

# Sprint Orienteering

British Orienteering coaching  
conference 2015

24/01/2015

Kristian Jones

1

# Outline

- What are the defining characteristics of sprint orienteering?
- What skills, techniques and qualities are important in sprint orienteering?
- How can we increase performance?

# Sprint Orienteering

*“The Sprint profile is high speed. It tests the athletes’ ability to read and translate the map in complex environments, and to plan and carry out route choices running at high speed.*

*Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them.*

*The course should be set to require the athletes’ full concentration throughout the race.”*

IOF Competition Rules 2015



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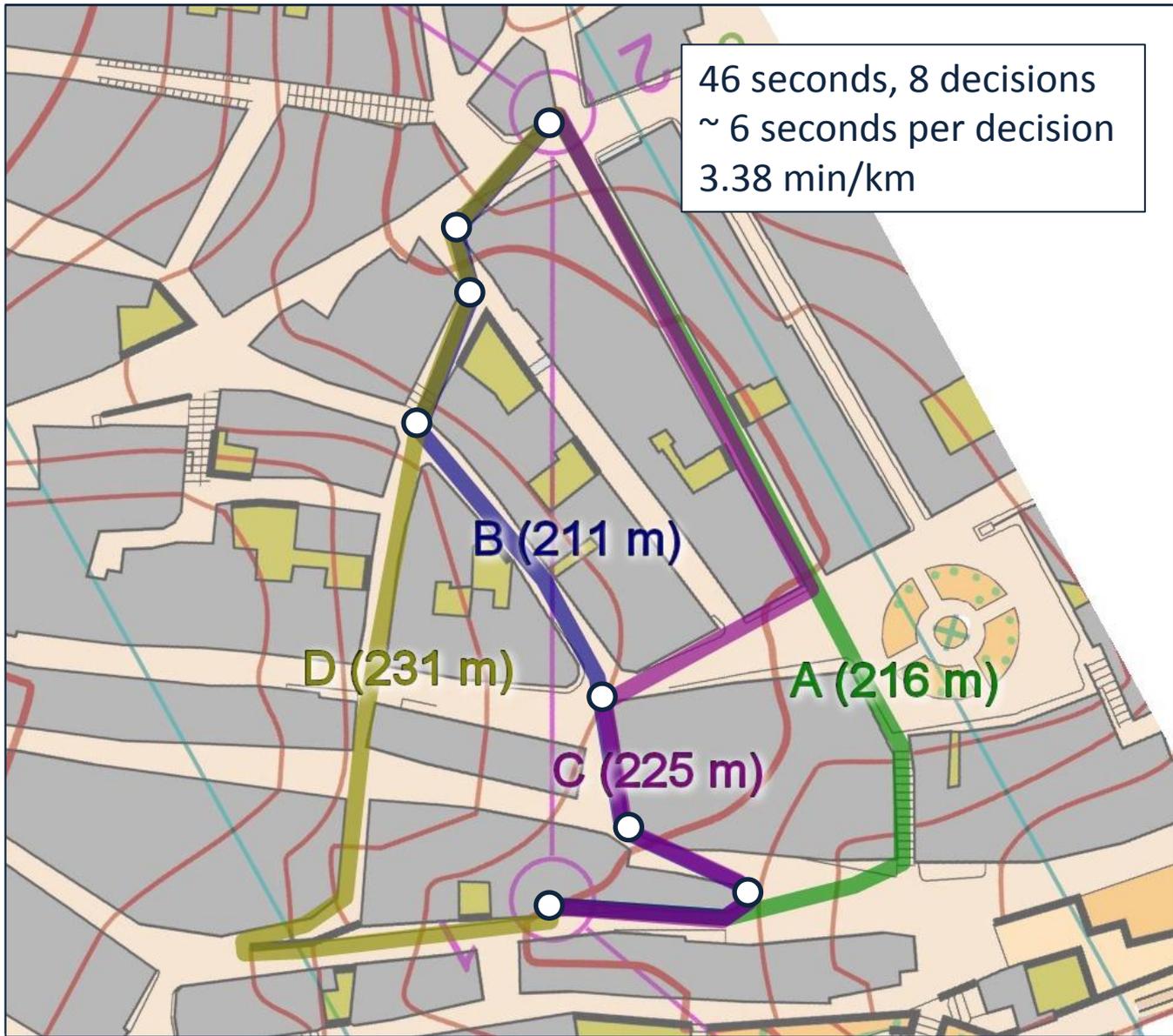
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- Winning time of 12-15 minutes
- “Simpler” orienteering
- Urban or fast terrain
- ISSOM map – Uncrossable features



