TISDAGSTRÄNINGAR / JÄRLA ORIENTERING

WINTER TRAINING PLAN 2026/27

A practical proposal for the Tuesday night sessions at Järlagården

FIRST BLOCK	MEETING POINT	TARGET LEVEL	REVIEW
7 SESSIONS	JÄRLAGÅRDEN	SVART–BLÅ-VIOLETT	AFTER SESSION 7

BUILD SKILLS IN THE DARK. ARRIVE READY FOR SPRING.

Seven focused sessions first. Evaluate the block before planning the rest of winter.

CURRENT PROPOSAL

Prepare and deliver the first seven sessions. Review the block before deciding whether, and how, to continue with further winter sessions.

Item	Proposal
Period	Weeks 46 to week 11.
Meeting point	Järlagården (JG). Meet at 18:00; start at approximately 18:15.
Target level	Svart–Blå. One main course with several opportunities to shorten it. Group >4
Session length	Aim for around one hour including warm-up, training and return to JG.
Structure	One technical objective per session; numbered sessions run in sequence, not on fixed dates.
Review point	After session 7, assess participation, technical balance, logistics and conditions before planning the remainder.

1. Purpose and objectives

The winter block is designed to make night orienteering a familiar and confidence-building part of the Järla training programme, while maintaining technical quality and building a useful bridge towards the spring training block.

- Introduce runners to night orienteering and help them become more comfortable navigating when visibility is limited.
- Improve map reading, map contact and the ability to move efficiently through the terrain.
- Build trust in compass direction and distance estimation when terrain features are difficult to see.
- Develop physical capacity to support the spring block, without allowing intensity to undermine the session's technical objective.

> *The first block is deliberately limited to seven prepared sessions. The programme beyond that point remains open until the coaches can evaluate how the first block works in practice.*

2. How the programme will work

1. Design the first seven sessions in advance, with a single technical focus for each session.
2. Combine all controls needed for those sessions on one master map and organise one shared reflector-placement evening before the first training.
3. Run one numbered training each Tuesday. If a session is postponed because of snow, unsafe conditions or a holiday, it moves to the next available Tuesday; the sequence does not skip ahead.
4. Leave the reflectors in place during the Christmas break and publish one self-service course for runners to use between 21 December and 10 January.
5. After session 7, review the first block and decide whether to schedule another block. If proceeding, collect the old reflectors and place the new set in one coordinated work session.
6. The spring block begins in week 11 (Tuesday 16 March 2027).

> *The first reflector evening is provisionally planned for Tuesday 3 November 2026 (week 45), before session 1. The final number of reflectors will be confirmed once the seven courses and their shortening options have been designed.*

3. Provisional calendar

Dates below are a working schedule, not fixed appointments for each course. The seven sessions remain in numerical order if the calendar shifts.

Week	Tuesday	Plan	Notes
45	Tue 3 Nov 2026	Reflector placement	Prepare and place controls for sessions 1–7.
46	Tue 10 Nov	Session 1	Control picking (kontrollplock).
47	Tue 17 Nov	Session 2	Compass I: Fog-O + Donut-O.
48	Tue 24 Nov	Session 3	Compass II: Window-O + Corridor-O + blank legs.
49	Tue 1 Dec	Session 4	Simplification: handrails and major landforms.
50	Tue 8 Dec	Session 5	Attack point (anfallspunkt).
51	Tue 15 Dec	Session 6	Relocation: map-swap pairs. Last coached session before Christmas.
52	Tue 22 Dec	No coached session	Christmas break; self-service course available.
53	Tue 29 Dec	No coached session	Christmas break; self-service course available.
1	Tue 5 Jan 2027	No coached session	Christmas break; self-service course available through 10 January.
2	Tue 12 Jan	Session 7	Memory-O (minnes-O).
3	Tue 19 Jan	Review / possible change day	If a second block is approved: collect the old reflectors and place new ones.
4–10	26 Jan–9 Mar	Not yet assigned	Plan only after reviewing the first seven sessions. And counting how many Tuesdays we have left until the spring semester.
11	Tue 16 Mar	Spring block starts	Winter programme ends.

