

Saturday 15th December am – Petticoat Gully

Timetable:

Assemble from 10:30 onwards

Briefing at 10:50

Start warm up exercise (follow me) at 11:00

Start main exercise approx. 11:30-11:45

Course closure 13:00

Jog/walk back to car or shuttle 13:00

Assembly area: 37°28'05.1"S 143°53'18.1"E (<https://goo.gl/maps/fr2QqGxbaJ92>)

From the intersection of Moores and Standard Rd (GPS coordinates) please park on ONE side of Moores road.

Course planner: Patrick Jaffe

Training description:

Warm up - "Follow me". Participants will complete a course in small groups with 1-2 coaches. Everyone will take in turn leading the group while describing their orienteering process. This challenges participants to verbalise what they usually do when orienteering while also giving them the chance to see how others do it.

Main session - Multi-technique training

Class	Distance
Follow me warm up	1.6km
Hard long/short	10km total (4 parts)
Hard beginner	5.4km total (3 parts)

Saturday 15th December pm – Federation University, Mt Helen Campus

Timetable:

Assemble from 15:30 with briefing at 15:50

Training starts 16:00

Course Closure 17:00

Assembly area: 37°37'29.5"S 143°53'24.4"E <https://goo.gl/maps/kz9Y3nwEqV92>

Course planner: Roch Prendergast

Training description: Sprint intervals

Saturday 15th December Night Activity – Injury Prevention Talk

Start time: 20:00

Location: The Lodge @ Pax Hill Activity Centre