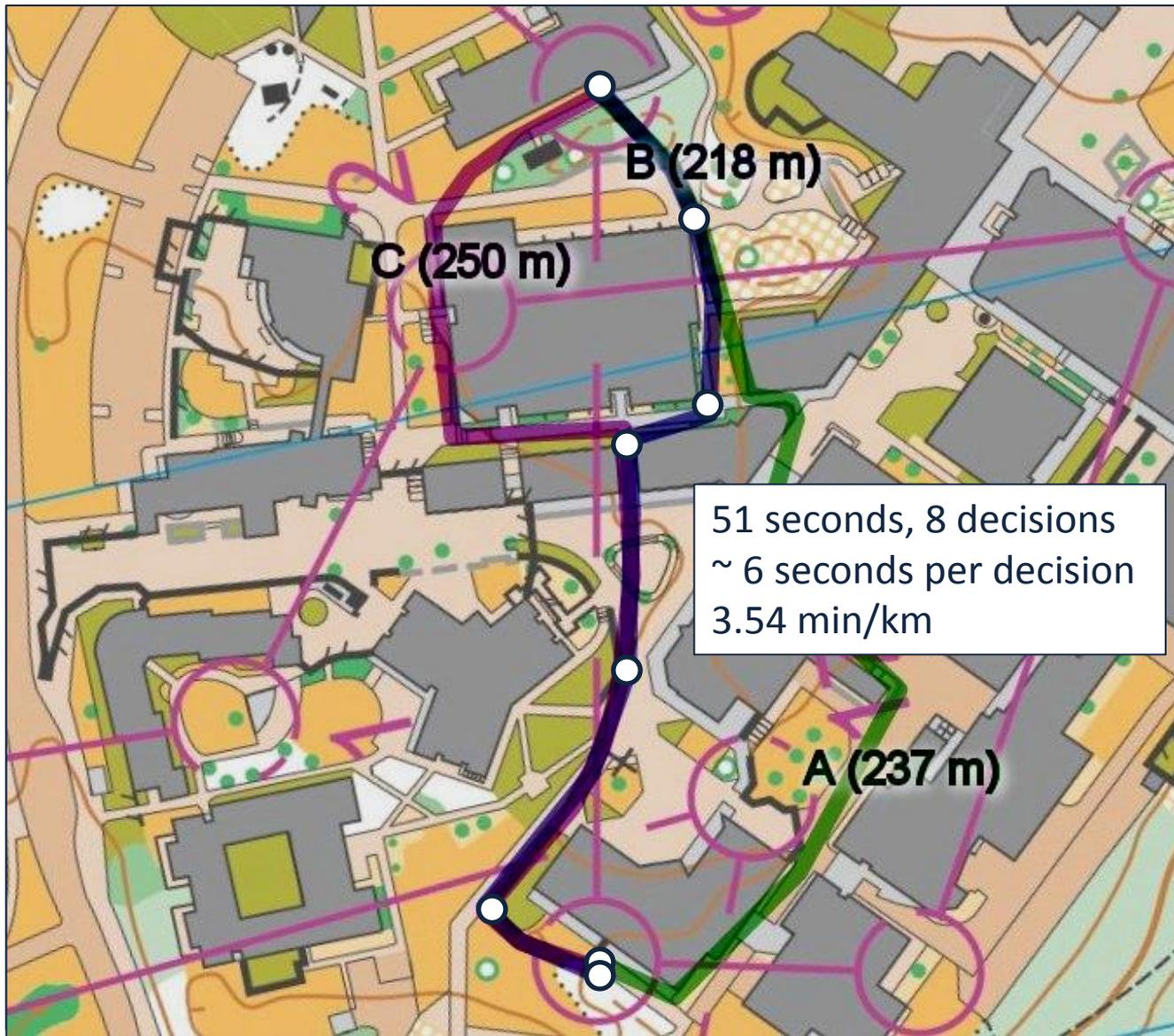
# Main challenges - technical

- High speed
  - Decisions, decisions



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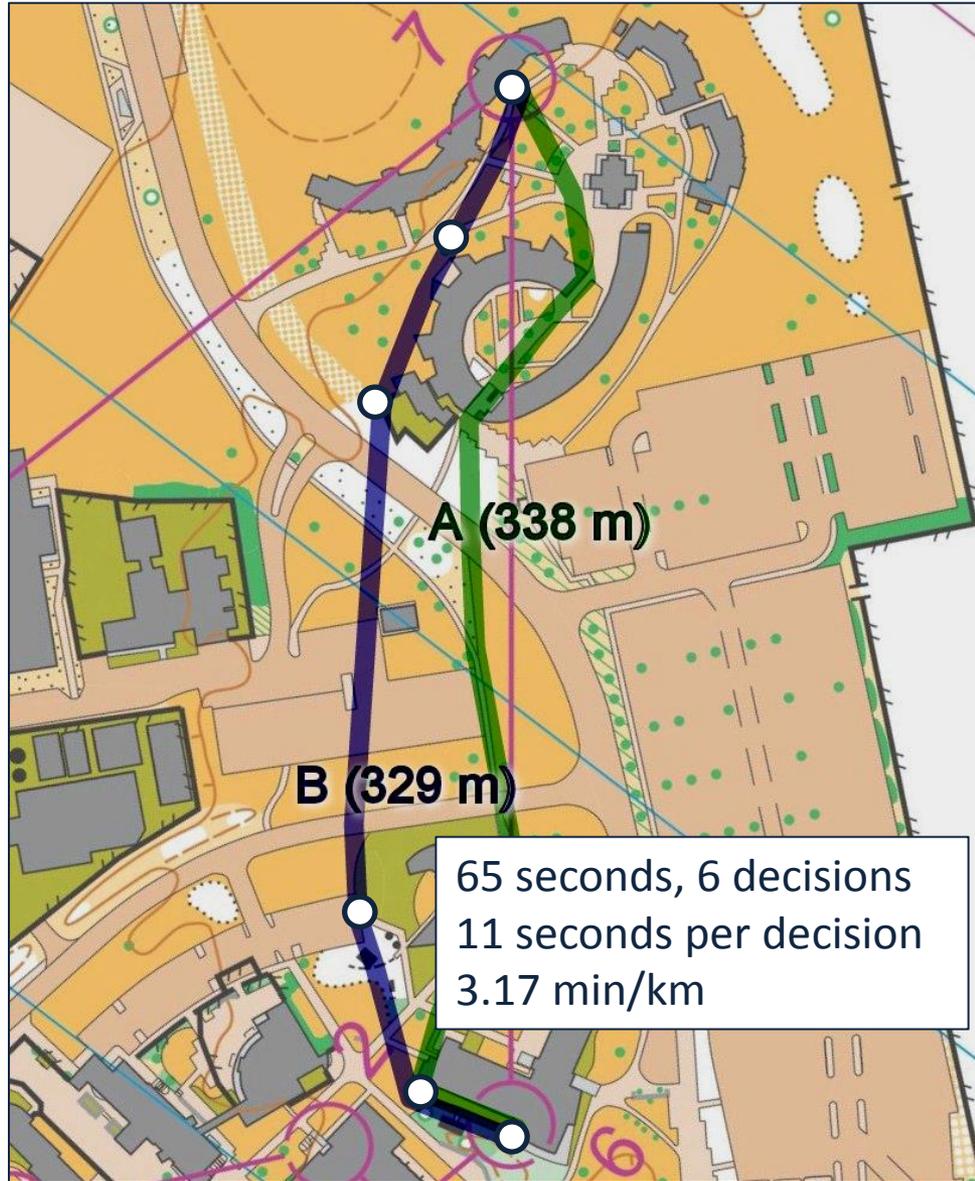
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8



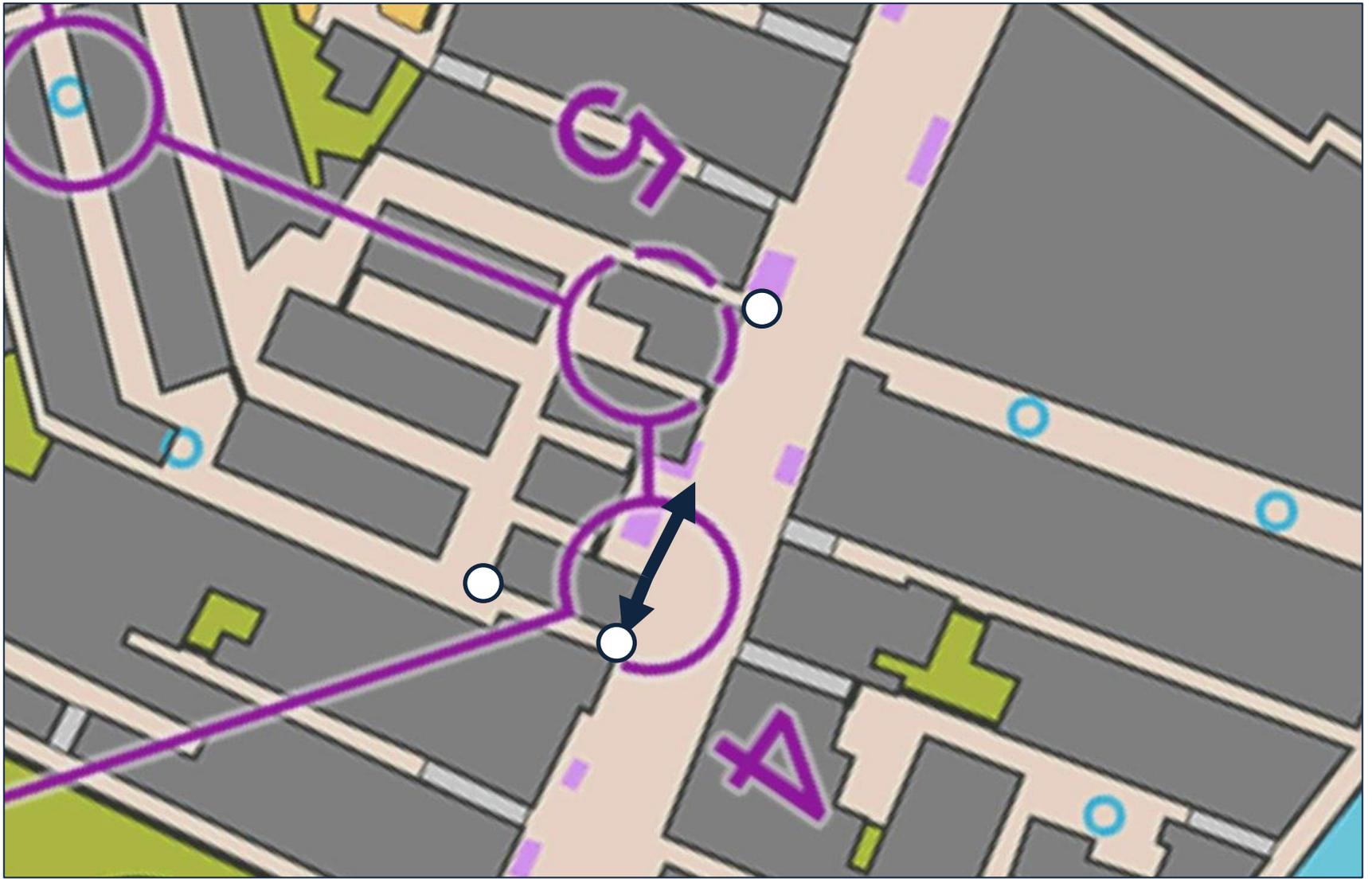
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9

