Training for Orienteering



what my friends think I do



what my parents think I do



what people think I do



what my coach think I do



what I think I do



what I really do

Contents:



Who is Fredo?

- Where I come from
- How I developed as an athlete



Sport philosophy

- Start with why
- Balance, overall
- Set the goal: Find own way
- Positive attitude



Strategy: How to reach my goals?

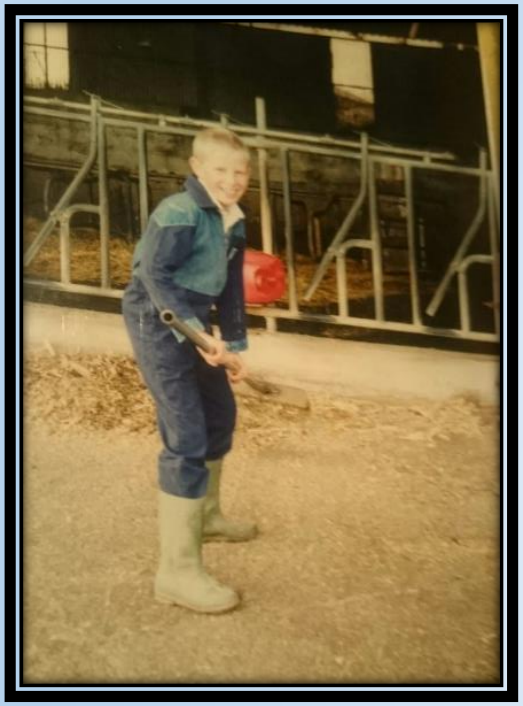
- Goal setting
- Preparation – Analysis
- Season analysis
- Specific preparation: Towards WOC & EOC



My training

- France vs Finland
- Periodization

Who is Fredo?





1988-

- ✓Active farm life
- ✓What is Orienteering ?
- ✓Not from elite sport environment

1998 Orienteering

- ✓Running wild
- ✓Discovery / adventure
- ✓Club family / Relays
- ✓Regional training-group
- ✓ How to beat Big brother?

2006 Elit-sport

- ✓“Pôle-France”
- ✓Sport-section INSA
- ✓National team glimpse
- ✓JWOC/Scandinavia

Who is Fredo?





2009 *"With the big boys"*

- ✓Long term goals & focus
- ✓ Analyze: Write to clarify and organize

2010 Breakthrough

WOC + EOC+.. medals!!

- ✓Sprint focus
- ✓Results expected ?
- ✓Towards new goals!

201+ Expectations

- ✓Sprint confirmation
- ✓Forest development

Who is Fredo?





2013 ”Trust me, I’m an engineer!”

- ✓New life?
- ✓Looking north: Move to Finland

❖*BTW: internet at home*

2014 Right choices?

- ✓WOC relay medal
- ✓University world champion

2015 -2018

- ✓Getting closer!
- ✓WOC medals....

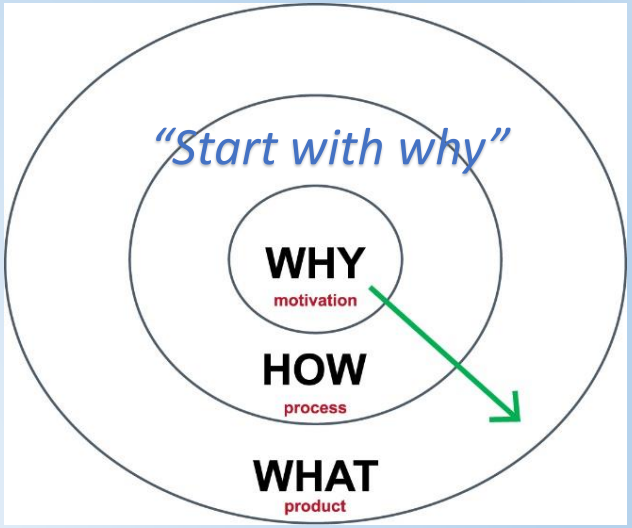
Next?

