



## **SUNDAY 03 NOVEMBRE I MORNING**

### **RELAY INTERVALS**

#### **MAP**

PAJULAHTI | J. Pikkarainen [10/2024]  
1/10.000° | 5m

#### **LOCATION**

From the accommodation

[Warmup map](#)

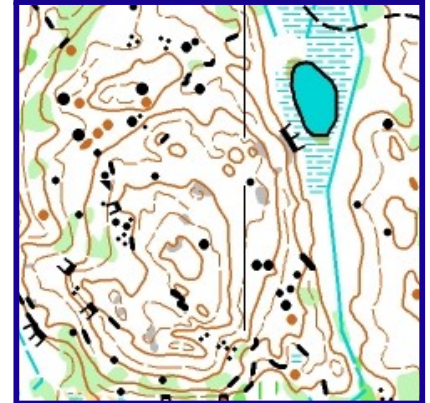
[Parking](#)

#### **TIMETABLE**

**09:00** Warmup map available in front of apartment XX.

**09:40** Mass-start SuHu / club

**10:00** Mass-start National team



#### **TRAINING INFO**

**Distances:**

<b>M21</b>	3,1km + 3,2km
<b>W21/M20</b>	2,6km + 2,9km
<b>W20</b>	2,3km + 2,6km

**Controls:** SI in Air mode, 30x30 flags  
**Course:** A. Harju, printed on waterproof paper.  
**Tracking:** [LiveloX](#)

#### **DESCRIPTION**

The idea is to end our short camp by making the best of the quality with have in our team with a relay training, where both juniors and seniors are starting together, with slightly shorter forkings for the younger ones : )

The terrain is quite diffuse in many places, and controls close from each other, so it requires being ultra sharp despite the disturbances! Make sure you enter this training with a clear plan to make the best of it - all those sessions are highly valuable on your way to 2025 season



#### **NOTE**

The first interval is with a mass-start. We will introduce some racing scenarios for the second intervals, and the rest in between the intervals will be max 4min.

Both intervals are printed back and forth on the sheet of paper, and rolled at the start.

The first part is inside the roll.