# Main challenges - technical

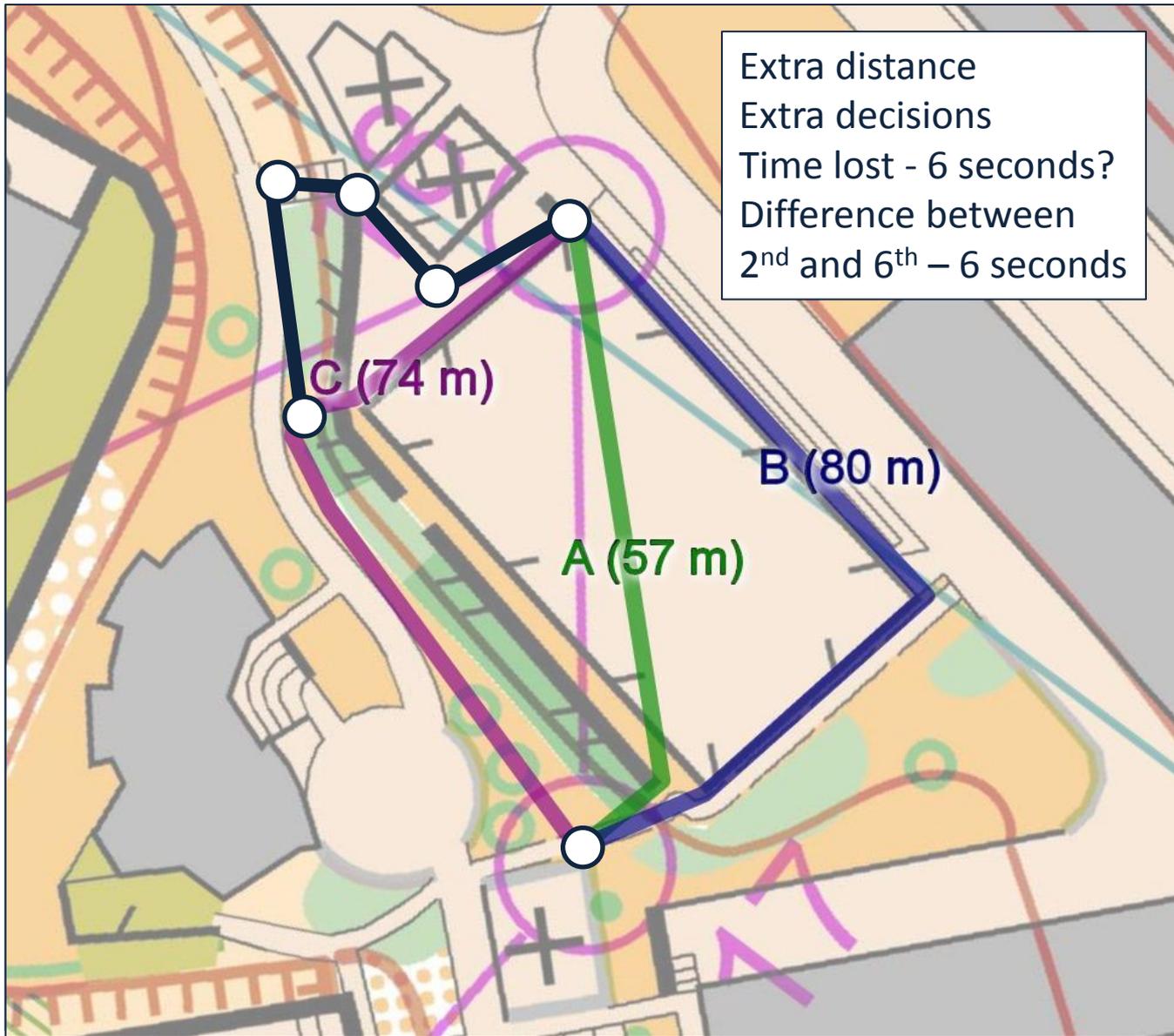
- High speed
  - Decisions, decisions
  - Full concentration



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11



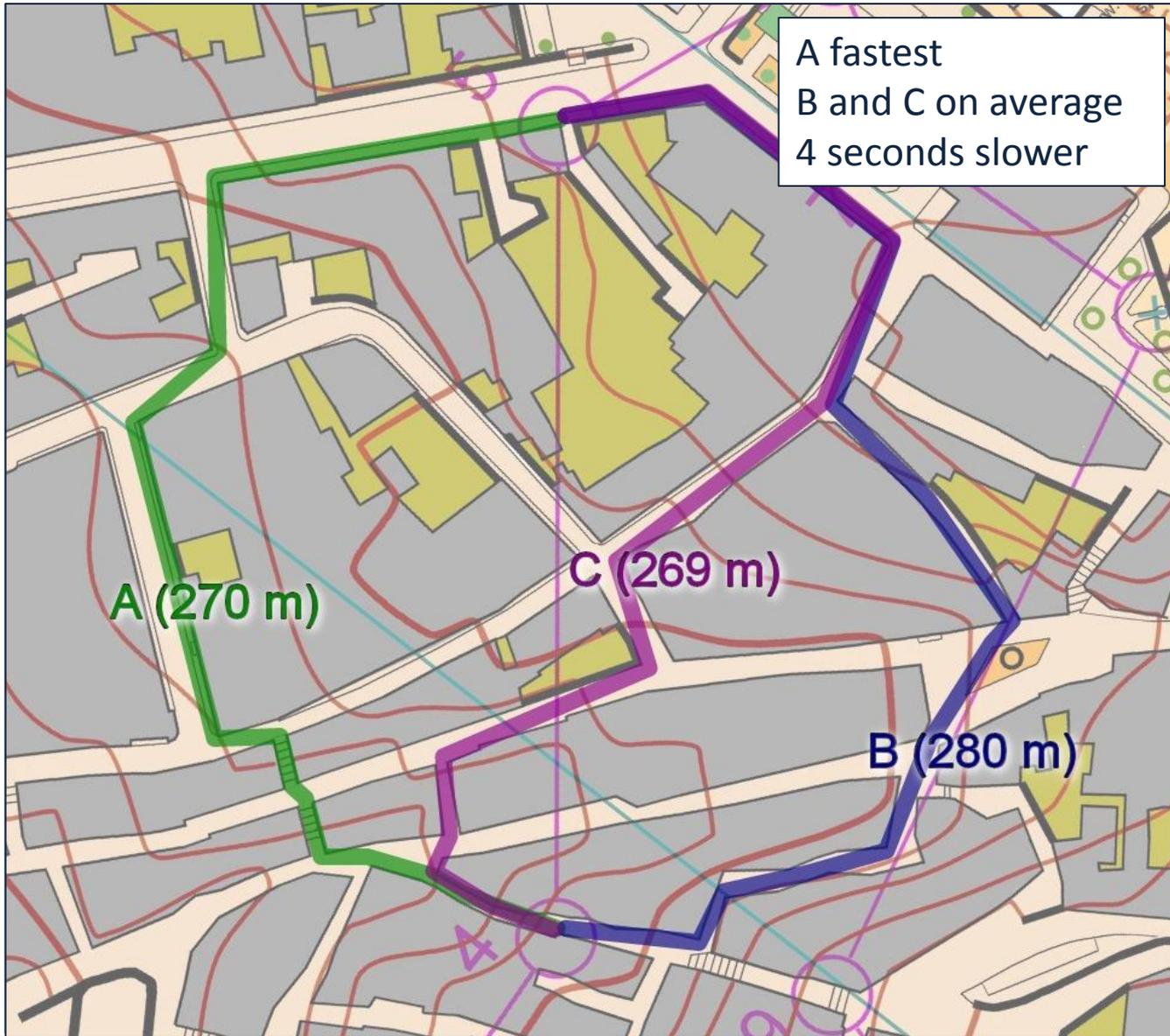
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12

# Main challenges - technical

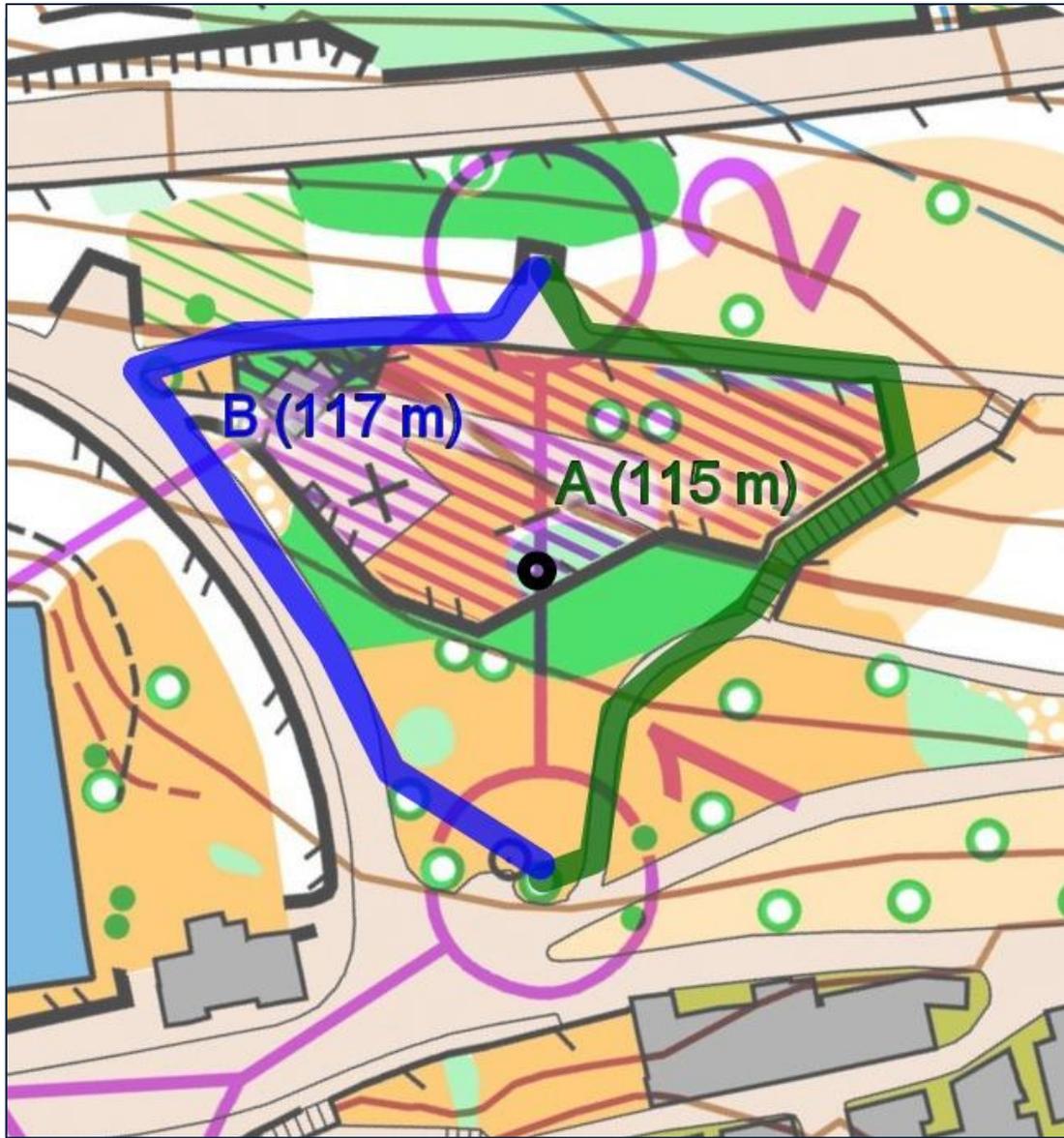
- High speed
  - Decisions, decisions
  - Full concentration
- Route choice
  - Shortest route often fastest