4. Standard session format

Time	Routine
18:00	Meet at Järlagården. Briefing: explain the objective of the session and one key coaching point.
18:00–18:15	Warm up and move to the start.
Around 18:15	Start the course. One main course at Svart–Blå level, with a shorter option.

Time	Routine
Same evening	Upload the GPS track to Livelox.

SHORTER OPTION Every session must offer a way to reduce the distance. On a normal course, show the cut on the map; on interval or loop sessions, runners can complete fewer intervals or loops. Runners choose their option before starting.

EFFORT SCALE & PHYSICAL LOAD The 1–5 ratings below are indicative planning values: 1 = very easy, 5 = maximum. Adjust the effort to the conditions and keep the day's technical objective clear.The physical workload will always be the same: workouts between 1 hour and 1 hour and 15 minutes.

START MANAGEMENT Avoid congestion at the start. Use staggered starts for control picking, both compass sessions and simplification. If sessions 8–10 are later approved, the current notes propose dispersed starts for map-contact work and mass starts for the interval sessions.

5. First block: session overview

No.	Technical focus	Exercise	Effort	Start / format
1	Control flow	Control picking (kontrollplock)	2/5	Staggered starts
2	Compass and pacing I	Fog-O + Donut-O	2/5	Staggered starts
3	Compass and aiming off II	Window-O + Corridor-O + blank legs	3/5	Staggered starts
4	Simplification / rough orienteering	Simplified map: handrails and major landforms	3/5	Staggered starts
5	Rough-to-fine transition	Attack point training (anfallspunkt)	3/5	Set spacing to avoid queues
6	Corridor + Line-o	A momentbana loop around Källtorpssjön	2/5	Mass Start
7	Reading ahead	Memory-O (minnes-O)	2/5	Normal start spacing

6. Session descriptions

Each session should be briefed around one objective. The "key coaching point" is the main idea to emphasise before the start and return to during the debrief.

1. Control picking (kontrollplock)

Control flow / fine orienteering • **EFFORT 2/5**

OBJECTIVE Move efficiently from control to control, with a clean entry, punch and exit and no unnecessary pause at the control.

SET-UP Set 25-30 controls on short legs of approximately 100–200 m, changing direction at each control. Maintain continuous movement through the course.

KEY COACHING POINT Read the next leg while approaching the control so the exit direction is ready before punching.

START FORMAT Use staggered starts to avoid crowding at the first controls.

SHORTER OPTION Cut the course after approximately the halfway point.

2. Compass I: Fog-O + Donut-O

Compass and pacing — level 1 • **EFFORT 2/5**

OBJECTIVE Develop accurate compass work and distance estimation with a limited amount of map information.

SET-UP Combine Fog-O, where the map is reduced to major features, with Donut-O, where the centre or the arounds of each control circle is blanked so the final approach relies on bearing and pacing.

KEY COACHING POINT Set the speed, select a visible aiming point in the headlamp beam, run to it and select the next one. Count paces from the last known point.

START FORMAT Use staggered starts to avoid congestion.

SHORTER OPTION Use fewer legs or remove one part of the combined exercise.

3. Compass II: Window-O + Corridor-O + blank legs

Compass and aiming off — level 2 • **EFFORT 4/5**

OBJECTIVE Maintain direction with minimal map information and use aiming off deliberately when approaching a control.

SET-UP Window-O shows only a small window around each control; Corridor-O shows a narrow strip along the leg; blank legs remove map detail between controls.

KEY COACHING POINT When possible, aim deliberately to a catching feature (fånglinje) or handrail (ledstång), then follow it to the control.

START FORMAT Use staggered starts to avoid congestion.

SHORTER OPTION Use fewer legs, while preserving the same compass objective.

VARIATION Include one or two Compass I legs on the harder map and compare split times, if useful.

4. Simplification: handrails and major landforms

Rough orienteering (grovorientering) • **EFFORT 3/5**

OBJECTIVE Navigate efficiently using reliable linear features and major landforms when night visibility is limited.

SET-UP Use a simplified map showing linear features such as paths, streams, fences and vegetation boundaries, together with major landforms such as hills, valleys, marshes and large cliffs. The exercise is designed for conditions where visibility may be around 20–30 m.