- ➢New goals!
- ➢New challenges!

Sport philosophy

Follow the dream

- ✓Passion / Enthusiasm
- ✓Taste for adventure
- ✓Satisfaction to do well



Strategy

- ✓Curiousity
- ✓Self-discipline *(=freedom)*
- ✓Responsability
- ✓Questioning

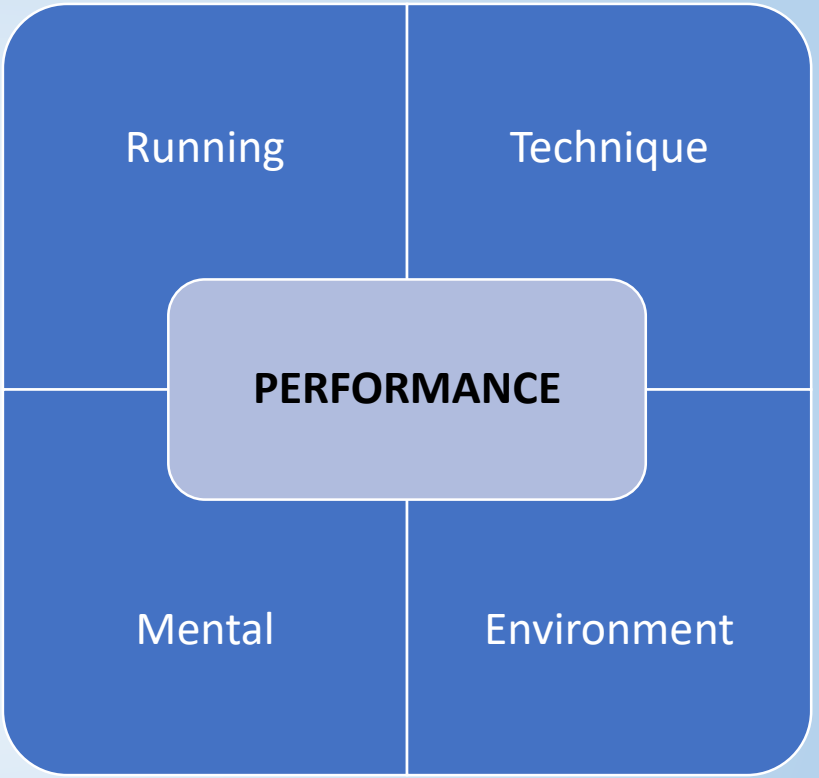
Time to play!

- ✓Focus on what I can handle
- ✓Think "game" not "issue/prize"
- ✓Just "play" at my level
- ✓Self confidence

Sport philosophy

- ✓**Balance / Priorities**
  - ➢ *Sport carrier*
  - ➢ *Professional life/studies*
  - ➢ *Social life*





"In a sport-career, it's not the titles or results that gives the most, it's the way to achieve them!"

Sport philosophy

- *Fix personal GOALS:*

✓ Short term

✓ Middle term

✓long term



- *Find my way:*

✓ Step by step *(patience)*



"To push the limits forward: I need to know where they are!"

Sport philosophy

❖ *Positive attitude!*



✓Worth to try/Nothing to lose

✓Mistakes teach!

✓Success give **confidence → Motivation**

✓Enjoy the trip!

"It's me who have made the most mistakes on this terrain" *Thierry Gueorgiou before WOC 2011*

Strategy



- ✓ *Don't go to the training* ≠ **Go to train!**
- ✓ **Technical/mental Routine:**



Strategy

- *Goal setting:*





"I am the one and only doing the performance"

Strategy

- *Goal settings:*



Strategy

❖ Preparation / Analysis:

Competition:		***Date:***		***Map***	
Place:		***Training season:***		***Type of terrain:***	

Strengths:	***Weakness/difficulties of the terrain/things I have to focus on/be careful:***	***Solutions***

Goals:					
Technical	***Physical***	***Mental/focus/Tactical-goal***	***Strategy***	***Circumstances (arena,weather,food...)***	*Solutions to handle it*

Power-words:	

Placing/result
(only thought before the race for goal ref.)

