

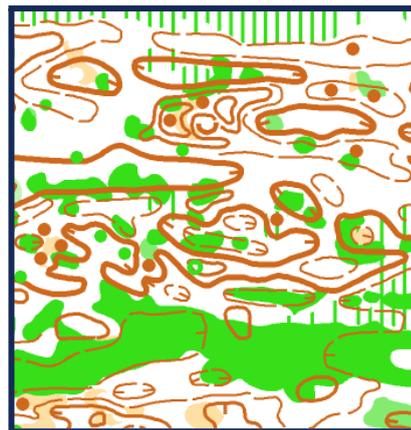
Tabb 1

## BARBATE CAMP | JANUARY 2026

**THURSDAY 08 JANUARY | AFTERNOON****#BA26-9 O'INTERVALS****MAP**

LA BREÑA | M. Rodriguez [2025]

1/10.000° | 2.5m

**LOCATION**[Parking](#) (8' / 4km from hotel)**TIMETABLE****15:30** [Warmup maps available at the parking](#), 2km to start/finish (same place).[Start-list](#)**TRAINING INFO****Distances:** 7.7km, 120m↗, 30 controls**Controls:** SI Air, 30x30 flags**Course:** Lina Strand, printed on waterproof paper.  
Control descriptions on the map only, and at -2min  
[LiveloX](#)**DESCRIPTION**

5 intervals [1,7km | 1,9km | 1,7km | 1,4km | 1,0km]. Next start at the same place as previous finish, with a short running up to the start flag. Remember to SI punch on finish and start flag.

Individual start. Recommended rest in between each interval is 1-2 mins. Use this time to reflect on your previous behaviours and what you need to sharpen to the next one.

The idea of this training is to focus on short legs and to be precise with your outgoing direction. Be aware of the green areas - you're outgoing direction is not always straight along the line. What do you need to do to be in front?

The control description is on the map and separated at start, but read it when you need it - to be sure of the exact feature where the control is located, so you avoid the small hesitations.

And it's basic - but don't forget to use your head.

**NOTE**

There is a coach at the start of interval 1 and finish of interval 5 (same place). The other starts is the runners responsible on starting procedure and not to start together.

Tabb 2

