

TRÄNINGSLÄGER I SÄLEN



TRAININGS IN SÄLEN 2025



Konfirmation
Sälen
orientering

TRÄNINGSLÄGER I SÄLEN

GENERAL INFORMATION ABOUT TRAININGS IN SÄLEN

| TRAINING | DIFFICULTY |
|--------------------------------|------------|
| 1. Long distance, Myrflodammen | ○ ● ● ● ● |
| 2. O- Intervals, Tandådalen | ○ ● ● ● ● |
| 3. Middle Distance, Ö Kalveln | ○ ● ● ● ● |
| 4. Alien, Källfjället | ● ● ● ● ● |
| 5. Sprint, Tandådalen | ● ● ● ● ● |
| 6. Naturpass, Flatfjället | 50 CP |
| 7. Forest sprint, Myrflodammen | ● ● ● ● ● |
| 8. Duell slalom, Flatfjället | ● ● ● ● ● |
| 9. Corridor, Myrflodammen | ● ● ● ● ● |
| 10. Relay, V Färdkällan | ● ● ● ● ● |
| 11. Start, Myrflodammen | ● ● ● ● ● |

CONTROL MARKING

The controls are marked with an orange/white stripe with a code number.

OVERVIEW MAP 2025



LIVELOX

For those who want to analyse their performances, all trainings will be uploaded on Livelox.



TRÄNINGSLÄGER I SÄLEN

SALES

You can buy the trainings directly in Sälen at ICA Supermarket Lindvallen, (outside the toilets, right front corner when enter ICA) during the "3+3 week" week 26 (23 –29 June).

SPECIAL NEEDS?

Do you want trainings during other time of the summer, have requests for special training sessions or just want something extra?

Contact William Lind: on the phone number +46 737662167 or at lindwilliam@hotmail.com

PRICE

Naturpass- 100 SEK/map.

Black and Violet courses - 80 SEK/map.

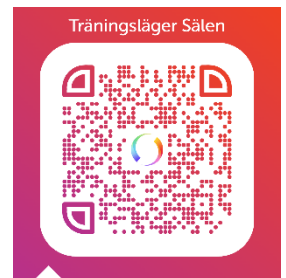
White, Orange and Yellow courses - 50 SEK/map.

When you buy five or more maps, you will get a 10 SEK discount per map.

You can pay with Swish to number: 1233170313 Mark the payment with your name and "Trainings Sälen" or leave your billing address on a document available on the table at ICA Supermarket Lindvallen.

Note! There is a limited number of maps, therefore large groups and clubs are recommended to order them at least 2 weeks before their stay in Sälen.

Order trainings [here](#) or use the QR code:

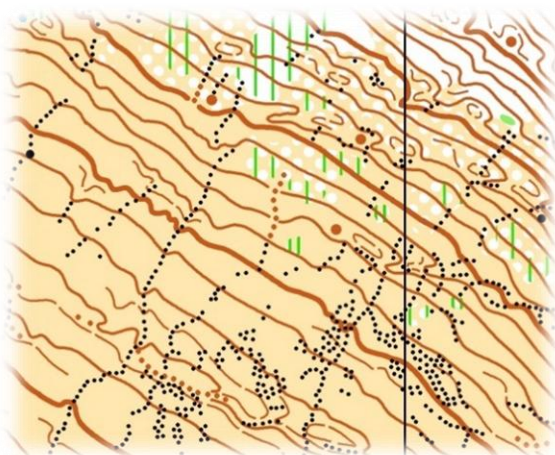


MAPS

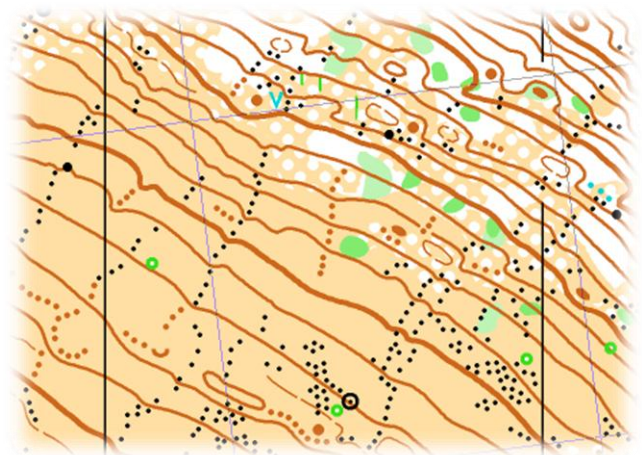
In Sälen we have more than 120 km² mapped by Kenneth Kaisajuntti that have ben regularly updated. All our maps are printed digitally and with high quality. Equidistance is 5 m.