Strategy

❖ *Preparation / Analysis:*

Result:		*Splits:* *GPS:*

Here I was able to:	***Here what and how I want/will to improve:***	**Here is how I will improve: Strategy/training**

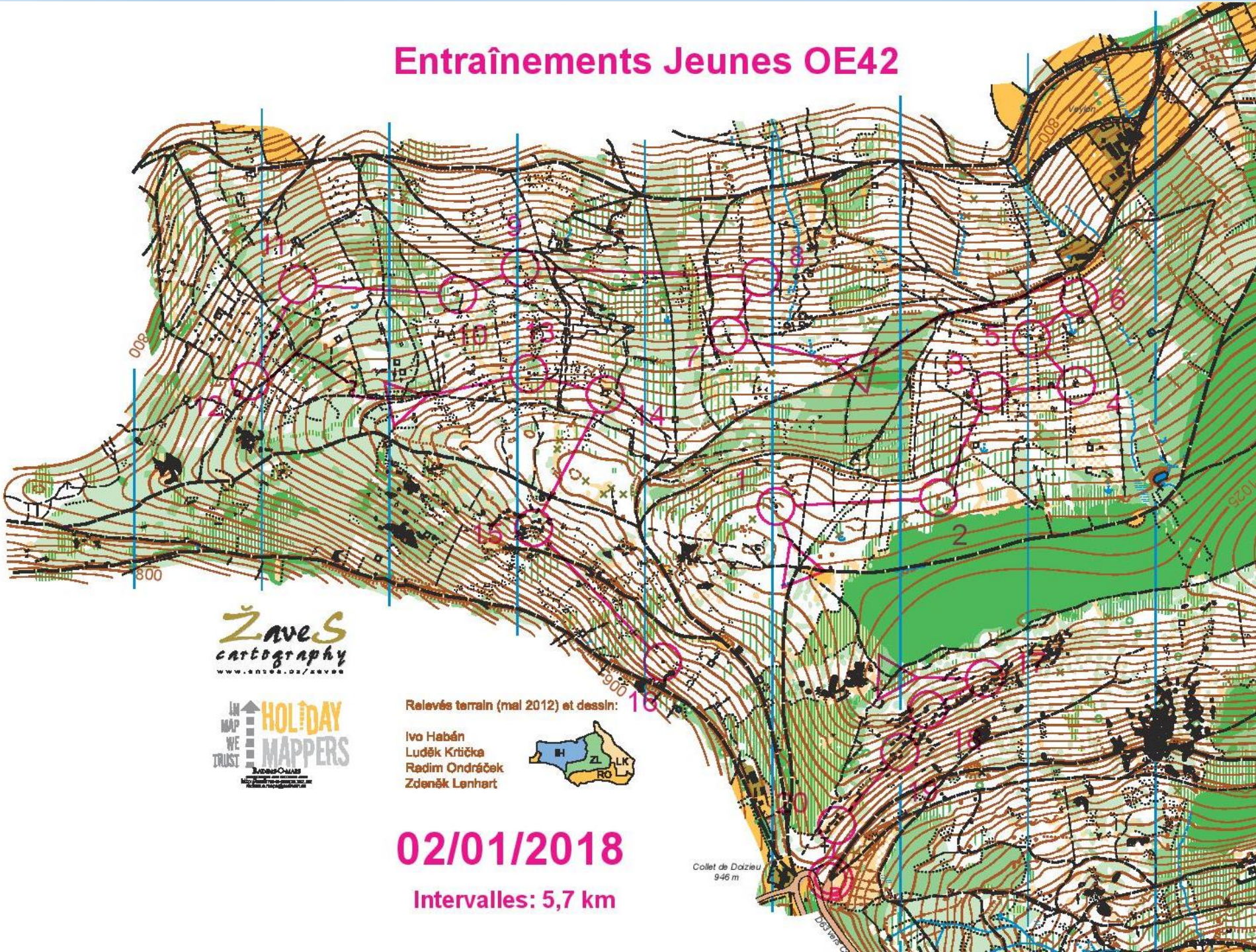
	GOALS	***(How? / Why?)***	***(Why?)***	***Solution - Focus***
Technical	**0**			
	0			
	0			
Physical	0			
Mental	**0**			
	0			
	0			
Circumstances	0			

