

Sprint




- British Champion
- Scottish Champion
- M35 WMOC Champion
- Australian Champs. 2nd
- PWT best – 3rd
- WOC best – 21st
- World Cup Best – 21st
- Stockholm City Cup – 2nd
- Hong Kong Champion!



Sprint features

- Winning Time 12 – 15 minutes
- Map – scale is 1:5000/4000 plus 2.5m VI
- Map – ISSOM and not ISOM
- Terrain – predominantly park or urban maybe with some (fast runnable) forest
- Start interval 1 minute
- Controls are technically easy but route choice is difficult requiring high concentration
- Running is “very high speed” – NB seniors?

ISSOM symbols

Symbol	Colour	Meaning
	Black	Passable fence
	Black	Impassable fence
	Grey	Passable wall
	Black	Impassable wall
	Medium grey	Building – not to be entered
	Light grey	Canopy – may be passed under
	Black	Steps of a stairway
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for “forest maps”)
	Green	Large tree (more than 0.5 m diameter)
	Green	Small tree (less than 0.5 m diameter) or bush

Symbols

■ Building

↗ Stairway

⊞ Thicket

↗ Linear thicket or hedge

↗ Stone wall

△ Distinctive tree

↗ Track or path

○ North east side

➤ East corner (inside); e.g. inside where a wall bends through a right angle

↘ South corner (outside); similar to above

↖ North west end; e.g. NW end of a hedge

⋈ Junction; e.g. where one path meets another

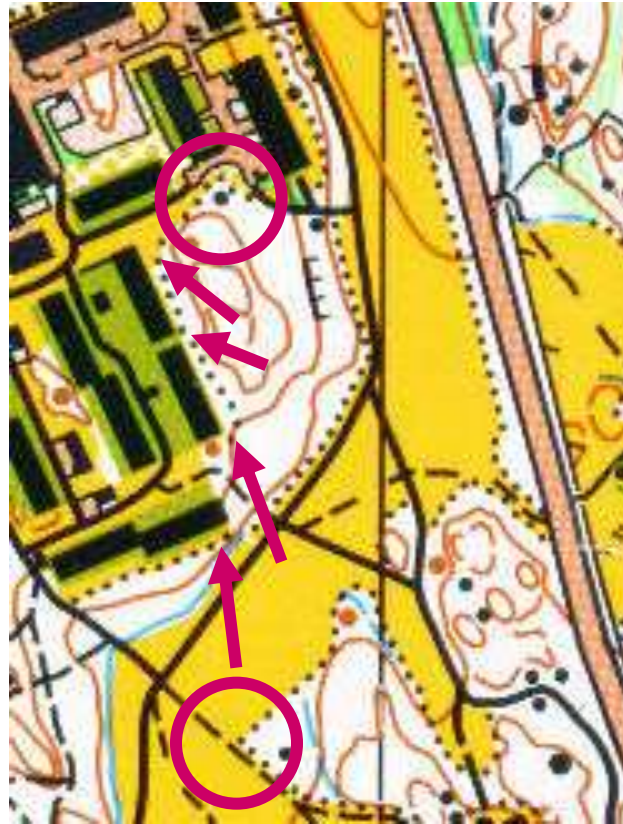
Hsuskens 4 Laws: No. 1

- Read everything to the first control



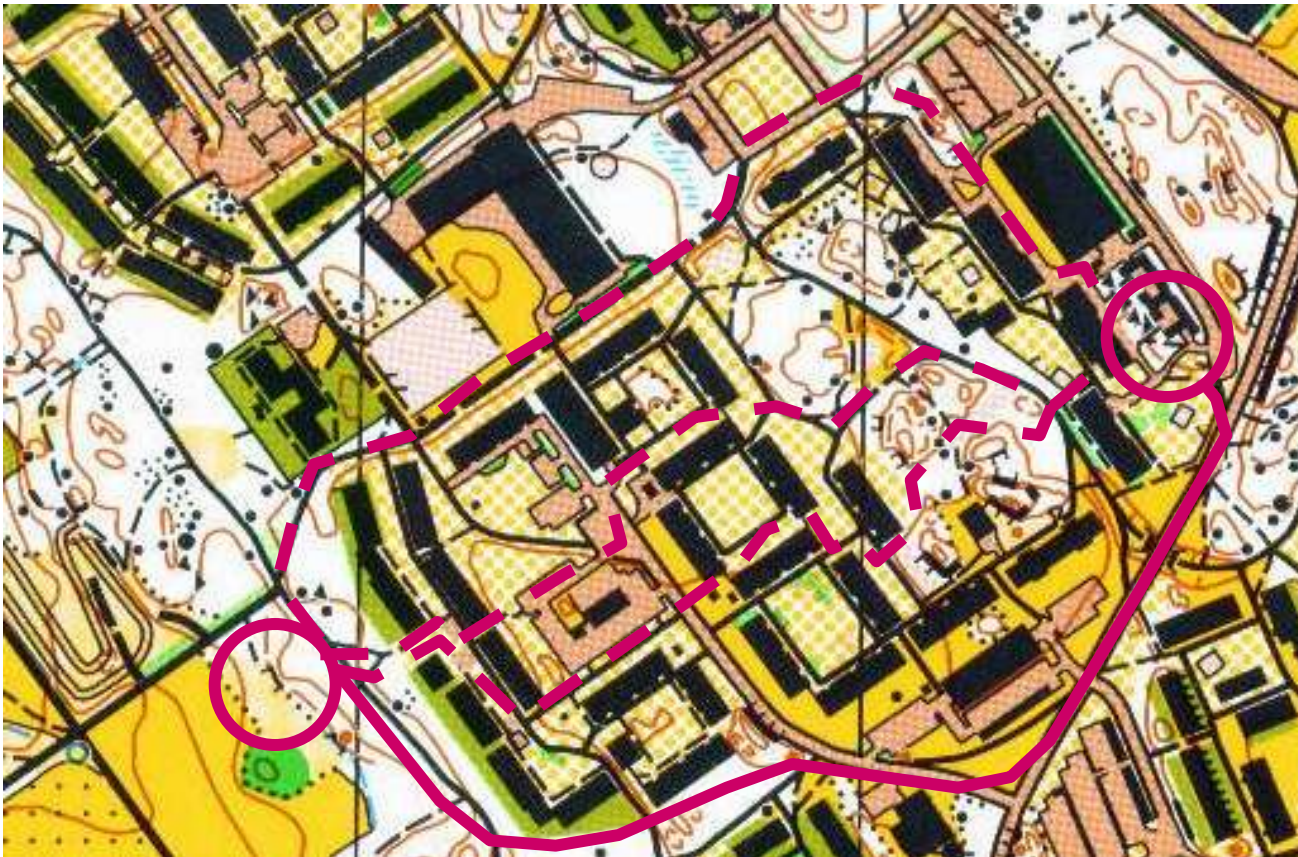
Law No. 2

- Raise your vision



Law No. 3

- Go for smooth lines



Law No. 4

- Read the whole leg

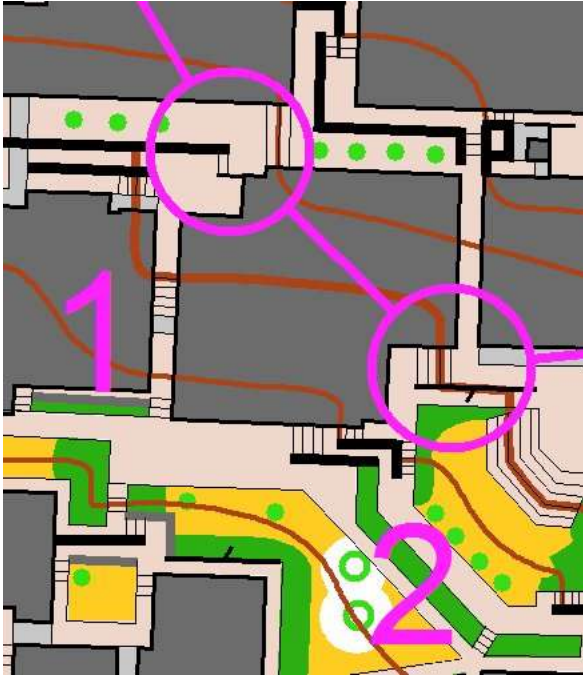


3 tips on You Tube

- <http://www.youtube.com/watch?v=Oi5wBaX3EQQ>
- Approach – face – leave
- Plan ahead – if it looks 50/50 – just go for it
