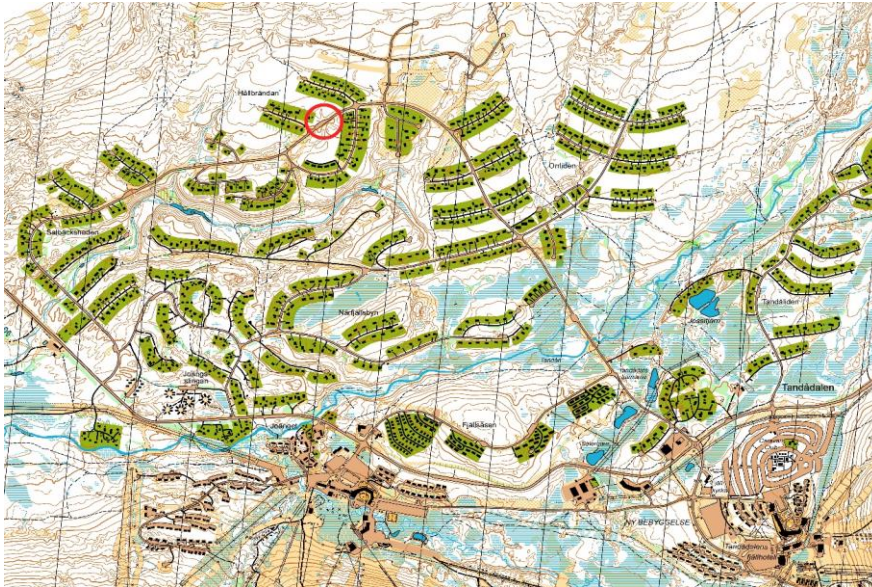
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9. HOW DO YOU DO?, STOR NÄRFJÄLLET

GATHERING:

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

GPS coordinates for parking: 61.192273, 12.962223



PURPOSE:

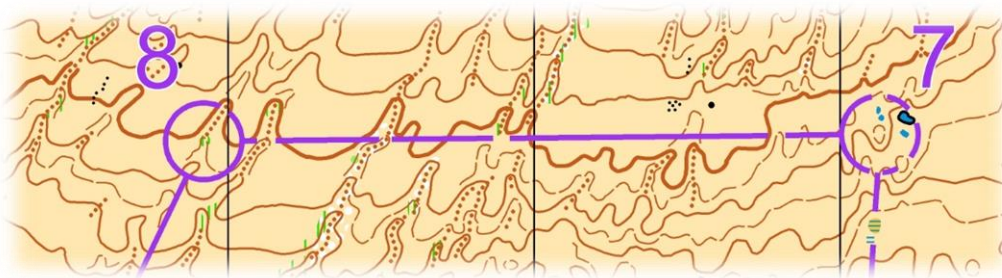
Learn from each other! Open your eyes and be humble for new ideas.

METHOD:

A normal course where you run in pair. The first one explains what he/she is doing and the second one is listening and reflecting how the first one is doing. After some controls you stop talking about the experiences and if it is some other way to solve the problem. Try to give each other as much feedback as possible. Even runners on the highest level have different strategies to solve the same problems. After this you change how is in front.

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

Orange course: 4,2 km, Scale 1:7500



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10. THE STRAIGHT CHALLENGE, V FÄRDKÄLLAN