Result: Execution and factors contributing to it:

What I need to train/do for next training/competition:

What I should do in this specific terrain:

Entraînements Jeunes OE42



Zaves cartography
www.entes.cz/zaves

I'M MAP WE TRUST HOLIDAY MAPPERS

Relevés terrain (mai 2012) et dessin:

Ivo Habán
Luděk Krtička
Radim Ondráček
Zdeněk Lenhart

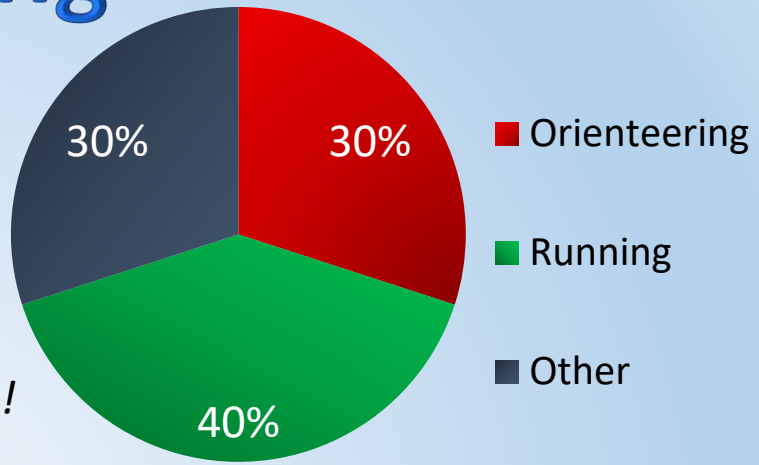
02/01/2018

Intervalles: 5,7 km



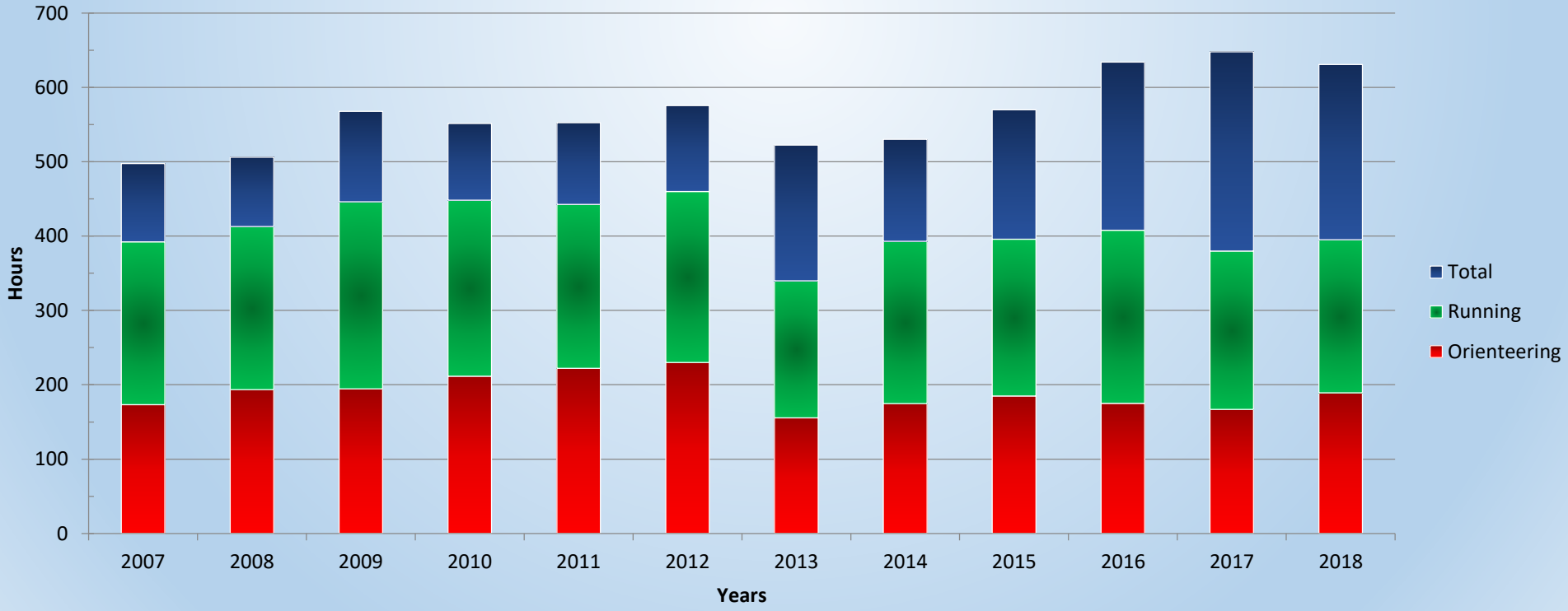
My training

- ✓ **Quality** vs **quantity**
- ➢ *Be ready when it counts!*



- ▪ *76 competitions in 2016*

Hours of trainings



My training

En FRANCE vs in FINLAND

	Morning	Afternoon
Monday	Easy {+Massage}	Strength/core training
Tuesday	Running?	Interval training (MK)
Wednesday	Running?	Night Orienteering
Thursday		Orienteering (fast or not)
Friday	Core/Jump	Easy endurance (biking)
Saturday	Sprint/Md O	Md + night O
	Run	Biking/running/..
Sunday	LD or Relay training	
	Long easy endurance training (bike, MTB, run)	

	Morning	Afternoon
Monday	Strength (->Max) + core	Aqua-jogging
