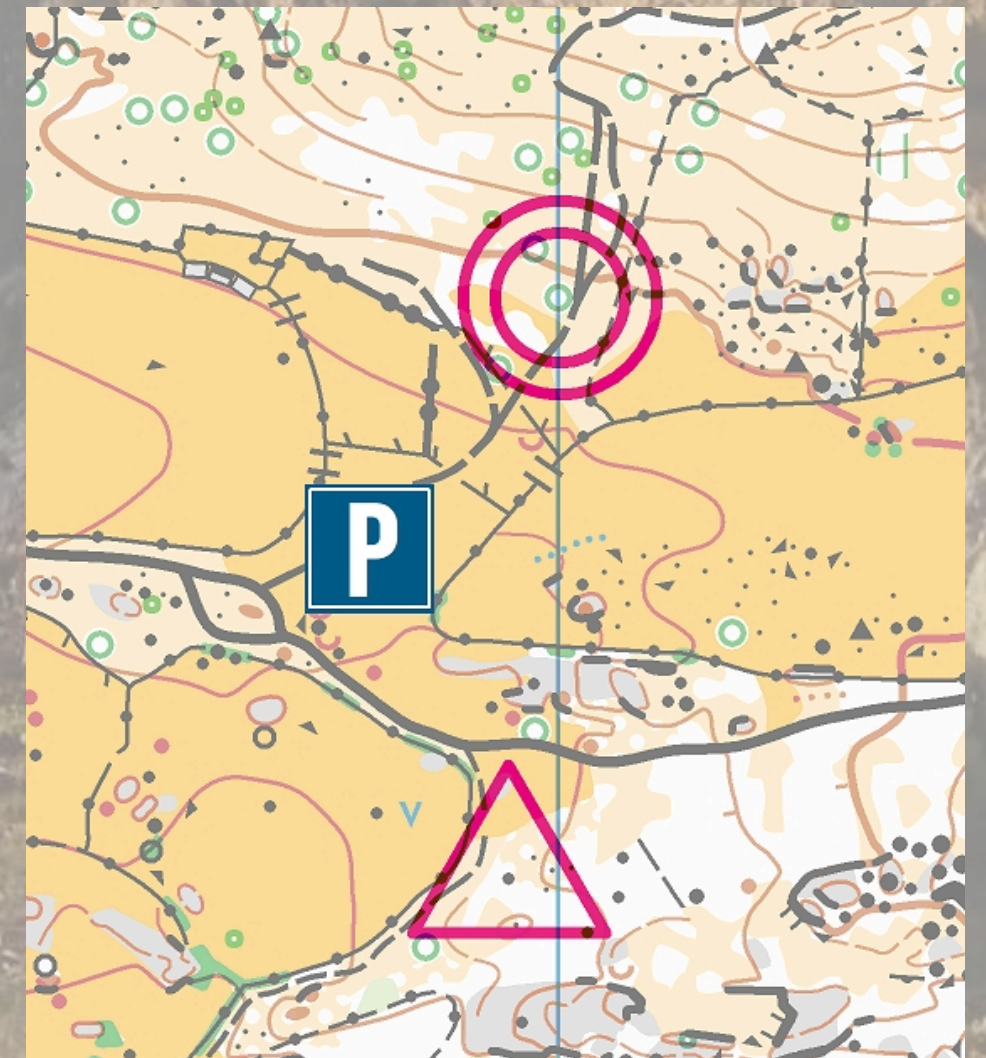


SportIdent Training #1

MÁXIMUS
WINTER O-CAMP

Forked intervals (Cabeza Mesada)

Important!
Access from AV-502



- Type of training: **Forked intervals (3)**
- Length: **6.4k**
- Scale: **1:10000**
- Parking coordinates: **40.529680, -4.432580**
- Start: **Mass start in small groups from 11am**

SportIdent Training #2

**MÁXIMUS
WINTER O-CAMP**

One Runner Relay (Dehesa de Navaluenga)

- Type of training: **One runner relay (diamond)**
- Length: **6.8k**
- Scale: **1:10000**
- Parking coordinates: **40.415376, -4.693559**
- Start: **Mass start in groups of 8 runners from 11am**

**Important!
Close the gate (A)**



SportIdent Training #3

MÁXIMUS
WINTER O-CAMP

Middle distance (Cerro del Madroño)

