

Circuit Training Resources

Supporting Resources for Year in a box card 4.3

Overview

The central idea behind circuit training card 4.3 is that circuit training exercises are alternated with some kind of “technical” or mental training. This is perhaps best achieved by getting participants to work in pairs. One participant performs the physical exercise, whilst their partner completes the technical exercise (see diagram 1).

The main barrier to community orienteering club coaches putting on this type of activity is the amount of planning and preparation involved.

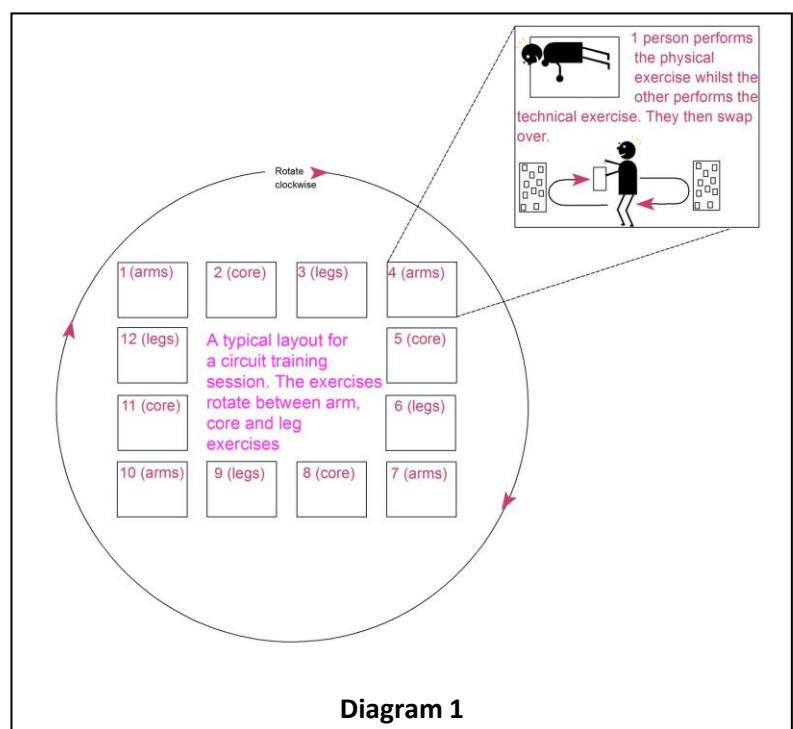
This resource has been designed to help coaches overcome this barrier. Although it is recognised that there is still a large amount of printing, cutting and laminating involved in the first instance, subsequent planning and preparation time should be minimal.

Finally, with a little bit of creativity there are many other variations that could be made. For example a few other ideas include technical exercises to do with contour lines, international control descriptions, photo orienteering, cross words, learning map symbols and describing optimal routes between controls. The ones that are presented here are suitable for beginners and therefore most appropriate to a community orienteering environment.

They are

1. Match the map
2. Spot the difference
3. Match the control description
4. Word search
5. Two the same
6. Map Jigsaws

Each of the ideas above can be delivered singularly or they can



be mixed and matched so that a variety of technical training ideas are completed within a single circuit training session. If you mix and match you may need different answer sheets.