Tuesday	½ easy orienteering	Interval training (vk)
Wednesday	½ Long Orienteering	Easy
Thursday	JKP / Circuit training	Night-Orienteering
Friday		Easy
Saturday	Orienteering (fast?) / Testti-juoksu... / TSC	Easy
Sunday	Long orienteering/running/skiing	

*Typical week at home during the **winter***

November 2017

1.11.	CHINA - Beijin	
2.11.		PEK-ARN-TKU
3.11.		
4.11.	TUS D-camp @Rastitupa	
5.11.		
6.11.		
7.11.		
8.11.		
9.11.		Yö-Cup
10.11.		
11.11.		
12.11.		
13.11.		
14.11.		
15.11.	HE-ORY	
16.11.		
17.11.		
18.11.	WE Fontainebleau	
19.11.	WE Fontainebleau	
20.11.		
21.11.		
22.11.		ORY-HEL
23.11.		Yö-Cup
24.11.		Ikaalinen
25.11.		HEL
26.11.		HEL
27.11.		
28.11.		
29.11.		
30.11.		

FRANCE - Fontainebleau

December 2017

1.12.		
2.12.		
3.12.		
4.12.		
5.12.		
6.12.		
7.12.		Yö-cup
8.12.		
9.12.	PR - camp	
10.12.	PR- camp	
11.12.	TKU-ARN-PEK-Canton	
12.12.		
13.12.		
14.12.		
15.12.		
16.12.		
17.12.		
18.12.		Can-PEK-ARN-TKU
19.12.		
20.12.		Testti
21.12.		Yö-cup
22.12.		
23.12.	Närpes ->	
24.12.		
25.12.		
26.12.		HEL-LYS
27.12.		
28.12.		
29.12.		
30.12.		
31.12.		

