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## 3<sup>rd</sup> International Orienteering Coaches Conference 2023

Live - Update

SWITZERLAND

Kilian Imhof (Hedacoach)

Analysis of WOC 2023

Slogan: "flims – gibims"

**WOC 2023 as a long-term goal and development (vision, motivation and structure)**

Structured preparation over 4 years:

2020: where: orienteering, WOC, training, maps

2021: what: tools, training, obstacles

2022: how: methods, terrain

2023: who: people, selections

OLMU as 4 traditional swiss aspects (orienteering, running, mental, environment)

Drawing a picture of success and visions already in 2020

Preparation for WOC

High altitude camp in St. Moritz, long specific training camp 1,5 months before WOC

Whole team could participate in **all** preparation camps (selection races relatively late, 2-3 weeks before WOC)

There is a risk of late selection races that athletes train too much shortly before WOC

**WOC Long distance preparation:** a LONG process

→ many TC in alpine regions within the last 3 years (always with WOC focus)

Finally, it will be a mental game to be successful!

→ Used metaphor of dams: much pressure, but if you use it in the right way, you can gain a lot of energy out of it. Swiss team even visited a dam to have this metaphor in mind.

What brings success?

- Home field advantage?
- Exceptional athletes?
- Preparation?
- others: general structure and organisation of federation, number of elite athletes, ...?

Conclusion after WOC:

O: no surprises, continuity of O-trainings, many O-trainings in relevant terrain, route choices in long (a lot of GPS

analysis)

L: Advantage to be a good runner, especially in long

M: Use strengths and weaknesses for your competition strategy, good self-confidence

U: Good national team program, a lot of common O-trainings

Factors of success in the relay:

- 3 top runners, controlled but not exceptional performances
- good to have replacement runners
- first leg runner experienced to bring stable race

## Technical preparation

Process: define task and strategy, develop routines, automatisms, finally have an individual concept

Downhill-Orienteering: need to have a clear attack point, make easy route choices

Slope controls: how much climbing up/down

Detailed analysis of test races / relevant trainings

Route choice and execution of these routes were most important in this years WOC long distance

Route choice analysis with GPS tracking, look on details as well

Course expectation and idea is important

“The long-distance course was no surprise for us at all. We expected it like that”, Kilian Imhof (head coach Switzerland)

Middle:

Key for success: navigate with important and key features

Technical concept: SIMPLE (easy execution) and FAST (specific training for such terrains)

Reruns of orienteering courses as running preparation

“Pacman – concept” from Matthias Kyburz at WOC-Middle

O: from object to object, route planning and compass

L: technique first, stop & go if needed

M: stay in control, be strict if uncertain, calmness for map reading

## Structure/ Organisation of the high-performance field in national federation

Elite coaching: head coach, women’s and men’s coach → meeting every week!

## Remarks / details / pictures / illustrations

Individual solutions in terms of training, competitions (e.g. Jukola)

Cooperations with other nations (in this case especially SUI - DEN)

Discussion about how much information of HLE should be published (bulletin 4 is very detailed) → coaches think that more information makes it possible to prepare well also for smaller orienteering countries

Coaches conclude that much preparation can (and should) be done by athletes themselves.

Role of coach is the organising the athletes

Physical performance: both high volume and high intensity, find limit in individual training

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