

sprint faceS

Kurz Trainingslager Graz – 03.-05.02.2017



program

Programm Kurz Trainingslager I

Tag	Uhrzeit	Inhalt	Ort/Karte
Freitag	15:00	Treffpunkt	Seminarraum USZ
	15:15-15:45	“goal oF thE camP” Kader KULTUR	Seminarraum USZ
	16:00-16:45	Koordination und Beweglichkeit	Sporthalle USZ
	17:15	Start (Nullzeit) Sprinttraining normaler Sprint	Stadtpark Graz
	danach	Auswertung und gemeinsames Abendessen	Restaurant Nähe USZ
Samstag	08:30	Treffpunkt	Eisteichgasse
	09:00	Start (Nullzeit) Sprint Intervalle mit “nock ouT reruN”	Waltendorf
	12:30	Treffpunkt	laut Ausschreibung
	13:00-15:00	Wald Training Teilnahme Südost Cup	Graz St. Leonhard Ries
	16:00-	Auswertung und Teamaktivität Preisverleihung Bahnlegerwettbewerb	@ Robi's Am Josefggrund 59
Sonntag	09:30	Treffpunkt	Hilmteich
	10:00	Start Sprint Prologue mit Wald Follow Up	LKH Lechwald
	12:00	Ende	

gaoL oF thE camP

Being together**R**
Kader **K**ultur

Year pla**N**
Recover**Y**

Start preparing sprint events for 2017
Physical and mental
Sprint routine**S**

kaderR kultuR

We act as a team

- We respect the team's decisions
- Respect each other
- We trust each other
- Open team culture
- Team spirit
- Pull on same rope
- We are on the right way
- We also contribute when we ourselves are not in focus



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We communicate to each other

- Everybody should be listened to
- Open with everything in the group
- We (coach and runners) looking each other up
- We give and receive constructive criticism
- We talk with and not about each other
- We have clear agreements on how we deal with unpleasant topics / situations



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We are professional

- Long terms goal
- A purpose with every training
- Be efficient in the training
- We understand and focus on what we can control
- Better analysis
- Believe in ourselves
- Studies and training combined
- Analysis also on home training
- We have good routines around food, changing, sleep and meetings



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We train to win

- Train hard and a lot
- Train on every discipline
- We must be faster
- Theoretical training combined with intervals
- Training on local level
- Train together with others for learning
- Small camps for ex. Sprint camps
- Eastern Camp important
- Became stable and compare with other nation
- We celebrate successes
- We will always learn something new
- Share mental methods
- Share basic technic things



Liveresults :: Relay [2015-08-05] livecenter.orienteering.org/event.php?r... LiveTracking livecenter.orienteering.org/stream.p...

WORLD ORIENTEERING CHAMPIONSHIPS 2015				STANDING
RELAY - MEN				LEG 2 SPLIT 1
1.		SUI 102	SWITZERLAND	37:58
2.		AUT 108	AUSTRIA	+0:52
3.		BLR 114	BELARUS	+1:10
4.		FRA 103	FRANCE	+1:12
5.		GBR 107	GREAT BRITAIN	+1:28
6.		BUL 120	BULGARIA	+1:33
7.		CZE 106	CZECH REPUBLIC	+1:47
8.		LAT 121	LATVIA	+1:48
9.		EST 109	ESTONIA	+1:49
10.		BEL 126	BELGIUM	+1:51

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We are fully present in training and competition

- We put energy on what we can influence
- We are committed to training & competition
- We always have a start list
- We prioritize time for warm up
- We help each other to be focused



yeaR plaN

C.					WC	CISM	WOC World Games		WC	WC		
focus	training *good training rhythm *you don't have 2b in top shape *stay healthy				competition think of recovery			load batteries	competition "development"		training	
month	jan	feb	mar	apr	mai	jun	jul	aug	sep	oct	nov	dec

International Prime Sprint Events 2017

Nr.	Competition	Date	Event	note
1	WC Fin	24/05/2017	Sprint Relay	
2	WC Fin	25/05/2017	Sprint Q.	in one day
3	WC Fin	25/05/2017	Sprint F.	
4	WOC	30/06/2017	Sprint Q.	
5	WOC	01/07/2017	Sprint F.	
6	WOC	02/07/2017	Sprint Relay	
7	World Games	25/07/2017	Sprint F.	
8	World Games	27/07/2017	Sprint Relay	
9	WC LAT	27/08/2017	Sprint Q.	in one day
10	WC LAT	27/08/2017	Sprint F.	
11	WC SUI	01/10/2017	Sprint Relay	