CHINA - Canton

FRANCE

January

1.1.			
2.1.			
3.1.			
4.1.	Pass->/		
5.1.	WE-HN	Montpellier	
6.1.			
7.1.			
8.1.			
9.1.	LYS-HEL		
10.1.			
11.1.			
12.1.			
13.1.			
14.1.			
15.1.			
16.1.			
17.1.			
18.1.			
19.1.			
20.1.			
21.1.			
22.1.			
23.1.			
24.1.			
25.1.			
26.1.		5000 m	
27.1.	SSL Seminaari	Kisakallio	
28.1.	SSL Seminaari	Kisakallio	
29.1.			
30.1.			
31.1.			

FRANCE

February

1.2.			
2.2.			
3.2.	PR-camp	Nagu	Re
4.2.	PR-camp	Nagu	Md
5.2.			
6.2.			
7.2.			
8.2.	Sprint-camp	Helsinki	Sp
9.2.			
10.2.	TSC		Sp
11.2.			
12.2.		HEL-ALI	
13.2.	Stage PF Alicante		
14.2.			
15.2.			
16.2.	Murcia		
17.2.	Ld	Sp	
18.2.	Md		ALI-BCL
19.2.	MOC-camp	Barcelona	
20.2.			
21.2.			
22.2.			
23.2.	Sp	Sp night	
24.2.	Ld	Ld foret	
25.2.	Sp	Sp center	
26.2.	BCL-LYS		
27.2.			
28.2.			

SPAIN ALICANTE

SPAIN BARCELONA

March

1.3.			
2.3.	Stage prépa EOC	Ticino	
3.3.	Sp		
4.3.	SR		
5.3.	Sp		
6.3.	Sp		
7.3.	Md		
8.3.	Re		MIL-HEL
9.3.			
10.3.			
11.3.			
12.3.			
13.3.			
14.3.			
15.3.	TKU-BGN	Norway - Bergen	
16.3.	Bergen Sprint Camp		Sp
17.3.	Sp	Sp	
18.3.	Sp		
19.3.			BGN-TKU
20.3.			
21.3.			
22.3.			
23.3.			
24.3.			
25.3.			
26.3.			
27.3.			
28.3.			Testti
29.3.	Turku-	PR Åland	
#####		PR Åland	
#####		Re	

SUISSE Ticino

Bergen NORWAY

April

1.4.	Md Åland	PR/TUS Åland	
2.4.	Md Åland		- Turku
3.4.			
4.4.			
5.4.			
6.4.		Kevätyö viesti	Re
7.4.	(Revole des Chirats)		
8.4.	(Revole des Chirats)	Saaristo Rastit	Md
9.4.	HEL-MXP		
10.4.	Md		
11.4.	(Sp)		
12.4.	Ld		
13.4.			MXP-HEL
14.4.		Silja-Rastit	
15.4.		Ankkurirastit	Md
16.4.			
17.4.			
18.4.			
19.4.			
20.4.	CNSR		
21.4.	CFMD (78)	FS (Espoo)	Ld
22.4.	CFC (78)	FS (Espoo)	Re
23.4.			
24.4.			
25.4.			
26.4.			
27.4.			
28.4.	Tiomila	SWEDEN	Re
29.4.			ARM-LYS
30.4.	France		

SUISSE Ticino

May

1.5.			
2.5.	<-France->		
3.5.			
4.5.	->Lugano		
5.5.			
6.5.	Sp (q)	Sp	
7.5.			
8.5.	Md (q)		
9.5.	Md		
10.5.	Sr		
11.5.			
12.5.	Re		
13.5.	Ld		MXP-TKU
14.5.			
15.5.			
16.5.			
17.5.			
18.5.		(TC Jukola - Kontiolahti)	
19.5.		(TC Jukola - Kontiolahti)	Re
20.5.		(TC Jukola - Kontiolahti)	Ld
21.5.			
22.5.			
23.5.			
24.5.			
25.5.			
26.5.	SM - Keskimatka	Kouvola	Md
27.5.	SM - Sprinttiviesti	Kerava	Sp
28.5.			
29.5.	TKU-RIX		
30.5.			
31.5.			