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14

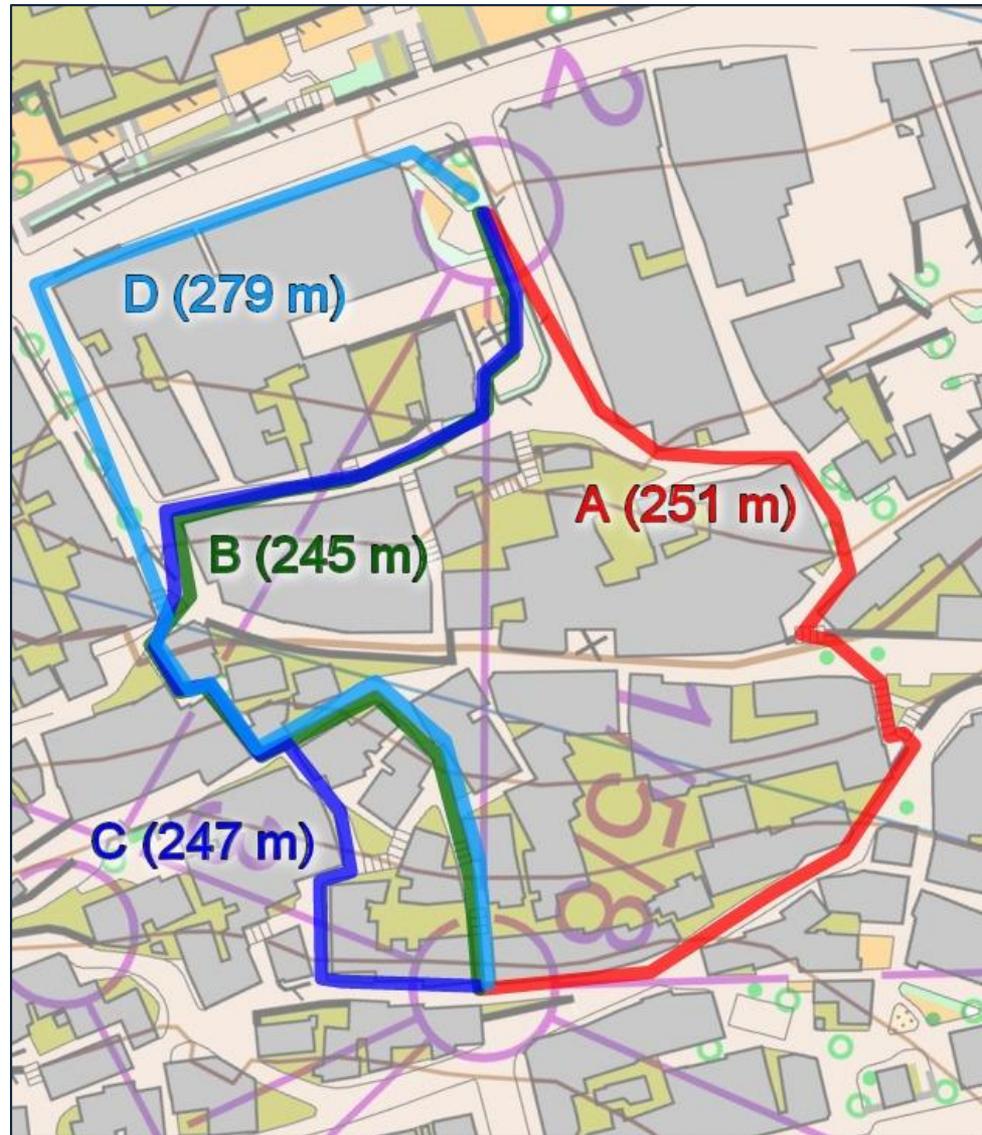


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15





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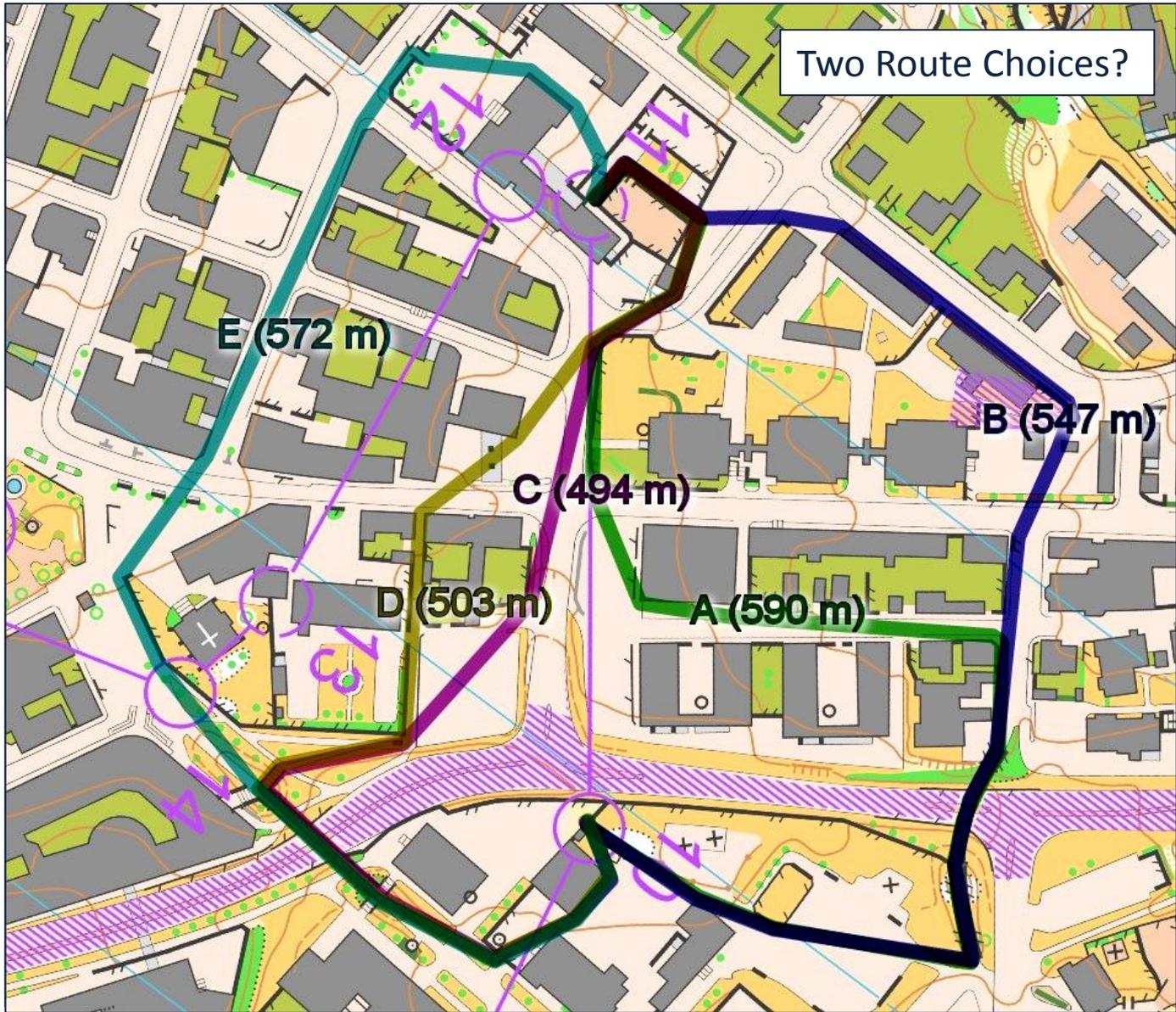
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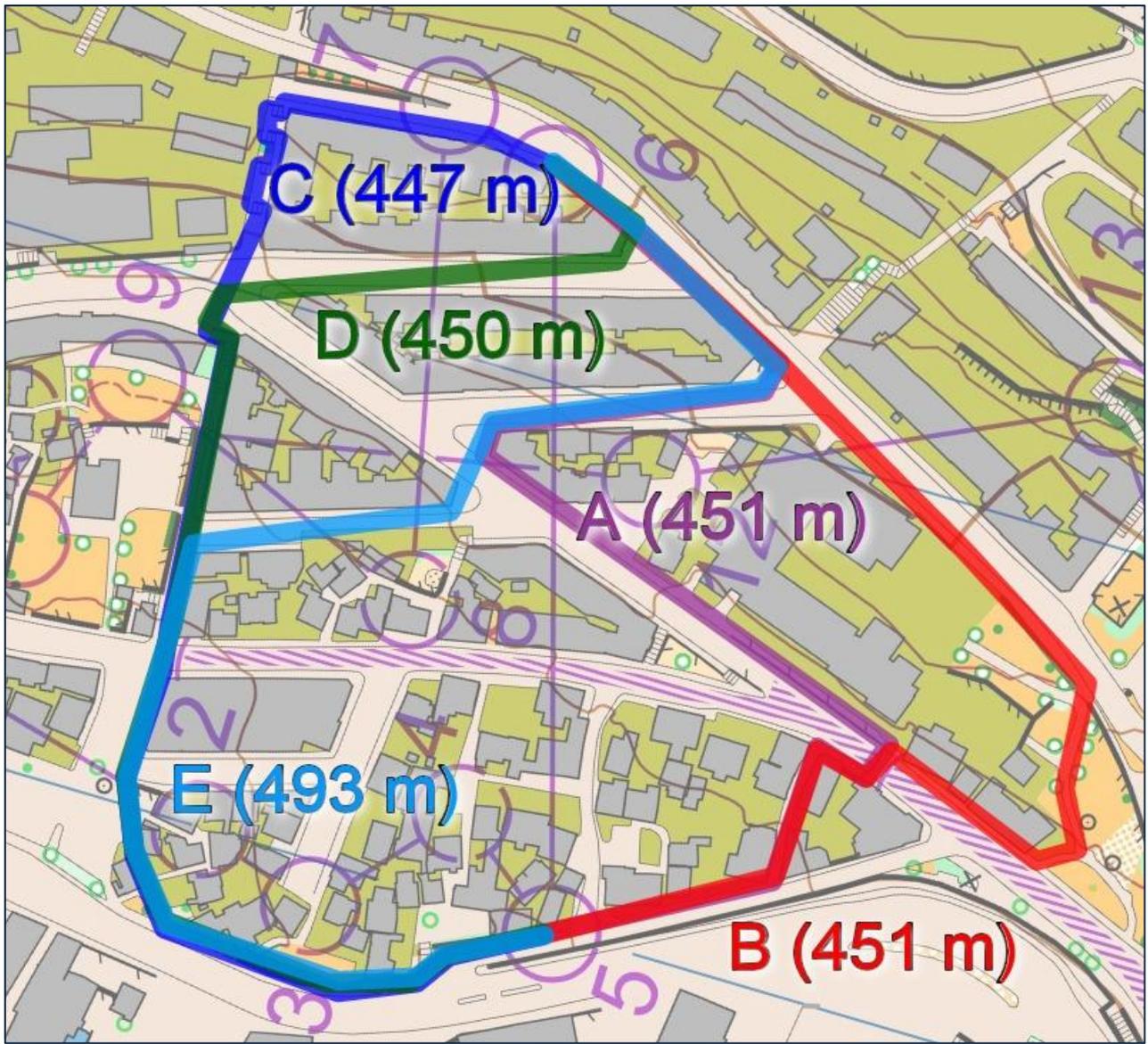
17