We also have new maps made by Tiago Aires 2023-2024. On training 2 and 3 you have the chance to try them.

Old map



New map



TRÄNINGSLÄGER I SÄLEN

1. LONG DISTANCE, MYRFLODDAMMEN

GATHERING:

Take the road 66 and turn towards Myrfloddammen. Parking is suggested in one of the circled areas on the map.

GPS coordinates: 61.201746, 13.020766

PURPOSE:

The purpose of this training is to test your strategies on a long-distance course. It will put high demands on your concentration and endurance, but you will be able to enjoy some beautiful open forest. Long sessions like this strengthen the body's joints and ligaments and in the long run reduce the risk of injury.

METHOD:

A Long-distance course that takes you through one of Sälen's nicest forest terrains.

Scale 1:15 000 for Black, 1:10 000 for Violet and 1:7500 for Orange, Yellow and White.

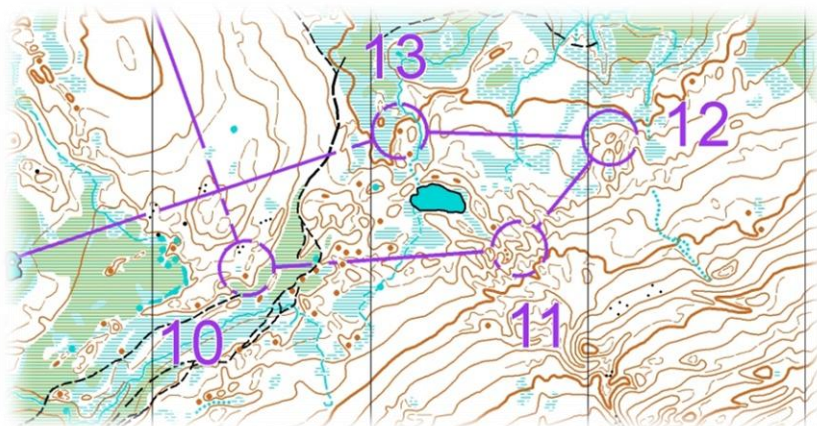
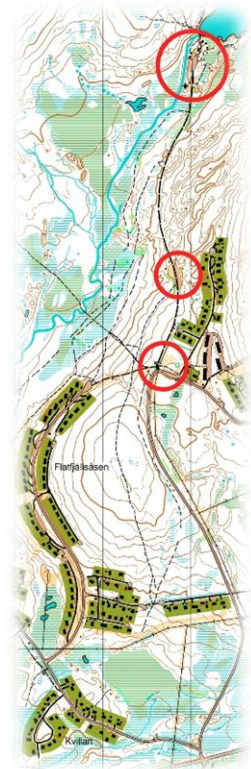
Black course: 13 km

Violet course: 7,5 km

Orange course: 4,9km

Yellow course: 2,3 km

White course: 1,9 km



TIP:

It is difficult and time-consuming to know your exact position all the time. However, it is of a highest importance to know where you are heading (in other words have a good plan). So, try to simplify the map, look up and keep track of your direction.



TRÄNINGSLÄGER I SÄLEN

2. O - INTERVALS, TANDÅDALEN

GATHERING:

Take the road 66 and turn towards Tandådalen. Park at the large parking lot (red circle on the map).

GPS coordinates: 61.175120, 12.997552



PURPOSE:

Work on your speed and technique adaptation depending on the challenge you have in front of you. Ignore the fact that you have someone that chase you/you chase. It is little bit like racing you need to be close to the limits and keep your line but sometimes it is more important to stay on the course, to much gas and you will be out of the race.

METHOD:

Do the training in small groups, vary how is starting when and maybe save the masstart for the last interval? The training is offered on one of our newest maps from 2023.

Scale 1:10 000 for Black, 1:7500 for Violet (Same map as Orange), Orange (Same map as Violet), Yellow and White.

