

Great trainings in GARGANO – excellent idea for WMOC 2012...

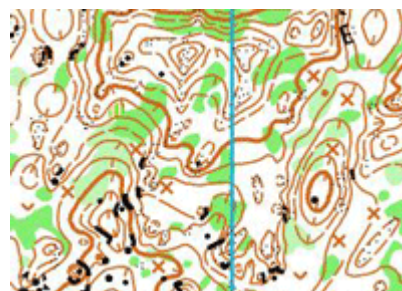
24/03/2009 - (par tero)



A long period of training camps is now over with the last days spent **Southern Italy**. I traveled there with my teammates from Kalev rasti, but also joined in couple of trainings the Mora, Czech and Finni teams.

The atmosphere in Puglia was excellent with lot of good trainings + challenging terrains. The **forest Umbra** is the type of forest where you get nothing for free and you have to work hard to be pleased with your performances.

By the way, Gargano is candidate to organize the **WMOC 2012** and I can say that it is worth of the visit. There are not so many places where you have such terrain, the sea so close and this blue sky ... And if you are lucky enough you can even manage to meet the legendary Nick Manfredi there.



We spent the last days of the camp closer to Rome, in **Subiaco** area. The plan was to experience again the terrains from the World Cup finals organized in 2005. But the highest maps were under much snow, so we mainly ran on sprint (Cervara) and on the middle distance (Altipiani di Arcinazzo) terrains.



During this training camp, we much focused on racing in **rel: situation** since Tiomila is coming closer and closer... But next week we'll have an even better idea of what is awaiting us there, since KR going to have a training camp in southern Sweden. Just the time to reload the battery before pushing again the speed pedal, nice!

Here are most of interesting trainings:

FOREST UMBRA

Night mass-start

First course: [map with the course \(245 Ko\)](#) / [map with my route \(248 Ko\)](#)

Second course: [map with the course \(371 Ko\)](#) / [map with my route \(374 Ko\)](#)

Slope and Green areas

First loop:

[map with the course \(152 Ko\)](#) / [map with my route \(155 Ko\)](#)

Second loop:

[map with the course \(187 Ko\)](#) / [map with my route \(190 Ko\)](#)

Third loop:

[map with the course \(307 Ko\)](#) / [map with my route \(311 Ko\)](#)



2-man relay

First loop:



[map with the course \(246 Ko\)](#) / [map with my route \(249 Ko\)](#)

Second loop:

[map with the course \(162 Ko\)](#) / [map with my route \(164 Ko\)](#)

Third loop:

[map with the course \(156 Ko\)](#) / [map with my route \(158 Ko\)](#)

Long distance

[map with the course \(853 Ko\)](#) / [map with my route \(773 Ko\)](#)

SUBIACO

World Cup 2005 Sprint final (Cervara)

[map with the course \(440 Ko\)](#) / [map with my route \(444 Ko\)](#)

Mass-start

First loop:

[map with the course \(238 Ko\)](#) / [map with my route \(250 Ko\)](#)

Second loop:

[map with the course \(221 Ko\)](#) / [map with my route \(251 Ko\)](#)

Third loop:

[map with the course \(229 Ko\)](#) / [map with my route \(272 Ko\)](#)

Final part:

[map with the course \(453 Ko\)](#) / [map with my route \(519 Ko\)](#)