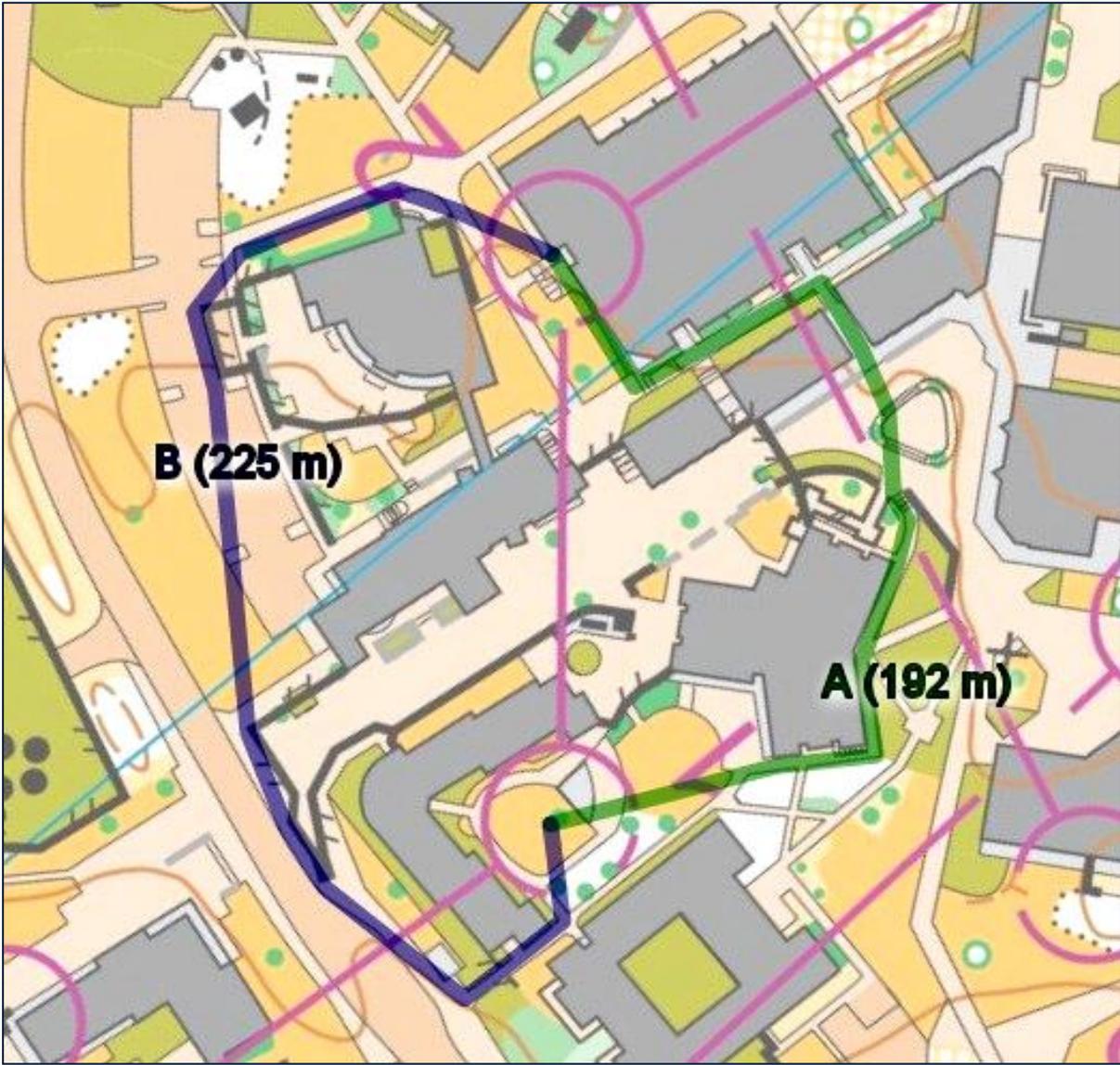
# Main challenges - technical

- High speed
  - Decisions, decisions
  - Full concentration
- Route choice
  - Shortest route often fastest
  - Impassable objects

Two Route Choices?