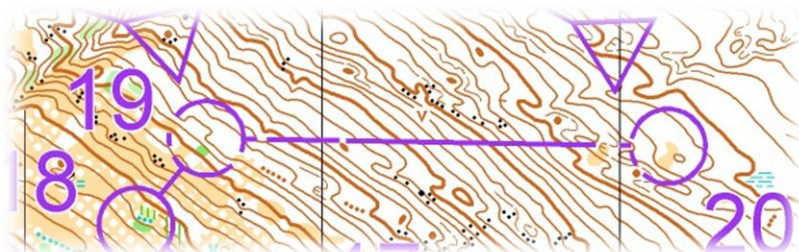
Black course: 8,6 km

Violet course: 6,1 km

Orange course: 4,1 km

Yellow course: 2,2 km

White course: 2,1 km



TIP:

Did you know that more than 40% of what you do during a day is based on habits? In a situation of stress its likely even more. Make sure you practice good habits!



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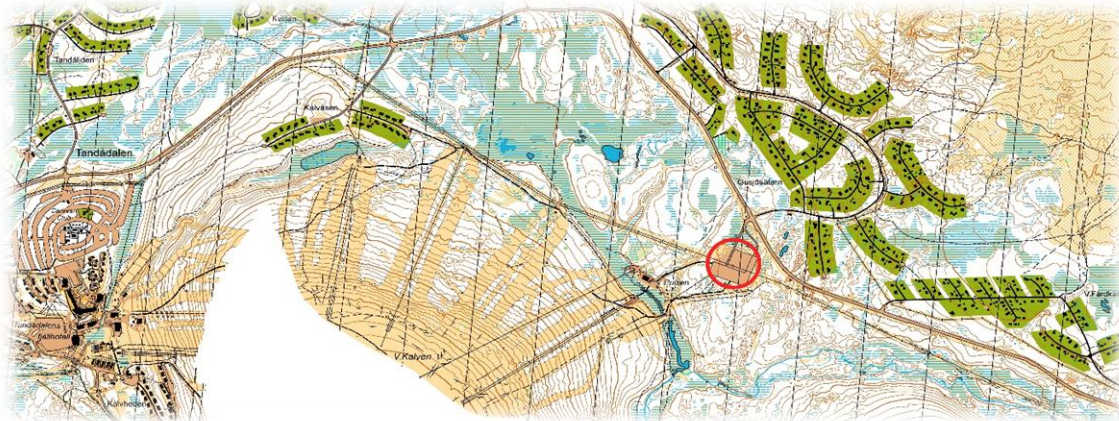
3. MIDDLE DISTANCE, Ö KALVELN

GATHERING:

Take the road 66 and turn towards Tandådalen - Östra skidområdet (Pulsen).

Park at the large parking lot (red circle on the map).

GPS coordinates: 61.178919, 13.046003



PURPOSE:

Try your race routines. Do you have a pre-start ritual? A special warm-up routine? Maybe you want to try new pre-race meal? What is your mental approach on the way to the start triangle? Here you are offered a great shot to try it all!

METHOD:

A middle distance on a brand new map. It is rather flat fast open mountain terrain on the easier courses on violet and black difficulty you also have some climbing to handle.

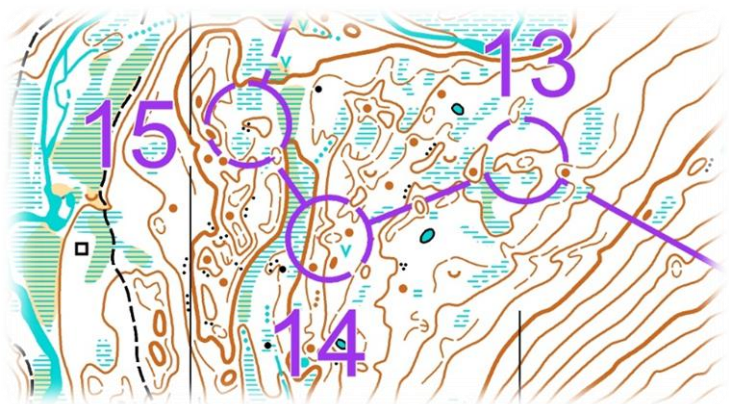
Black course: 7,0 km, Scale 1:10 000

Violet Course: 5,2 km, Scale 1:10 000

Orange course: 4,0 km, Scale 1:7 500

Yellow course: 2,0 km, Scale 1:7 500

White course: 1,9 km, Scale 1:7 500



"Willpower is a muscle, the more you use it, the stronger it gets."