EOC - SUISSE

LATVIA

June

1.6.			LAT
2.6.		RIX-TKU	
3.6.			
4.6.			
5.6.			
6.6.			
7.6.			TAMPERE
8.6.		Grano games (Sp)	
9.6.		Grano games (Md)	
10.6.			
11.6.			
12.6.			
13.6.			
14.6.		Forssa Games Md	
15.6.			Lahti
16.6.			
17.6.	Jukola	Re	
18.6.			
19.6.			
20.6.			
21.6.		Kuko-Suunnistus	Md
22.6.			
23.6.			
24.6.			
25.6.			
26.6.			
27.6.			
28.6.	HEL-RIX	RIX-BRU	
29.6.		ASOM	
30.6.	Sprint	Sprint	

BELGUM

July

1.7.	ASOM Ld-Sprint Belgum			BEL
2.7.	BRU-RIX	Stage FFCO		
3.7.				
4.7.				
5.7.				
6.7.	Test-races (Lat)	Ligatne	Sp	
7.7.			Md	
8.7.			Ld	
9.7.		RIX-HEL		
10.7.				
11.7.				
12.7.				
13.7.				
14.7.	Viestiliiga #4	(Kauhava)	Re	
15.7.				
16.7.				
17.7.	TKU-RIX			
18.7.		WOC camp		
19.7.				
20.7.				
21.7.				
22.7.				
23.7.				
24.7.				
25.7.		RIX-TKU		
26.7.				
27.7.	Viestiliiga #5	(Tampere)	SR	
28.7.				
29.7.				
30.7.				
31.7.				

LATVIA

August

1.8.	TKU-RIX		
2.8.			
3.8.			
4.8.	Sp (q)	Sp	
5.8.		Sr	
6.8.			
7.8.		Md	
8.8.			
9.8.		Re	
10.8.			
11.8.		Ld	
12.8.			RIX-TKU
13.8.			
14.8.			
15.8.			
16.8.			
17.8.			
18.8.	Obs		
19.8.			
20.8.			
21.8.			
22.8.			
23.8.		<- (Moving out??)	
24.8.			
25.8.	SM - Pitkä	Mikkeli	Ld
26.8.	SM - Pitkä	(??)	Ld
27.8.			
28.8.			
29.8.	TKU-OSL		
30.8.	World-Cup	Norway	
31.8.		Ld	

WOC - LATVIA

NOR

September

1.9.	Md	Chasse	NOR
2.9.		Re	
3.9.	TC WOC 2019		
4.9.			
5.9.			
6.9.			
7.9.			
8.9.			
9.9.			
10.9.			
11.9.			OSL-TKU
12.9.			
13.9.			
14.9.	HEL-OUL		
15.9.	SM - Viesti	Rovaniemi	Re /Sky
16.9.	SM - Sprintti	Oulu	OUL-HEL
17.9.			
18.9.			
19.9.			
20.9.			
21.9.			
22.9.	CL Sprint	H	
23.9.			
24.9.			
25.9.			
26.9.			
27.9.			
28.9.			
29.9.			
30.9.	(KV La Grand Serre)		

NORWAY

HALDEN (NOR)

FRANCE

October

1.10.			FRA
2.10.	LYS-PRG		
3.10.			
4.10.	KO		
5.10.	Sr		
6.10.	Md		
7.10.	Sp		
8.10.	PRG-HEL		
9.10.			
10.10.	AUSTRALIA ->	HEL-Singapore	
11.10.	SIN-SYD		
12.10.			
13.10.			
14.10.			
15.10.			
16.10.			
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25.10.			
26.10.			
27.10.			
28.10.			
29.10.			
30.10.			
31.10.			

WC - CZE

<- AUSTRALIA (5,5 Months)

What else?

- ✓ Questions?
- ✓ Comments?
- ✓ Opinions?
- ✓ Disapprovals?



