

Orienteering: training in endurance running sport with a map

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Lecture abstract:

Orienteering is a non-Olympic outdoor sport where the basic principle is to run through the check-points in the shortest possible time just with the help of map and compass.

In the first part of the lecture, the basic rules of the sport and the structure of Czech and international competitions will be presented. The sport is structured not only horizontally, but also vertically. Orienteering is therefore a sport that can be done without exaggeration from the age of approximately six years to masters' categories over 95 years. The orienteering training process fits well with the framework of Long Term Athlete Development concept from Canadian project Sport for Life.

In the second section, the technical-tactical component of the performance will be presented, which will focus mainly on navigation. The concept of a continual navigation plan not only allows the competitor to choose the optimal route between control points, but also reduces the risk of attention loss thus preventing major mistakes. This process, as well as physical preparation, is built from the youngest ages from elementary techniques (map symbol knowledge, north-oriented map) to more advanced (distance estimation, azimuth run) to combine techniques into a coherent plan.

The system of fitness training complements the navigation component. Orienteering cannot be considered a cross-country discipline of athletics, it has its specifics only by the type of surfaces on which it is most often raced (from the swamps of Scandinavian forests to urbanized paved areas used for the shortest disciplines). The orienteering specificity also lies in an uneven physiological load during the competitive load. A competitor must have a balance of physical capacity (cardiorespiratory and muscular endurance) and ability to implement a navigation plan. For the sake of specificity, cross-country training sessions are completed with a map (some of the world's top runners up to 50% of the total load). However, non-specific means are also used to optimize the development of physical capacity (interval training on the track, strength and plyometric training in the gym).

In the last part of the lecture, it will be presented the key points of the preparation of the female member of the Czech Republic for the World Orienteering Championship 2018, resp. individual rounds of the World Cup. Attention will be paid to the method of creating an annual training plan for senior athletes with acceptance for important races. Examples of individual preparation blocks will be presented on examples of individual weeks, respectively training units/sessions.