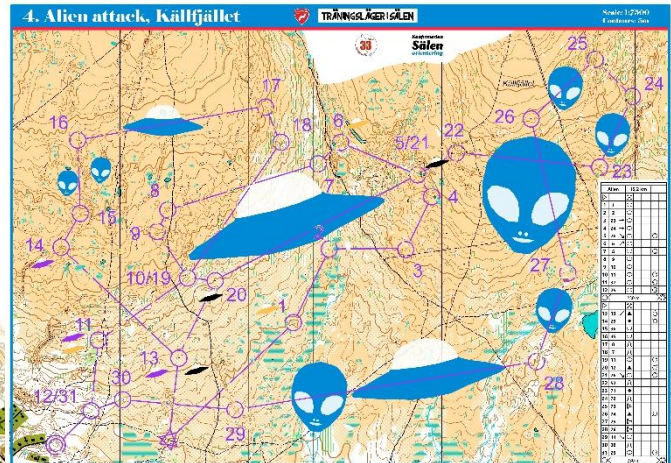
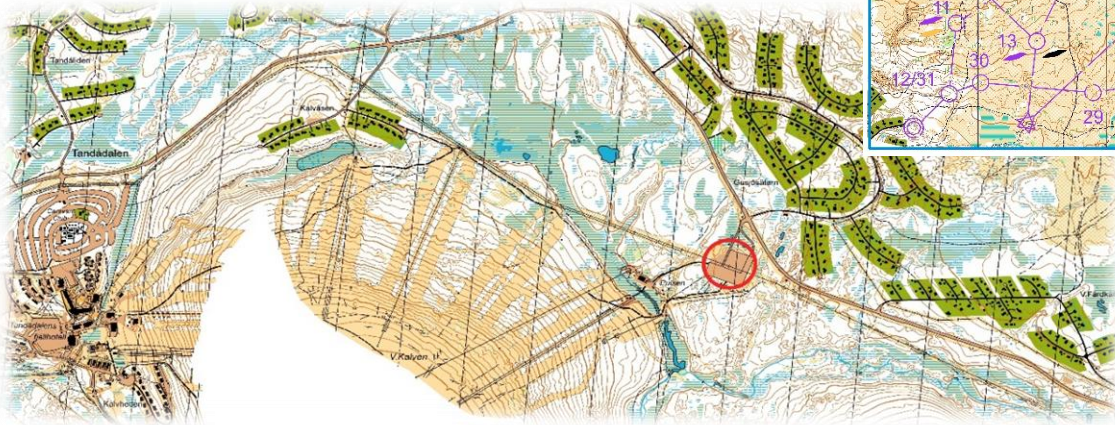


TRÄNINGSLÄGER I SÄLEN

4. ALIEN, KÄLLFJÄLLET

GATHERING:

Take the road 66 and turn towards Tandådalen - Östra skidområdet (Pulsen).
Park at the large parking lot (red circle on the map).



PURPOSE:

Many times in orienteering you need to trust your direction without so much help of details on the map. Then suddenly you need to read the map extremely carefully, with high frequency to stay in the optimal line towards the control, here you have the chance to practice it.

METHOD:

The Aliens have start to invade the map. You need to have a good plan, direction and be comfortable that you will be able to relocate after the unidentified object.

All difficulties: 16,7 km on the same map A3 size. Scale 1:7 500.

Black course: 7,4 km

Violet course: 4,6 km

Orange course: 4,7 km

"We meet aliens every day who have something to give us. They come in the form of people with different opinions." William Shatner



TRÄNINGSLÄGER I SÄLEN

5. SPRINT, TANDÅDALEN

GATHERING:

Take the road 66 and turn towards Tandådalen. Park at the large parking lot (red circle on the map).

GPS coordinates: 61.175120, 12.997552

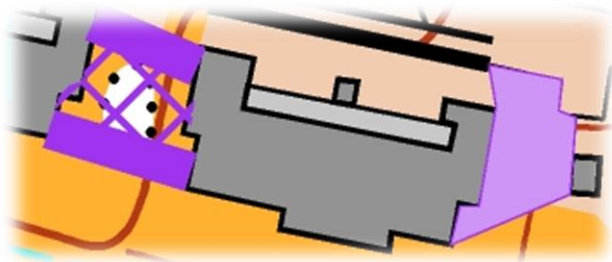


PURPOSE:

Train your sprint abilities. It is added two different types off out-of-bounds areas to create more challenging route choice possibilities (you should respect them and not go through, even though there's no marking in the terrain). They look like the one shown in the picture below.

