

WOC 2008 Training Camp: 1st(and a half) day

Written by Klaus Schgaguler

Tuesday, 09 October 2007 20:12 - Last Updated Wednesday, 10 October 2007 20:52



After quite a long trip - we also broke a tire of our minibus - yesterday we arrived just in time here to Zlate Hory to go out for the first training. It was quite dark after some minutes of training and I had to go home after the first 10 controls. But the first impact with the terrain was quite positive. I really liked to run in between this huge rocks and pick controls in a really fast forest.

Today we went for two well organized middle distance trainings in demanding terrain. In the morning the most important was to properly tape the uncles. The terrain was really stony in some parts. After a moderate start I got good map contact and did some good controls. In the afternoon we tried to speed up a little. I did a good training with just one stupid mistake a control 6. The most important I learned today, is that I have to prepare well my running skills in stony area.

Tomorrow a nice 14k long distance course will wait for us!

Here are my trainings maps from yesterday and today:



Monday afternoon: [Vyruv kamen](#)

Tuesday morning: [Cerna Voda](#)

Tuesday afternoon: [Vidana](#)