KEY COACHING POINT Plan each leg as: handrail → collecting features → catching feature beyond the control.

START FORMAT Use staggered starts to avoid congestion.

SHORTER OPTION Use the marked cut or complete a shorter section of the course.

5. Attack point (anfallspunkt)

Rough-to-fine transition • **EFFORT 3/5**

OBJECTIVE Move at speed using rough orienteering until a distinct attack point, then switch to precise navigation into the control.

SET-UP Place technical controls on small features close to clear attack points, such as a path junction, cliff or marsh edge. Runners choose their attack point as part of their route plan.

KEY COACHING POINT Decide on the attack point before leaving the previous control. The change from rough to fine orienteering happens at the attack point, not at the control.

START FORMAT Set enough spacing between starters to avoid queues at the attack points.

SHORTER OPTION Use a marked cut or remove the final part of the course.

6. Relocation: map-swap pairs

Relocation • **EFFORT 2/5**

OBJECTIVE Regain map contact quickly and confidently from a position that is not immediately obvious.

SET-UP Work in pairs on alternating legs. Runner A's map shows odd legs and runner B's map shows even legs. On A's leg, B follows without a map; at the control they swap roles. The next leader must relocate before continuing.

KEY COACHING POINT Use a consistent relocation sequence: stop, orient the map, identify two or three major landforms, confirm with smaller detail, and check against the last known point.

START FORMAT Run in pairs; manage pair departures to prevent groups from bunching.

SHORTER OPTION Reduce the number of alternating legs.

VARIATION Drop-off relocation: a leader takes the group without maps to an unknown point; runners receive a map, get 30 seconds to relocate and then run to the nearest control. Repeat 6–8 times if the area and timing allow. Because this is the last coached Tuesday before Christmas, it could also be run as a team relay.

7. Memory-O (minnes-O)

Reading ahead • **EFFORT 2/5**

OBJECTIVE Memorise a route plan and continue navigating without continuous map contact.

SET-UP Print the course on both a full map and a blank map. At each control, use the full map to read the next leg and memorise the route plan; then navigate using the blank map and compass. The full map is used only at the controls.

KEY COACHING POINT Memorise four items for each leg: direction, distance, attack point and control feature.

START FORMAT Allow adequate spacing so runners can work independently.

SHORTER OPTION Complete fewer legs.

VARIATION Run in pairs with one map: one runner memorises the leg and hands the map over at the control.

7. Reflector placement and control management

The first block should be prepared as one coordinated job, it could be a collaborative effort, just another day's training. Everyone can help. A shared master map and simple status table will reduce repeated work and make it easier to check that the controls are correctly placed.

Before the placement evening

- Finalise the seven courses and combine their control locations on one master map.
- Number every control clearly and make a status table that can be updated during placement and collection.
- Divide the master map into zones, print one map per zone and pack the reflectors by zone.
- Form groups and let each group select or receive a zone.

During and after placement

- Do not place reflectors by roads, in gardens or on ski tracks.
- Place reflectors approximately 0.8–1.2 m above ground level so they remain visible above snow.
- When back at Järlagården, report missing or displaced controls, update the master map and mark each control as placed in the status table.
- Agree a consistent way to record placement positions. The current options are a GPX track from each group or recording via Livelox; this is still to be decided.

> *If the coaches approve a second block after session 7, use one change evening to collect the old reflectors and place the new set. The provisional date is Tuesday 19 January (week 3), but it should only be confirmed after the review.*

8. Christmas break: self-service course

There will be no coached sessions on 22 December, 29 December or 5 January. The reflectors can remain in the forest so that runners can complete a self-service course on any suitable day between 21 December and 10 January.

- Publish a PDF with the course.

9. Ideas for a possible second block (not yet approved)

The following sessions have already been sketched out, but they are not commitments. After session 7, the coaches should decide whether a second block is worthwhile and then select, adapt or replace these ideas based on the time remaining before spring, snow conditions and the review of the first block.

8. Line-O (linjeorientering) + Corridor-O

Map contact (kartkontakt) • **EFFORT 3/5**

OBJECTIVE Maintain continuous map contact, using thumb position (tumgrepp) and frequent map reading.

