Winning strat

* focus 2019: get faster
* main competitions: (selection races spring), selection races autumn, world cup FIN, SUI, CHN
* demands: OLMU

Comments Feedback Mail (Alain):

Training hours: the devil is in the details. What I want to see is progress, and I can see that. There is no point in training more just to train more. This is a recipe for injury. With the most important races coming in September, there is plenty of time for going through the progressions and building a base. Effective immediately, I will take over some more control in the training planning. The goal is still to have this be a collaborative thing, but we aim at having a day-to-day plan at least 3 weeks into the future.

Intensive Training: Will shift once some more orienteering competitions start. For now, the sessions in LCR have been improving every week. Most of the intensive orienteering has been sprint, and thus not many hours.

Strength: This is definitely a point where we need act now. In my opinion, the most important thing is to get a strength buddy for Thomas, someone he can train with and who can hold him accountable. We are currently in talks with Gian (LCR coach) to develop a program.

Orienteering: I agree, there could be more. However, the situation is different than other years and I think we should give Thomas some more time. The situation with work is still new and there is less freedom to just go orienteering. With the camps that are planned from now on, the amount of orienteering will go up. Additionally, I will push him to use every opportunity to train orienteering possible, especially sprint.

training camp

(A) #01, #04, #05: Learn the basics. Fine orienteering all the way, watch compass very closely

(B) #02: Sprint routine: Especially concentrate on what I'm doing  looking at the compass / looking at the map / control description / just running

(C) #06: Execute the learned routines from (A)

(D) #07: Focus on concentration: object to object orienteering  easiest way to stay focused

(E) #08: Counterpart to (D). Smooth route planning and focus on compass technique **5\*200? (comfortably hard, move the legs fast once)**

(F) #10: Normal sprint relay  execute the learned routines from (B) and combine that with the knowledge of how to run a sprint relay (preparation during drive to Constancia?)

(G) #11, #12: "Transition trainings", get used to/"feel" the terrain

(H) #13, (#14): Contact training: Focus is king! Keep the direction all the way, prospective running

(I) #16:

(J) #18, #19: