

# Orienteering Training Subscription Service

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## What is the Training Subscription Service?

The Training Subscription Service is a project to offer orienteering coaching to the larger navigation sport community. The service will send once-monthly *simulation exercises* to subscribers to improve map-reading ability. While the exercises are geared towards orienteering, anyone looking to improve their skills as a navigator will benefit.

The exercises are based on my own experience as an elite orienteer and coach and on the Saint-Étienne Method created by Michel Gueorgiou. For more information on the Saint-Étienne Method, you can read Mr. Gueorgiou's book *The Winning Eye*.

The goal of each exercise is to develop a different aspect of your map-reading ability. Some exercises will combine multiple aspects. These aspects include:

- Zoom Map Reading
- 3D Reading
- Tactical Mental Route
- Directional Control
- Memorization
- Added Stress

## The Simulation Exercises Explained

Each simulation must be done while you are running. I do not agree with the concept of *armchair orienteering* because you never orienteer while sitting down. Reading a map is more difficult while orienteering for a number of reasons: the varied light conditions, the need to watch

where you're running, and the difficulty inherent to focusing on more than one task, among others. We must therefore recreate those conditions in our simulations in order to reach peak performance.

It is beneficial to run in the forest or on a trail for these exercises, but it is not necessary. Simply going for a run on the sidewalks in your neighborhood will do the trick.

Specific instructions for each exercise will be provided on the map itself. [Example of an exercise sent](#) to the National Junior Program.

## Printing the Maps

This service will be offered throughout North America, and potentially through the rest of the world. Therefore, sending a printed map to your address would require a considerable investment of time, effort, and money.

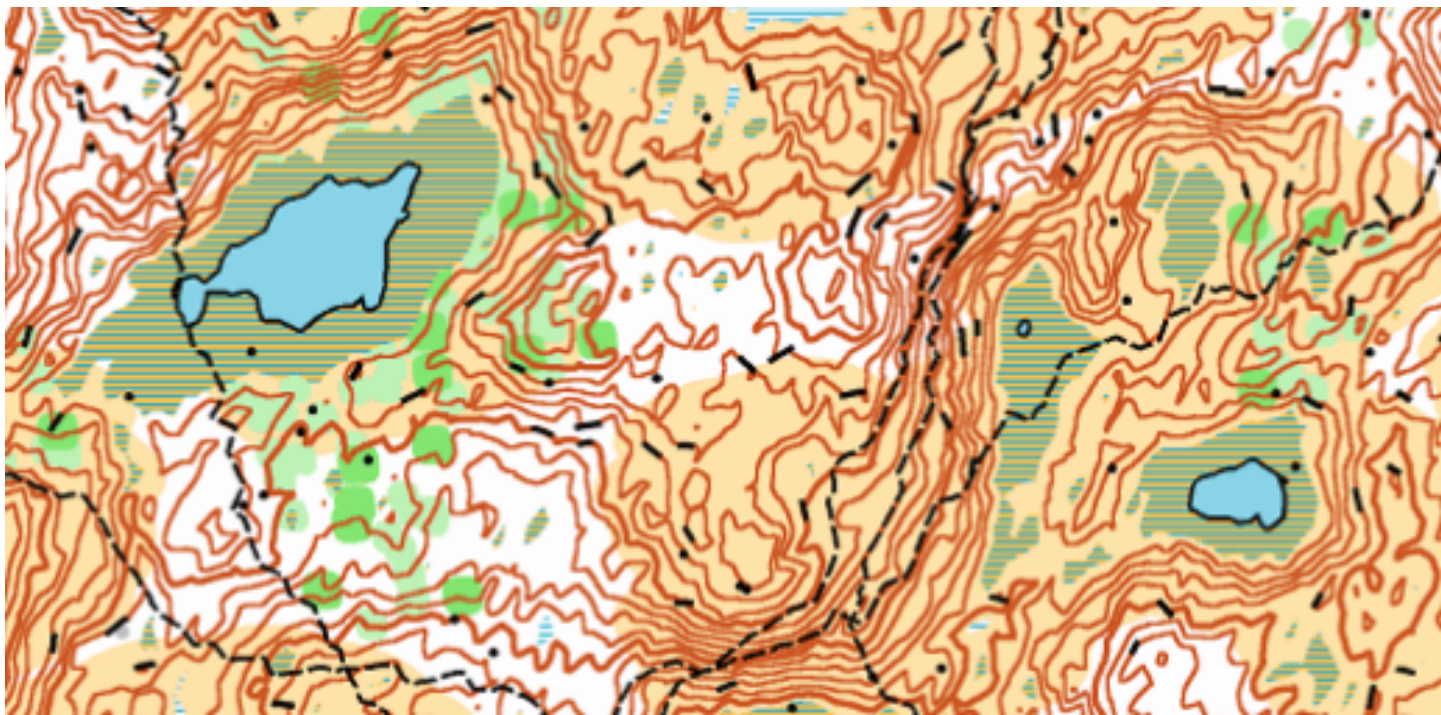
Instead, a PDF on letter size paper will be uploaded to a Google Drive folder. You will be given access to this folder after payment is confirmed. The exercises will be uploaded every Tuesday and will be removed the following Tuesday.

I recommend printing on mid to high-quality paper and with a printer that does not blur the fine details. If you do not have a printer available to you, the Print Center at any Staples can print at an acceptable quality. You can send the file to [Staples@printme.com](mailto:Staples@printme.com) and you will then receive a code to print at the center.

## The Maps

To ensure this service does not infringe on any copyright, it will use maps that are released for public use and maps generated by Jarkko Ryyppö's random map generator. Each map will be generated to ISOM2017.

Please see below for examples made by this map generator:





# How to Subscribe

You can subscribe to this service by sending an email to [eamontranslation@gmail.com](mailto:eamontranslation@gmail.com) with **Training Subscription Service - [Your Name]** in the subject line. Please provide your preferred email address, the level you wish to subscribe to, if you want to be automatically renewed at that level, and a billing address.

The current subscription levels:

- **Level 1** -- 3 months at \$35/month -- Total: \$105
- **Level 2** -- 6 months at \$30/month -- Total: \$180
- **Level 3** -- 12 months at \$25/month -- Total: \$300

Subscribers under 25:

- **Level 1** -- 3 months at \$25/month -- Total: \$75
- **Level 2** -- 6 months at \$20/month -- Total: \$120
- **Level 3** -- 12 months at \$15/month -- Total: \$180

Upon subscription, you will be sent an invoice for your total that can be paid through PayPal.

If you want to be a subscriber, but feel that there's no way you could make it work financially, please send me an email. I'd love to speak with you about how we could make it work.

## The Future

This is a first attempt at offering a service to adult orienteers to improve in this sport. While fast, accurate map reading is arguably the most important skill in orienteering, it is only one aspect of this sport. If you wish to learn more about elite training in orienteering, I suggest you read *The Winning Eye* as it addresses many of the topics pertinent to elite orienteering.

There is potential for this service to be expanded in the future to other coaching services: e.g., error analysis, season planning, designing training sessions for clubs. However, due to my current constraints, I can only commit to the Subscription Service aspect. The best way to encourage expanded coaching services is to support the Subscription Service.

## Physical Training

I will only offer technical training exercises through this service. If you would like a physical training plan created specifically for orienteering, I recommend contacting Erin Schrim ([erinschirm@gmail.com](mailto:erinschirm@gmail.com)) for his physical training service.

**Congratulations** on taking another step towards becoming a better orienteer. I look forward to helping you in the journey!

Greg Ahlswede