

Ossett :: Training Activity :: Line and Window

Saturday 21th – Friday 27th November

Each event in this EPOC MapRun series will have a Coaching/ Training Activity available to download.

At Ossett this is a Line and Window activity.

2.3km

The start and finish are the same as for the **short course** of the main event.

To get the most from this, follow the instructions on the downloaded map. The aim is to practice following a route with confidence when you can't see all of the detail. Importantly, the point where you come out of the blanked out zone is a change of direction/ attack point/ point where you should slow down so predict it and know what you are looking out for. Additionally, you can practice distance judgement / pacing while you are in a blank zone.

Your phone will be activated by each control.

Please note, the map scale for the line event is 1 :: 5000

We hope that you might try the coaching activity first and then try one of the main courses to practice the skills.

If you want to discuss the coaching element further, please contact Jonathan Emberton the Training Coordinator 07792900971 or jonathanemberton@gmail.com. Use the Facebook or Instagram pages to start or join in a discussion.