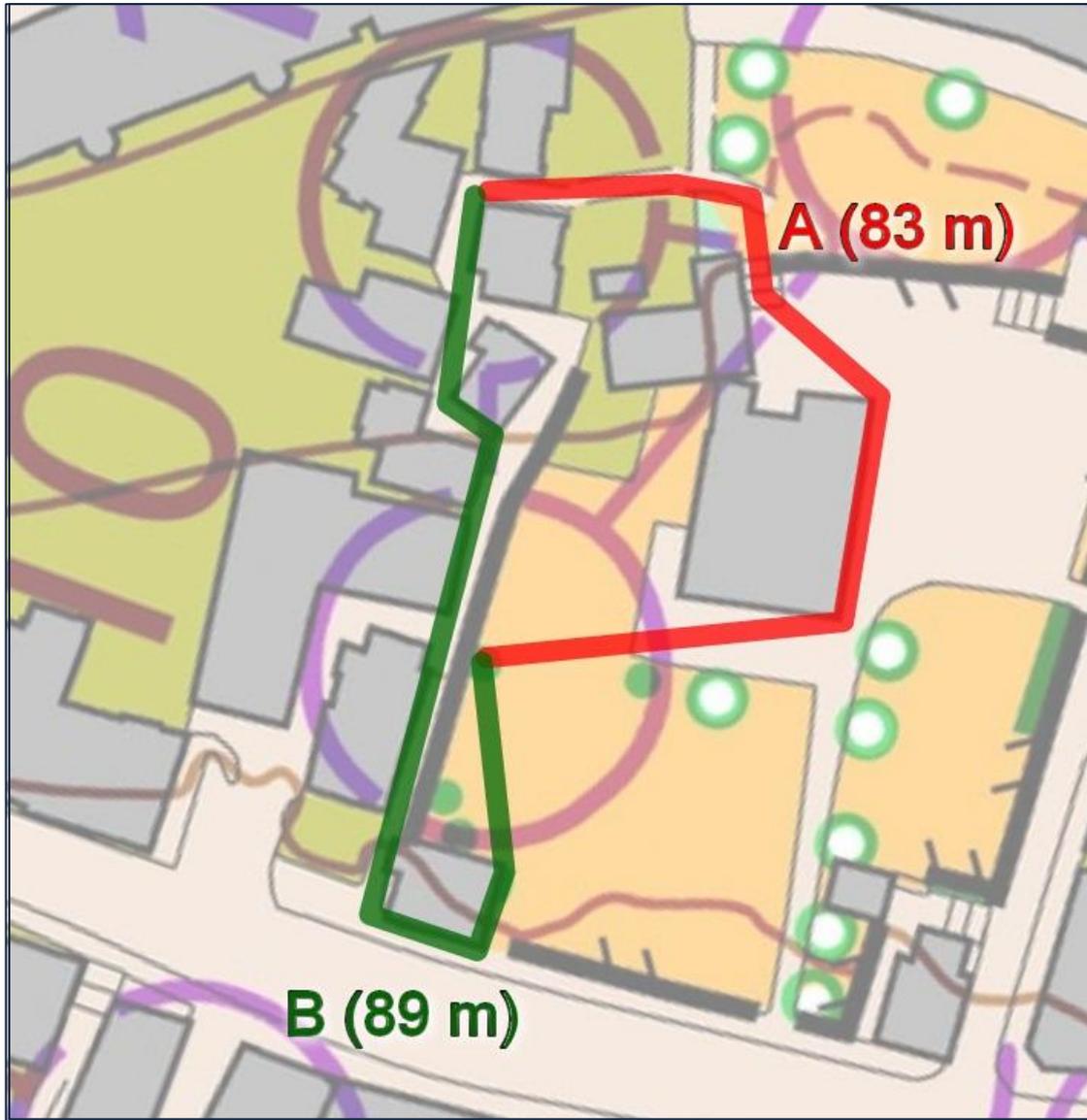




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21



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23



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24

# Main challenges - technical

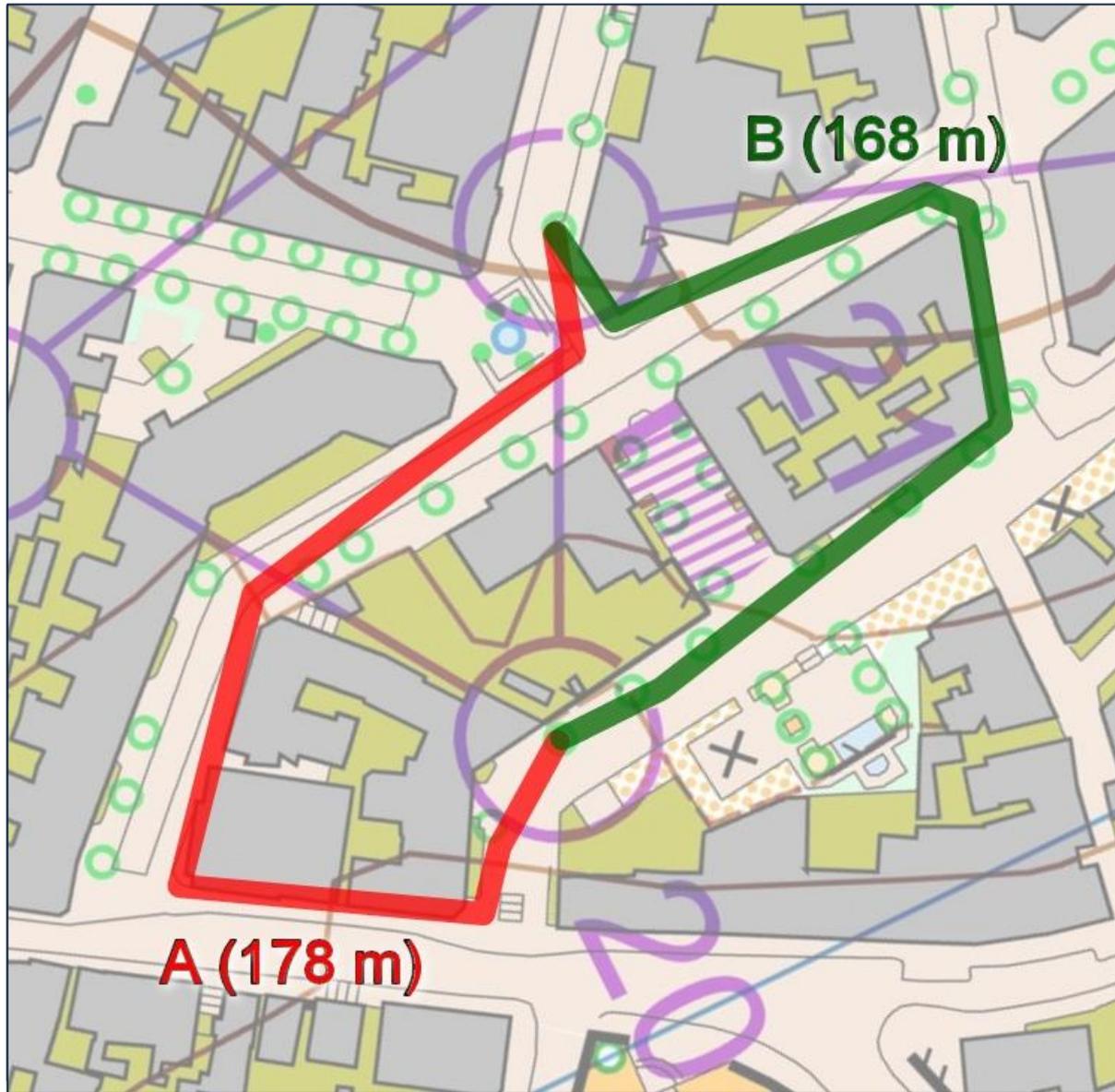
- High speed
  - Decisions, decisions
  - Full concentration
- Route choice
  - Shortest route often fastest
  - Impassable objects
  - Identifying which legs/decisions are important