- If you have a choice, going past future controls will help you later.

Look at Sprint Courses

- Armchair Training/ 'Dry' Training



- Clockwise route = 63 m
- Anticlockwise route = 91 m
- Analyse the planning!
- Difference obvious to runners who will take the clockwise route, especially as they are likely to be arriving at 1 from the west and will carry on the same direction

More gems

- Google Street View – for urban areas. Get a feel. See the terrain and visualise yourself there. Feel like you have already run there!
- Head up – Big features. (Beware low buildings!)
- Control Descriptions. Yannick Michiels BEL sometimes uses the control descriptions on the map - easier to work out the position of the control, whereas your wrist can be in any direction. I have started saying 'top right, bottom left'.
- If you know your weak points, for example running on stairs, you can try to avoid them in races. Steps are slower than grassy banks anyway so you should avoid.

- Work on weak points in training. Eg Steps.
- The Swiss – they lead the way – 7 in top 14 yesterday. Study everything you can about them!
- During the race, push as hard as you can! You have to want to do well.
- Analysis. Easy to miss little short cuts. Better lines. Seconds count.
- Better to race with the big boys than win in your back garden. This means travelling. Big race experience. Better for development to come 1 minute behind a really good Swede and understand how you could have saved that minute, than to win easy at home. If no-one beats you then you can't compare routes. Easy to get complacent and sloppy. Racing good people means that every mistake or hesitation is important and teaches you there is room to improve.
- Keep your feet dry, for as long as possible.

Physical Training for Sprint

