Finland 2015 - Trainings

Date	Day	Where	Training - morning fase	No.	distance by car km	time min	Recommandation (where) The map	Course	Checkpoints	Training - afternoon fase	No.	distance by car km	time min	Recommandation (where) The maps	Course	Checkpoints	The notes
17.7	Friday	Hradec Králové, Prague, Helsinki															Journey to Prague, airport and flight to Helsinki
18.7	Saturday	Tampere	not							acquainting with Finnish terrain (walking, slow running, mainly seeing)	1			**Ukonsyrjä**	2-7 km		from accomodation
19.7	Sunday	Tampere	Circuits	2	20	20	**Teerineva**	6,1 or 5,3 km		Multi control training	3	22	43	**Pohtola**	Course 7,8 km (can be shortened)	normální lampiony	
20.7	Monday	Tampere	Interval training with 5 short courses consisting of 4-5 controls	4	36	48	**Vattula-Kukonjärvi**	5,3 km	malé lampiony	normal course	5	12	18	**Puikkari**	3,5-3,8 km	mormální lampiony	
21.7	Tuesday	Tampere	Contour training	6	3	8	**Siitama**	4,6 km		Multitraining 1	7	34	40	**Kauppi**	Total 3,7 km	10 cm destičky, možno i jako noční, reflexy	
22.7	Wednesday	Tampere	free time							normal course	9	31	47	**Kintulampi**	6,4 km(can be shortened)	fáborky	lunchbreak on Tampere
23.7	Thursday	Tampere	Multitraining 2	10	34	40	**Kauppi**		10 cm destičky, možno i jako noční, reflexy	long distance	11	24	46	**Vattula-Pohtola**	courses 6,5 km and 10,5 km (can be shortened)	10 cm destičky, možno i jako noční, reflexy	
24.7	Friday	Tampere	normal course - once more (other tactics)	12	12	18	**Joutsenenpesä**	3 km + 3,5 km									
25.7	Saturday	Jyväskylä	free day (freesbeegolf Laajavuori)							jogging							
26.7	Sunday	Jyväskylä	sprint	13			**Jyväskylä**										town sprint
27.7	Monday	Jyväskylä	test race Vaajakosken Terä	14			**Kanavuori**										Terä - test circuid
28.7	Tuesday	Muratsalo	clasic A final	15			**Muratsalo**										all day in Muratsao
29.7	Wednesday	arrival to Helsinki															
					105	134						123	194				
Suma distance by car					**456,2**												

Change of the plan

22.7	Wednesday	Tampere	sprint	8			**University of Tampere**		