SET-UP First follow a line drawn on the map (Line-O), then stay inside a narrow corridor (Corridor-O). Controls are on the line or inside the corridor but are not marked on the map; punch them in order.

KEY COACHING POINT Keep the thumb on the current position, read the map every 10–20 seconds and check each feature as it is passed.

START FORMAT Use staggered starts to avoid congestion if this session is selected.

SHORTER OPTION Complete fewer legs or use a shorter corridor.

9. Forked intervals (gafflade intervaller)

Independent navigation under pressure • **EFFORT 5/5**

OBJECTIVE Make independent navigation decisions at high speed with other runners nearby.

SET-UP Draft format: 5–6 × 6–8 minutes on forked courses, with one minute of recovery at a central control.

KEY COACHING POINT Check the control code at every control and make your own decisions rather than following other headlamps.

START FORMAT The latest planning note proposes a mass start, with forking to reduce following.

SHORTER OPTION Complete fewer intervals.

10. Direction intervals: Star-O (stjärn-O) on a blank map

Compass direction at speed • **EFFORT 5/5**

OBJECTIVE Hold an accurate bearing at interval pace, putting direction before speed.

SET-UP Use a flat area and a blank map showing only control circles and north lines. Legs of approximately 100–250 m run out from and back to a central control. Draft volume: 4–5 sets of 6–8 minutes, with two minutes of recovery.

KEY COACHING POINT Set the bearing first, choose a sighting point in the headlamp beam and then accelerate.

START FORMAT The latest note says Star-O should be run as a mass start, while the first draft specified starts every 15–20 seconds. Confirm which format is intended before including this session.

SHORTER OPTION Complete fewer sets.

VARIATION If the session is selected, one option is to run the first set at threshold effort and the final set at maximum effort, then compare direction accuracy.

10. Snow, ice and postponements

DECISION If the forest is not safe or usable for night orienteering, postpone the technical session to the next available Tuesday. Make the decision on Monday evening and announce it on Facebook.

POSSIBLE ALTERNATIVE FOR THE EVENING Depending on conditions and coach availability, offer a safe substitute: skiing when there is suitable snow; a reflective trail or a path-only course with spikes when there is ice; or a physically focused session on an easy map using paths, marked hills and fast sections.

FRESH SNOW The first runners can leave tracks to the controls. If this could make the exercise unfair or too easy, consider forked interval starts or running the course in reverse order.

> *Any postponement shifts the sequence. This may leave fewer Tuesdays for a second block before the spring block begins.*

11. Optional motivation idea: The Reflex Hunter

A simple season-long challenge could encourage runners to attend sessions and explore more controls throughout the winter.

- Create one table for the whole winter, with one column per control and one row per runner.
- On the placement evening, mark the controls that are out; when reflectors are collected, mark the controls that have been removed.
- Runners tick the controls they visit during the winter. At the end of the season, the runner with the most visited controls wins.
- Possible categories: junior, elite, master and veteran. The category split, paper table at Järlagården versus a shared digital sheet, and prize remain to be agreed.

Control	1	2	3	4	...	...	99	Total
Out	x	x	x	x	x	x	x	
In								
Runner A	x	x				x	x	
Runner B			x					
Runner C				x	x	x	x	

12. Decisions and open points for the coaches

Working decisions reflected in this proposal

- Start with seven prepared sessions and evaluate before deciding on the rest of the winter.
- Use one technical objective per session and provide a shorter option every time.
- Keep sessions in numbered order if weather or holidays force a postponement.
- Use week 11 (16 March 2027) as the start of the spring block.
- Use the Christmas period for an optional self-service course, with clear night-running safety guidance.

Still to confirm

- Permission from Nacka kommun to place reflectors in Nackareservatet.
- How placement positions will be recorded: GPX per group or Livelox.
- Whether a second block will go ahead after session 7, and which sessions to include.
- If the second block proceeds, confirm the reflector change day and final session formats, especially the Star-O start arrangement.
- Whether to run The King of the Winter, which categories to use, where to keep the table and what prize to offer.
- Which substitute activity to offer when forest conditions prevent the planned session.

SUGGESTED NEXT STEP agree the seven session designs, confirm permission and placement logistics, and use the review after session 7 to decide the remaining winter programme.