METHOD:

A normal sprint in Tandådalen. Afterwards you have the length of the different route choices to help you to analyse the optimal route off the race.



Scale 1:4000

The course is – 2,2 km if you where a bird and was allowed to pass out of bounds. The difficulty is Orange-Black.

TIP:

Think and discuss with a friend. How much extra meters pays off if you don't need to stop/change directions at the control?



TRÄNINGSLÄGER I SÄLEN

6. NATURPASS, FLATFJÄLLET

GATHERING:

Take the road 66 and turn towards Tandådalen - Östra skidområdet (Pulsen).

Park at the large parking lot (red circle on the map).

GPS coordinates: 61.178919, 13.046003



PURPOSE:

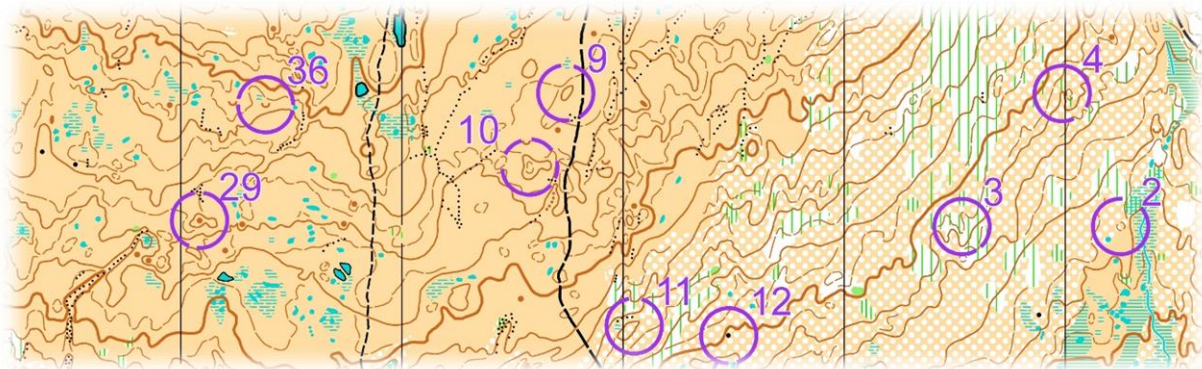
A training where you can train on what you want and need.

METHOD:

A map with 50 controls of different difficulties. You can make your own courses using available controls in the area; for example, forked control picking, middle distance, long distance, direction exercises, etc.

Do what feels most fun and rewarding!

Scale 1:7 500, A3 size.



"Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it." – Andy Rooney

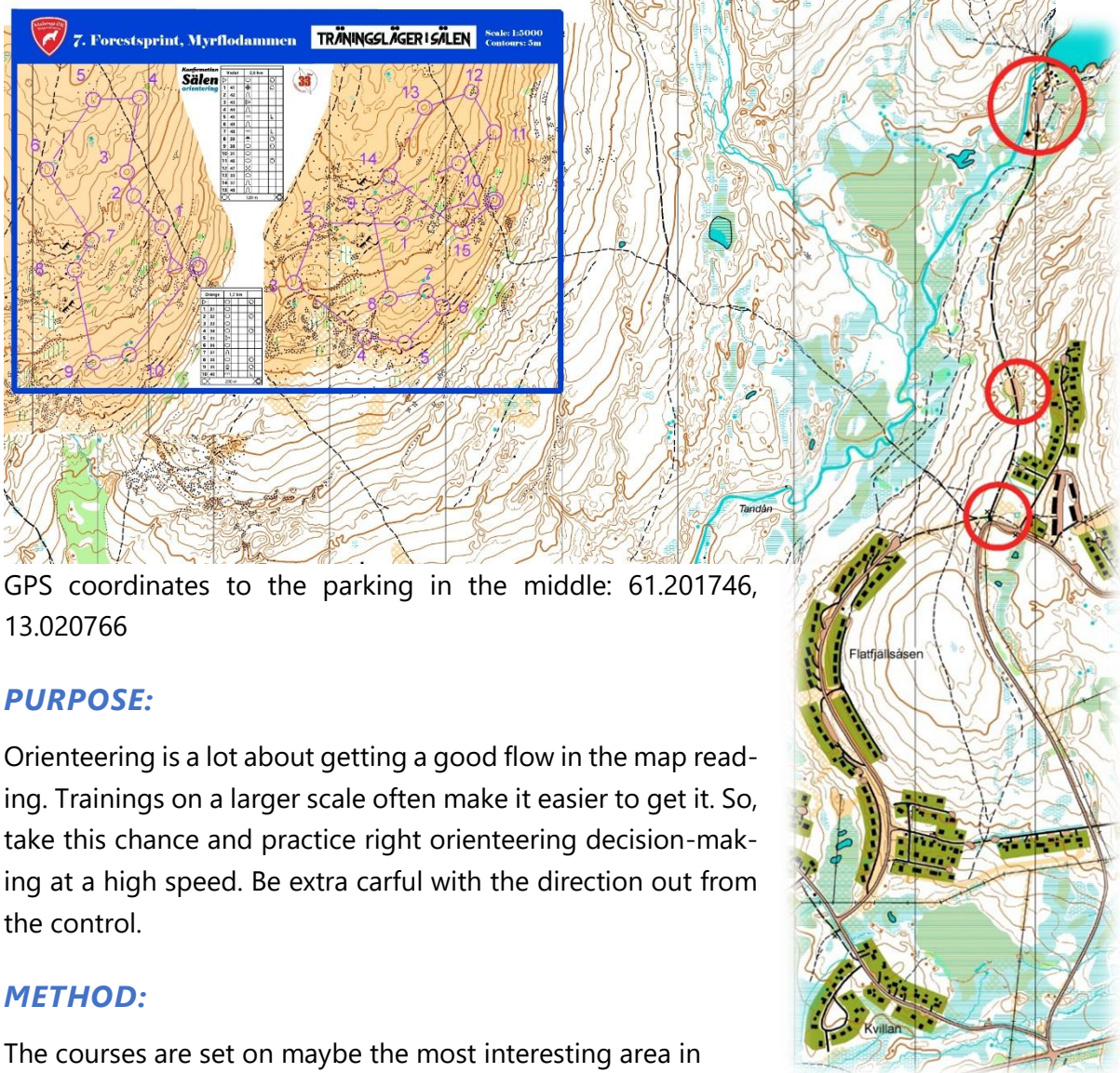


TRÄNINGSLÄGER I SÄLEN

7. FOREST SPRINT, MYRFLODDAMMEN

GATHERING:

Take the road 66 and turn towards Myrflodammen. Parking is suggested in one of the circled areas on the map. The map is located west of the suggested parking's.



GPS coordinates to the parking in the middle: 61.201746, 13.020766

PURPOSE:

Orienteering is a lot about getting a good flow in the map reading. Trainings on a larger scale often make it easier to get it. So, take this chance and practice right orienteering decision-making at a high speed. Be extra careful with the direction out from the control.

METHOD:

The courses are set on maybe the most interesting area in Sälen.

All difficulties: 4,4 km on the same map A4 size. Scale 1:5 000.

Violet: 2,6 km

Orange: 1,8 km

DID YOU KNOW:

Let's say you run at a speed of 6 min / km. If you run 10 extra meters, you lose 3.6 seconds. If you can save 10m at each exit, you earn 1 min and 12 s on 20 controls. In other words, there are many seconds to save on being accurate with the direction.



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8. DUAL SLALOM, FLATFJÄLLET

GATHERING:

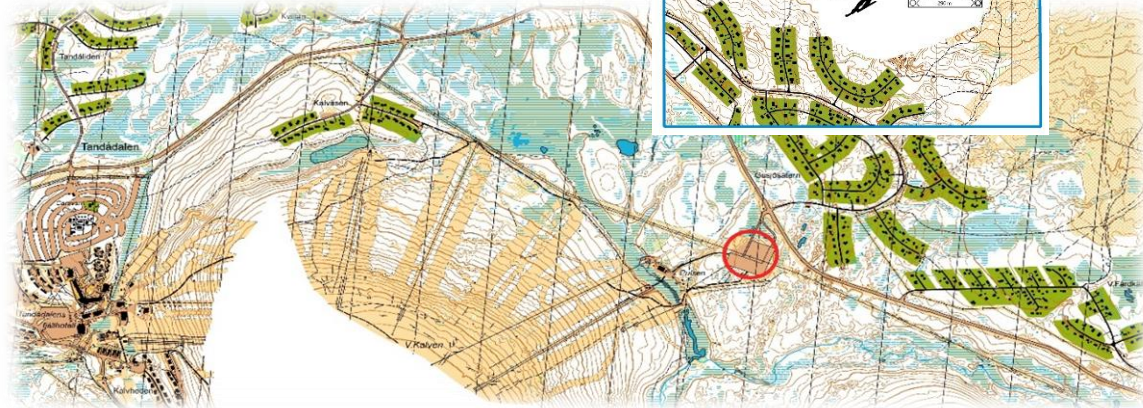
Take the road 66 and turn towards Tandådalen

- Östra skidområdet (Pulsen).

