



Wednesday Summer Training Night 2: Route Choice Sprint



Sprints are all about speed and quick decisions.

- Analysing for too long could take longer than running the slowest route!
- Sprint route choice are often planned to be 50/50 or very close to it.
- You don't want to break the flow of your running (no point in saving energy for later).

A few tips:

- Make the most of the time before you start: if you can - preview the map to find all those uncrossable features and cut throughs, pay attention on the way to the start so that even in a forest sprint you know where you are on the map in the start lane and warm up before entering the start lane.
- Always know where north is – keep your compass on your map so it is easy to check when leaving controls or when changing direction.
- Turning corners slows you down.
- Remember that grey means a canopy that you can run under but beware of a change in the shade of yellow as long grass could be slowing.
- If options are equal, choose approaching the control in the direction that allows you to continue in the same direction as you leave.
- Simplify – focus only on what you need to navigate - the attack points (though do look out for traffic too).
- Plan ahead – even if you have to slow down it is better to plan ahead while moving than having to stop completely.
- Practice!

Practice:

The **RunningWild** computer game is a great way to practice quick route choice decisions.

Video of instructions: <https://www.youtube.com/watch?v=oIh16gR8Wug>

RunningWild website: <http://worldofdo.com/runningwild/>

The RunningWild website has plenty of races to choose from but here are a few:

Medium: <http://3drerun.worldofdo.com/2d/runningwild.php?anid=7637>

Medium: <http://3drerun.worldofdo.com/2d/runningwild.php?anid=5851>

Difficult: <http://3drerun.worldofdo.com/2d/runningwild.php?anid=2302>

After running, do compare your route choices with the other runners to find out if yours was the shortest route and if you enjoyed this game, why not enter a [Lockdown Orienteering](#) competition.

Intervals

“Interval training is a highly effective technique for runners to improve their speed.”

<https://www.nhs.uk/live-well/exercise/interval-training-for-runners/>

Epilepsy Foundation video: <https://www.youtube.com/watch?v=Bf-ccdE5aSU>

Please always follow the [latest official advice](#) on social distancing - which means staying more than two metres from others.