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26



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27

# Main challenges - technical

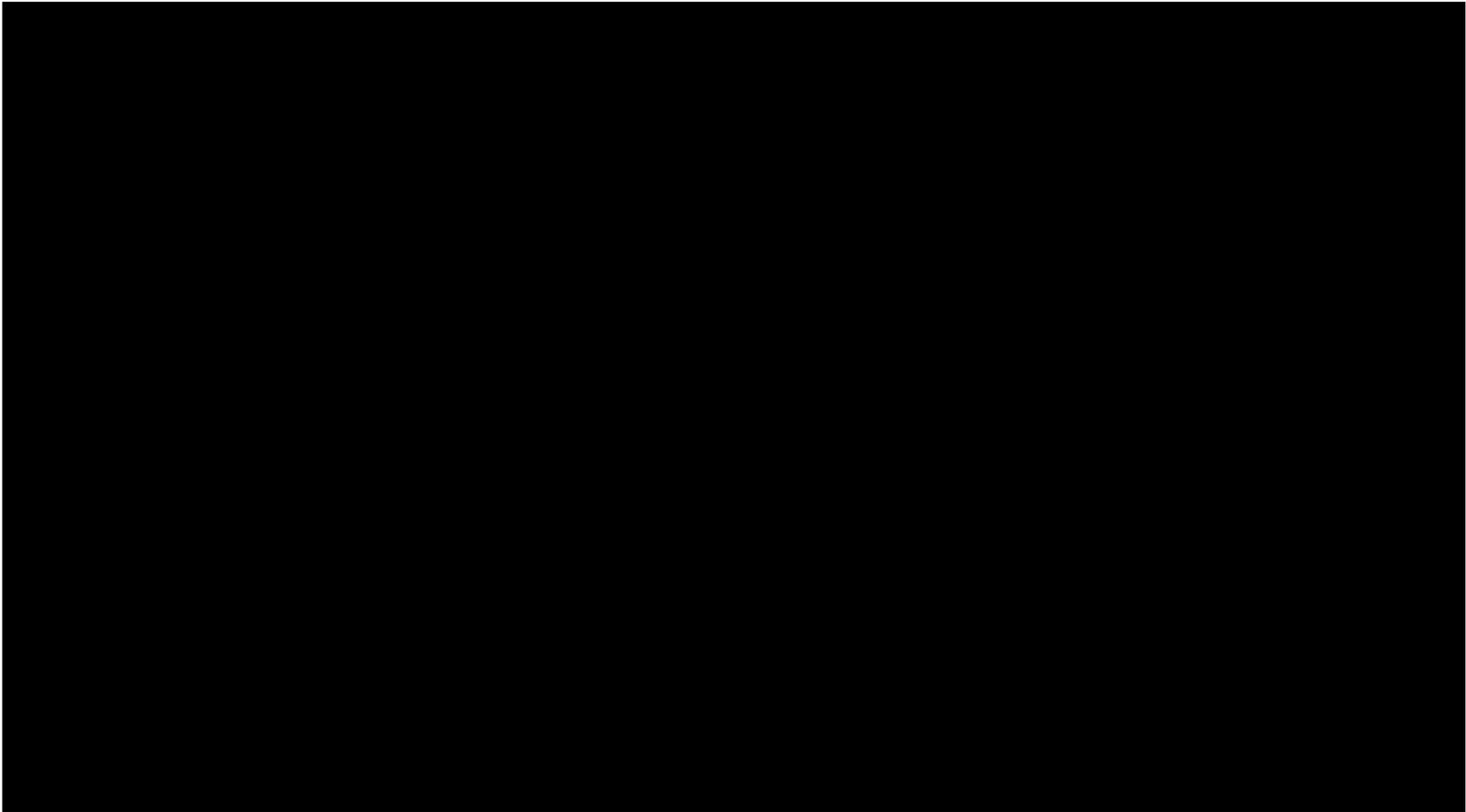
- High speed
  - Decisions, decisions
  - Full concentration
- Route choice
  - Shortest route often fastest
  - Impassable objects
  - Identifying which legs/decisions are important
- Time pressure – Every second counts

Place	Name	Country	Result	
1	Soren Bobach	Denmark	15:37,2	
2	Daniel Hubmann	Switzerland	15:39,3	+0:02,1
3	Tue Lassen	Denmark	15:41,4	+0:04,2
4	Jerker Lysell	Sweden	15:48,1	+0:10,9
5	Matthias Kyburz	Switzerland	15:52,4	+0:15,2
6	Jonas Leandersson	Sweden	15:58,0	+0:20,8
7	Yannick Michiels	Belgium	16:04,7	+0:27,5
8	Jan Prochazka	Czech Republic	16:08,0	+0:30,8
9	Jonas Vytautas Gvildys	Lithuania	16:09,4	+0:32,2
10	Martin Hubmann	Switzerland	16:10,7	+0:33,5
11	Robert Merl	Austria	16:13,9	+0:36,7
12	Oystein Kvaal Osterbo	Norway	16:18,0	+0:40,8
13	Murray Strain	Great Britain	16:21,8	+0:44,6
14	Kiril Nikolov	Bulgaria	16:23,1	+0:45,9
15	Martin Regborn	Sweden	16:26,4	+0:49,2
16	Gaute Hallan Steiwer	Norway	16:34,2	+0:57,0
17	Vojtech Kral	Czech Republic	16:34,8	+0:57,6
18	Kristian Jones	Great Britain	16:36,6	+0:59,4
19	Tuomo Makela	Finland	16:45,8	+1:08,6
20	Lucas Basset	France	16:47,6	+1:10,4

+6%

# Main challenges - physical

- 3.5 – 5.0 km running distance
- Changes of speed
  - Turns
  - Controls
    - Agility, Acceleration, Strength
- Hills/Steps – Up and down



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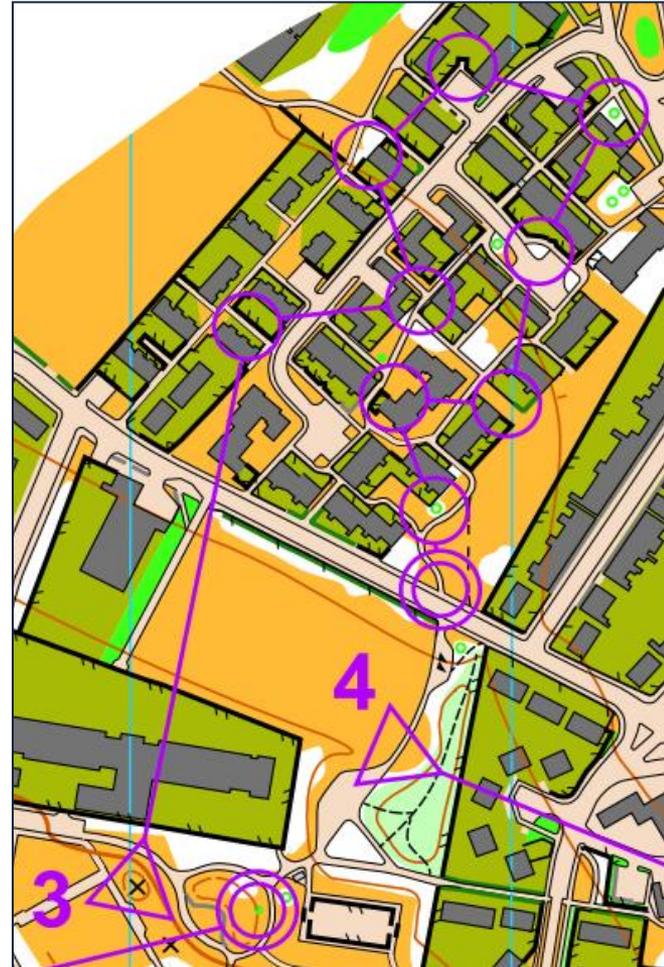
31

# Sprint training

- What are we trying to do with the training?
  - Reinforce basic orienteering skills
  - Put skills under pressure
- Mainly sprint training looks to put skills under pressure

# Sprint training -Sprintervals

- Sprint orienteering intervals
- Shorter effort = faster speed
- Recovery
  - More training
  - Higher concentration



# Sprint training – Adding complexity

- Added barriers to increase difficulty
- Makes simpler areas more difficult
- Make known areas more difficult



# Sprint training – Adding complexity



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# Sprint training – Interval then orienteering

