

Winter Training Camp 2016 -Sevilla-Huelva-

Was mir biete

- **15 O-trainings + 1 Strenght training + 2 extra-night-O**
- 2 programs : **Development group** (12h30) and **Performance group** (16h00)
- Some flexibility to make your **own plans** and build-up your **own individual program** : keep your **balance** and find your way between the Development group & Performance group program.
- Quality first : Mixt of **extensive trainings** (7 to 10) and **competition speed trainings** (5 to 7)
- The chance to enjoy **7 morning runs** in a row to start the day on the most positive way ☺

Ziel vom Trainingslager

- High focus on the **Technique** : Technique/Mental part of the performance.
- Find your **FLOW** without time pressure and adapt slowly your speed to keep this FLOW with more stressfull situations (competition mode, relay situations)
 - stable technique in various situations (direction/map reading)
 - work on the basics : contours, compass, precise map reading
 - routines, automatism, own concept
- Mental and Physique : find the balance to collect **high quality** work from the first to last training (be efficient) = follow the guideline (official program) but make your own plans and be prepared for flexibility regarding your energy balance. You should be able to make a proper training on the last session of the camp (SpRe), **be smart with planning**.
- Keep in mind that the first highlight of the spring (test-races for WCup-EOC-WUOC) is already **5,5 weeks** after the camp : timing is crucial (« be on the wave », « keep an increasing curve »). Pay extra attention to avoid injuries and sickness during/after this camp = keep a safety margin.

Was i vo öich erwarte

- Still 4 weeks before the camp : time to **think about it** and to make a **cleaver plan** (by your own and with your PB).
- I expect you to arrive with **fresh legs** and **fresh brain** on Saturday 27.03. **Take it really easy the week before**, you will need all your neurons effective during the next 8 days for an efficient work.
- Stützpunkt POR, own camps (Jan-Feb), NLZ trainings : working on the technique and mental aspect of your performance is an **everyday-concern**, it's a process. The camp in Sevilla will be a chance to test the **work** and **improvement** from the last weeks. (read : don't start from zero in Spain... and don't expect to get all the keys in 8 days).

Es paar Informatione zum Programm

- ✓ **5 extensive O-training**
Focus on your own concept without pressure and time-stress, aerobic speed
 - 2 courses : HE 75' or HDE 60'
 - Flexibility to choice the course and decide the speed.
- ✓ **5 fast trainings with racing speed** (everyone there with competition focus and winning spirit)
Focus on competition routines and work on your concept with high speed/time pressure
 - **Sprint Qualif + Sprint Final** = simulation for test-races/WCup/EOC/WOC
 - **Middle**
 - **Relay**
 - **Sprint-Relay**
- ✓ **1 long-distance training**
 - First 45' : extensive speed / Next 30' : medium speed / **10-15' Extra loop full speed** (optional)
 - Note : also possible to run with higher speed if you have/need a special focus on LD (individual discussion)
- ✓ **1 night-O mandatory and 2 extra-night-O** (optional)
- ✓ **2 O-training sessions with option A/forest or B/sprint**
 - Monday morning : Sprint training in Sevilla with specific topics (**including 10' fast**) // or forest training extensive. Here I expect you all on the sprint training. Forest option = individual request (back from injury / specific forest focus)
 - Friday morning : Forest training extensive or Sprint extensive (specific topics = challenging enough with aerobic speed). Here I see a good opportunity to make an « easy » training (short and hard ground) for the development group before the LD session in the afternoon.
- ✓ **1 kraft/strenght training**
Input from Physio + strenght/running technique/jumps (same as last year).

Angeri Sache

We stay in **Sevilla** from Saturday to Monday morning

And in **Huelva** from Monday afternoon to Saturday (Sevilla/Huelva is 1h00 drive)

Maps sevilla

- Sprint sessions next to accomodation (5'-10')
- Forest : 45'/60' drive

Maps Huelva :

- All trainings in Punta Umbria and Cartaya within 10-15' drive
- Matalascanas : 60' drive