Park at the large parking lot

(red circle on the map).

GPS coordinates: 61.178919, 13.046003



PURPOSE:

As the courses are planned mostly downhill you will be able to move fast in the terrain. If you're moving fast, you'll need to read the map fast and that requires a lot of focus. Perfect to simulate competition conditions – high pressure and high speed. Are you feeling tired for some reason but still want to make a good high-speed training? Here is a good chance for that! Get the brain working and have fun!

METHOD:

You have two courses and you start together with a friend. One takes the left course and the other takes the right. At the finish you check your time difference. Jog the path up to the start and make the course you didn't do, starting with the time difference from the previous courses. Then first to finish wins! Scale 1:7 500.

Violet course: 4,9 km

Orange course: 2,7 km

"It's hard to beat a person who never gives up". ~ Babe Ruth



TRÄNINGSLÄGER I SÄLEN

9. CORRIDOR, MYRFLODAMMEN

GATHERING:

Take the road 66 and turn towards Myrflodammen. Parking is suggested in one of the circled areas on the map.

GPS coordinates to the middle parking: 61.201746, 13.020766

PURPOSE:

The purpose of this corridor training is to get a technical challenge without having to keep a high speed. You don't have to plan route choices, all you need to focus on is optimizing here and now, i.e. the execution itself. But it is important to be focused and work actively with the direction that require a lot of focus and map contact.

METHOD:

Both courses have shortening possibilities as shown on the map. Scale 1:7500, both difficulties on the same map.

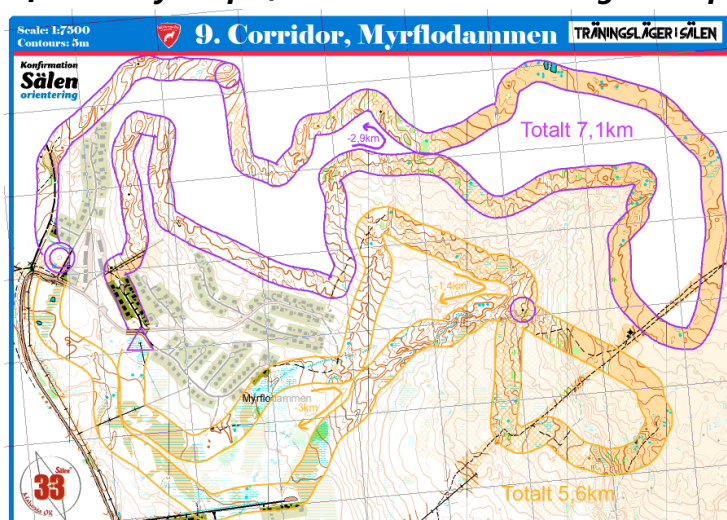
Violet course, 40 meters wide: 7,1 km

Orange course, 50meters wide: 5,6 km

TIP:

Even if you don't have to plan routes, still try to stay one step ahead. What are you going to see and what are you going to pass, what happens next? Try to also take a look at the compass, if you have a good direction you will run into the next detail that you are aiming for. Simple right?

Life is really simple, but we insist on making it complicated. Confucius



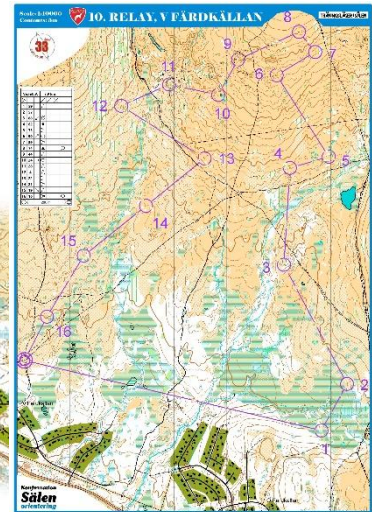
TRÄNINGSLÄGER I SÄLEN

10. RELAY, V FÄRDKÄLLAN

GATHERING:

Take the road 66 and turn towards Tandådalen - Östra skidområdet (Pulsen).

