

RAMPARTS - Magnus' comments

All 4 sessions with start/finish from the central meadow. The 1st two use the north half of the map and the 2nd two use the south part of the map.

1. Control picking using the N and NW part of the map, with Long, Medium, Short and Intermediate versions.
2. Compass using the flatter NE part of the map, with Long, Medium and Short versions.
3. Route choice using the S part of the map, with Long and Short versions.
4. Relocation using the S part of the map, with Long, Medium and Short versions.

Spread out over a whole day, with plenty of rest and refreshment between sessions, it shouldn't be a problem. But all the exercises have courses that can easily be shortened to whatever length the participant feels like. The full course does not have to be completed. It's completely flexible.

Control picking: "flow, not speed". Meaning to constantly move through the entire course without having to ever stop. To me this is much higher priority than running speed (until the absolute top elite level). I try to get my athletes to first find the speed at which they feel comfortable at keeping up to the navigation while keeping a constant flow. Usually this speed is pretty slow to start. It can be very hard to force the young/fast people to do this, but it will pay off later. Establish all the correct techniques and habits at a slower speed. Then once able to complete a full course without stopping it is time to slowly start to increase the running speed more and more. So the "winner" of this exercise is the person who stops moving as few times as possible, whatever speed that is. Start the first control really slowly and as you get further into the course try to increase the speed without losing control/flow. There's a separate Intermediate option.

Compass exercise: "look up". Meaning check the bearing, look up into the distance and identify some object in that direction and run towards that. When reaching this point, check bearing quickly again, find a new object in the distance and run towards that. Repeat. Don't get stuck with your head down looking at the compass all the time. This technique leaves time to read the map and look around for significant features in the terrain (or the flag itself) to confirm the direction is good.

Route choice: "plan backwards". Meaning to first look at the area around the "destination". From what direction do you want to attack the control? The trace a route backwards from there. Of course, other factors such as climb and overall distance also must be considered, but almost always it's better to decide on route choice by going backwards.

Relocation: "observe". Meaning to look around, observe a few significant features along the way and try to remember their relative positions to each other. Then when it's your turn to relocate and navigate, use this "memory map" to help find where you are on the map. This exercise should be done in pairs or groups with a leader navigating part of the way (not necessarily the straight/best way there). The others must not look at the map but instead observe the terrain as they pass through it. The leader should stop somewhere between halfway there and outside the circle, could be left or right of the control also. The others should then relocate from there and find the control. Then switch who is the leader between the controls. Participants of similar level can go together and discuss who tries which route beforehand, then wait for each other at the next control and compare times/discuss. Repeat for the next leg and so on. Relocation can be done as a walk and still be good quality training.