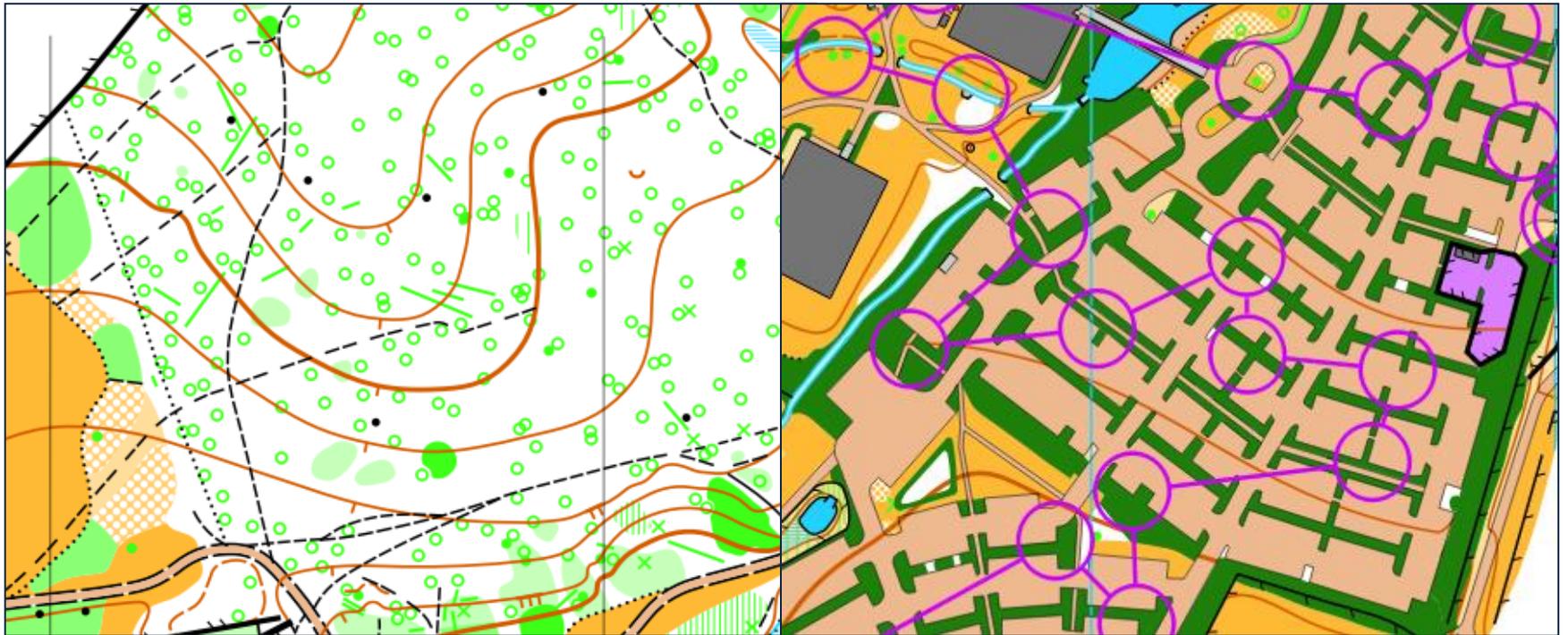


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36

# Sprint training – Ultrasprint

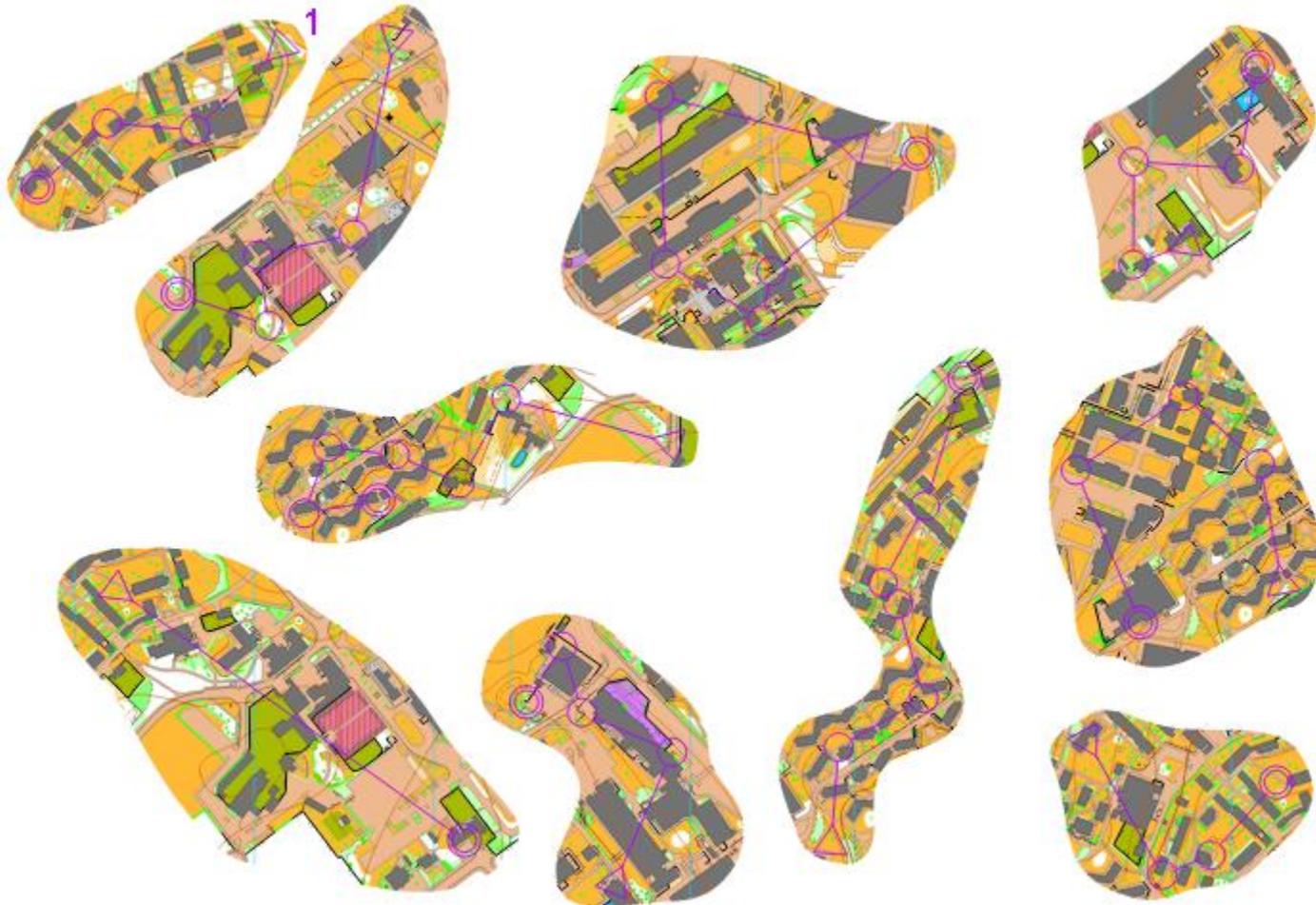


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# Sprint training – Splitting up map

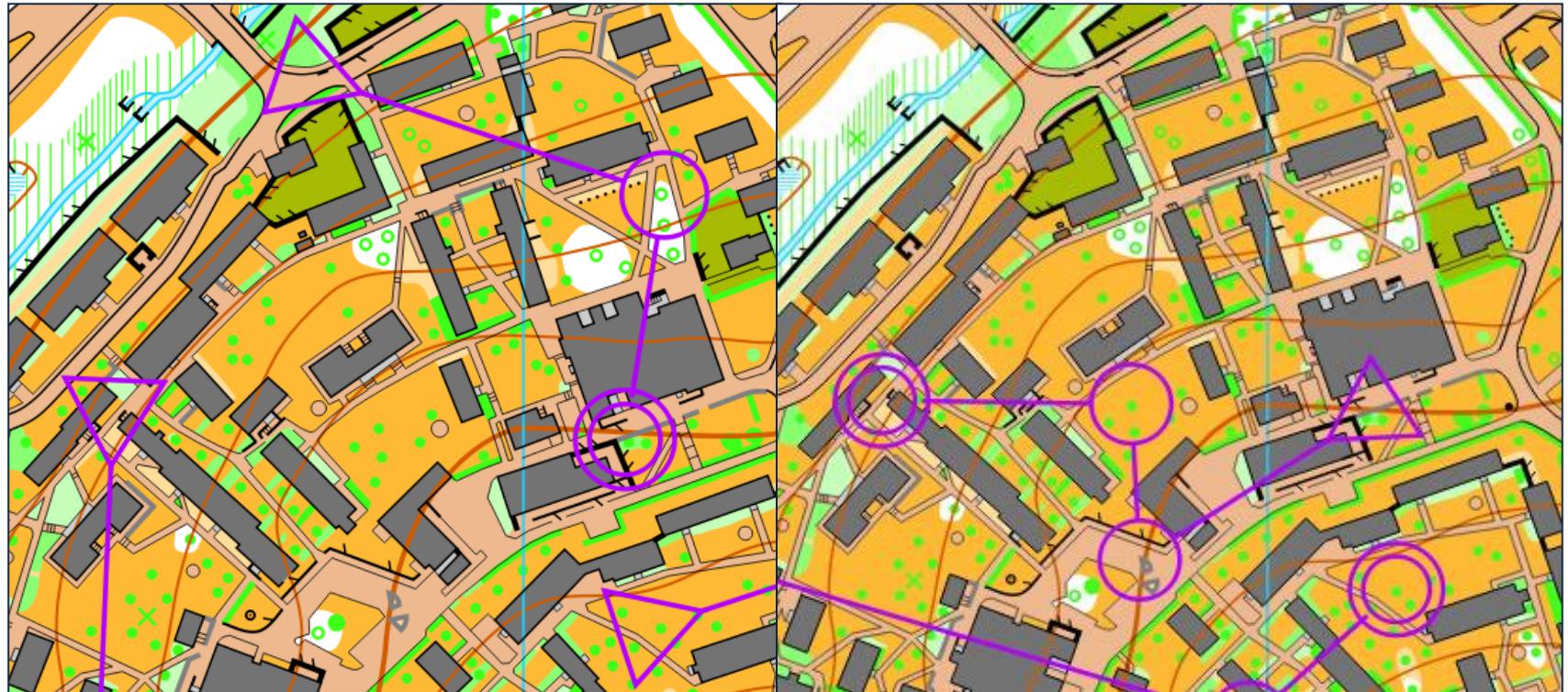


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# Sprint training – Different sides



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# Sprint training – Relay

- Gaffled or ungaffled
- Added pressure
- Chasing or mass start
- More relevant now?



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40

# Sprint training – Armchair training

- Route choice – Running wild?

RunningWild! Draw your route - the faster the better!

RunningWild!

Which route would you choose?

Choose your route  
Compare your route

Click mouse



sure!  
afterwards.

# Sprint training - Geeking



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42

# Sprint training

- Those are just some examples
- The main difficulty in sprint training is that it is often difficult to get good training whilst running slow. Therefore there is a limit to how much sprint training can be done.

# Questions?

- Most of the map images are from World of O

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44