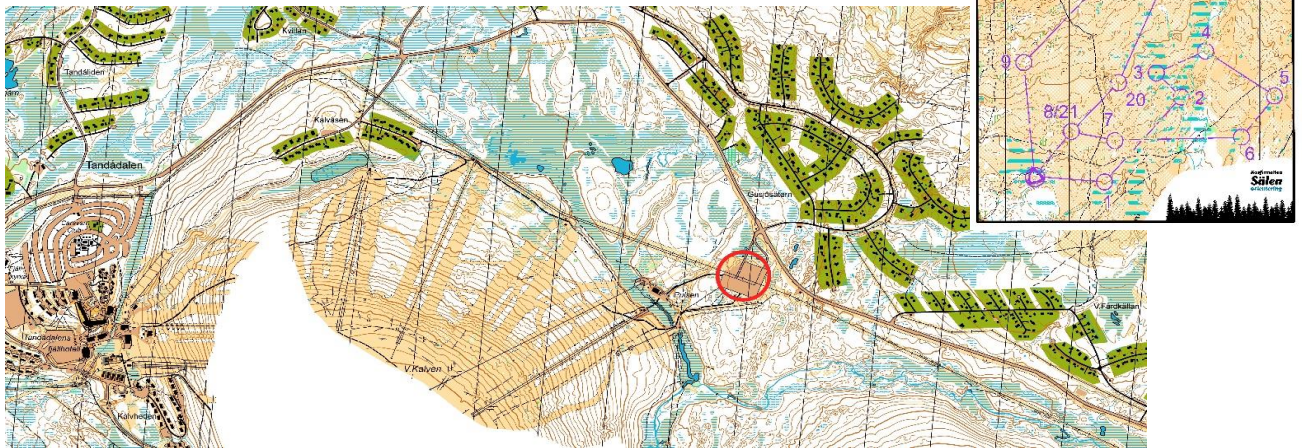
GATHERING:

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:

To train your ability to run straight. We offer a course in nice mountain terrains where it is not much of route choice. Straight is often the fastest and the one with shortest route wins this challenge.

METHOD:

You have both courses on the same map. Scale 1:7 500 Total Length is 8,5km.

After your run upload the training to Livlox to see if you could do the straightest navigation.

Violet course: ca 4,5km

Orange course: ca 3km



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11. START, MYRFLODAMMEN

GATHERING:

Take the road 66 and turn towards Myrflodammen. Parking is suggested in one of the circled areas on the map. The map is located west of the suggested parking's.

GPS coordinates to the middle parking: 61.201746, 13.020766

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.

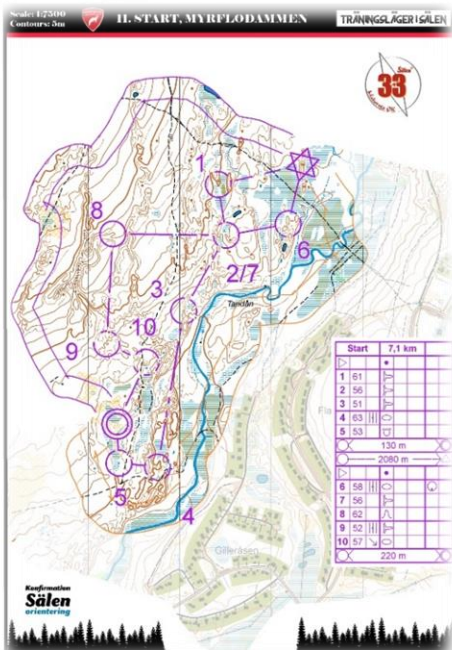
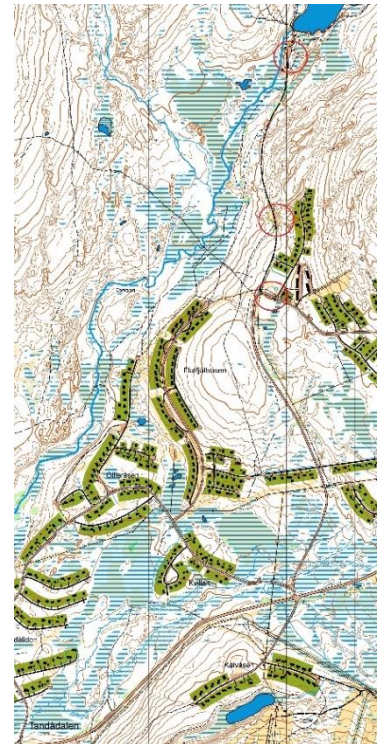
METHOD:

You have two courses that is around 1,5km 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

7,1km 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