Park at the large parking lot (red circle on the map).



GPS coordinates: 61.178919, 13.046003

PURPOSE:

This training's main purpose is to offer athletes the possibility to orienteer at high speed under big pressure "keeping a cool head" and do your own thing even if you have other runners around. The key is to keep focusing fully on your own orienteering and ignore external distractions.

METHOD:

A forked course that takes you through a beautiful and tricky mountain terrain.

Violet course: 8km (three variants of forking), Scale 1:10 000

Orange course: 3,4km (three variants of forking), Scale 1:7 500

An arrow can only be shot by pulling it backward. So when life is dragging you back with difficulties, it means that it's going to launch you into something great. So just focus, and keep aiming.



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11. START, MYRFLODAMMEN

GATHERING:

Take the road 66 and turn towards Myrflodammen. Parking is suggested in one of the circled areas on the map. Map is located west of the parking's.

GPS coordinates to parking in the middle: 61.201746, 13.020766

PURPOSE:

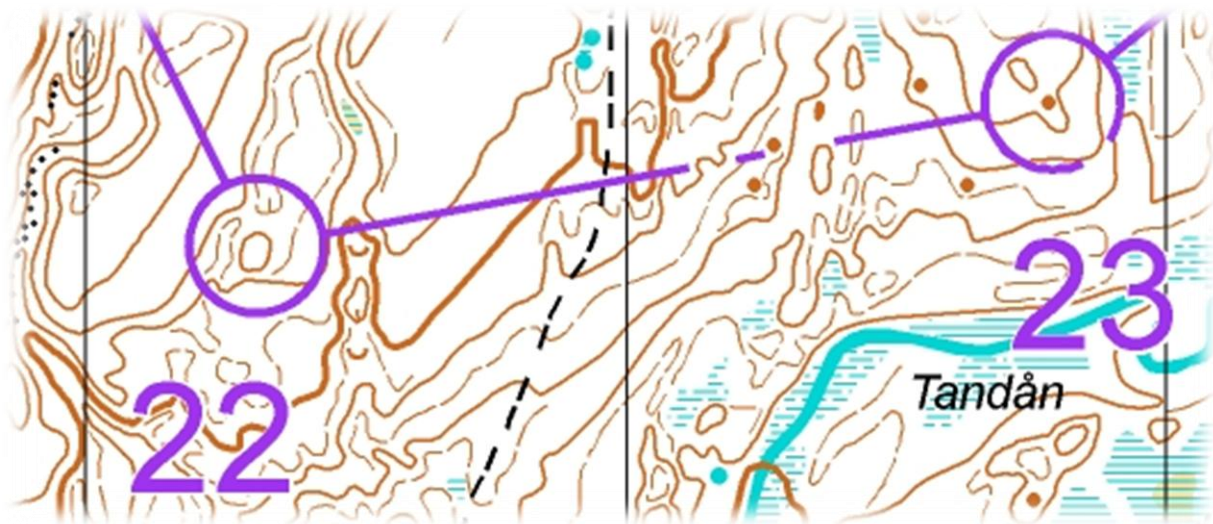
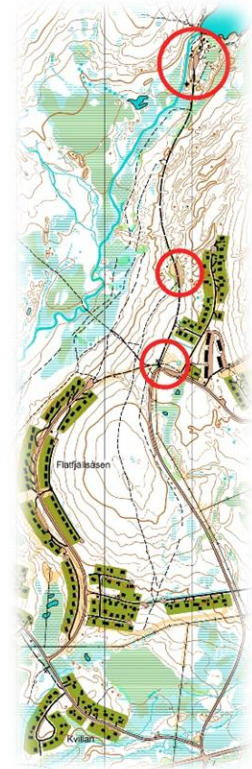
One of the keys in a race is to get a good start. You want to run fast but you don't want to make a mistake either. It is not so easy to find the perfect balance between map reading and pushing. Here you get the chance to train it.

METHOD:

You have four courses that is 1,4-2,9 km long, two with orange difficulty and two with violet difficulty.

Scale 1:7500

9,6km in total if you do all courses, you have a lot of nice navigation in front of you. Enjoy!



The beginning is the most important part of the work. – Plato

