

## WOC 2008 Training Camp: long and steep

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This morning it was time to discover what a long distance in Czech Republic looks like! The course was taken from a national A competition held some weeks ago. The course characteristics were 14K and 750m of climb. The winning time by Michal Smola was 92 minutes then. We decided before the start to take a short cut, because the trainings camp is still long. Already on the way to the first control I understood what the training was going to be: a nice uphill run. The controls where not placed in to difficult sites. Technically my training was almost perfect, but I'm missing some shape in the uphill parts. At the end I finished after 1 hour and 15 minutes and 750m of climb.

In the afternoon we went for an other middle distance training with focus on control points in green areas. Especially controls 7-9 looked quite difficult beforehand. But in the end just control 8 turned out to be very tricky.

Tomorrow it is time for a mass start training together with the Norwegian team. Looking forward to some really fast legs in this nice terrain!

Maps:

Morning: [Chata Nedele](#)

Afternoon: [Dlouha Voda](#)