- Type of training: **Middle distance**
- Length: **5.0k**
- Scale: **1:7500**
- Parking coordinates: **40.416214, -4.784596**
- Start: **Startlist from 11am (1-minute interval)**

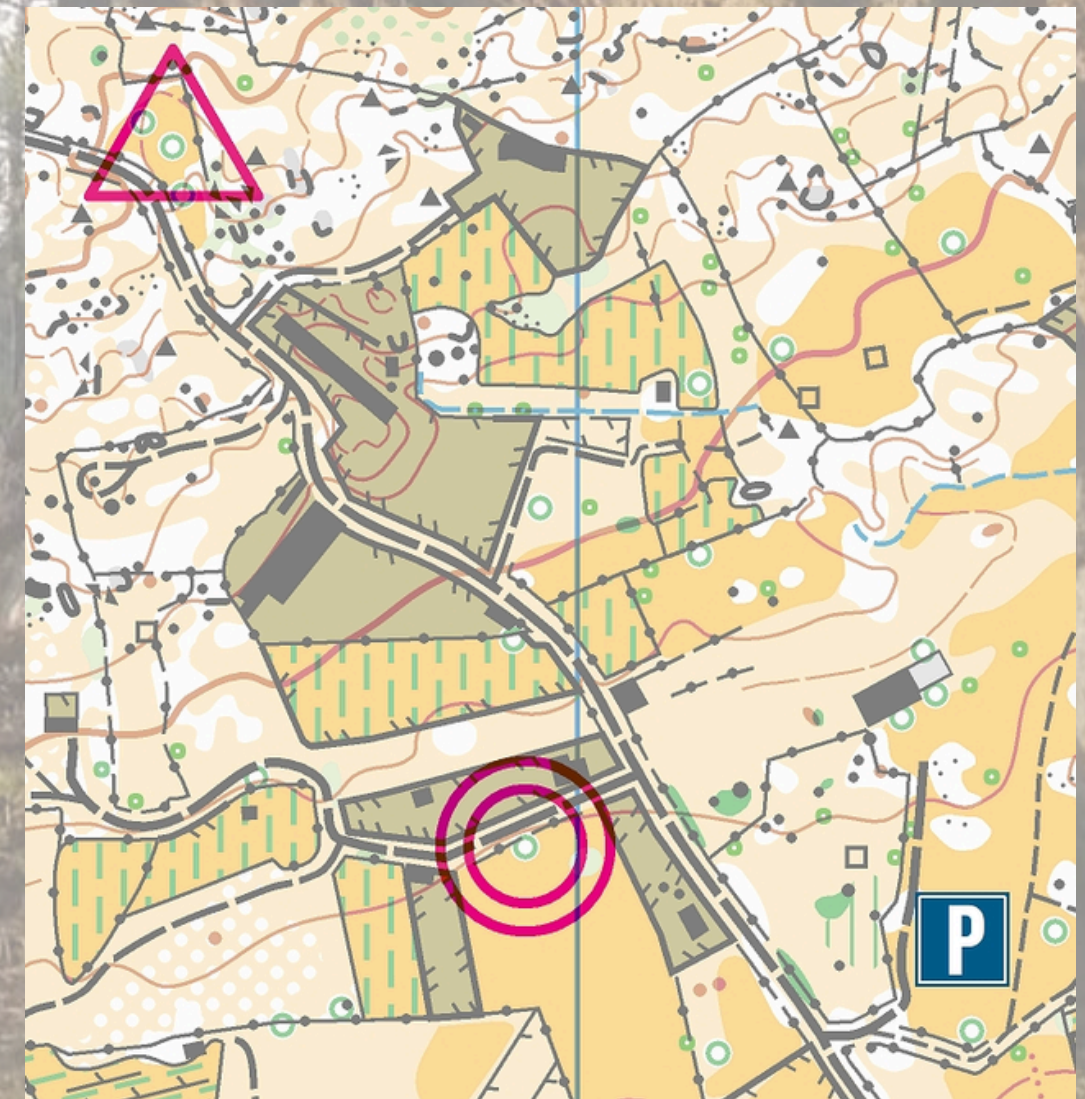


SportIdent Training #4

MÁXIMUS
WINTER O-CAMP

Forked intervals (Matacimera)

- Type of training: **Forked intervals (5)**
- Length: **6.4k**
- Scale: **1:10000**
- Parking coordinates: **40.413117, -4.719903**
- Start: **Mass start in small groups from 11am**



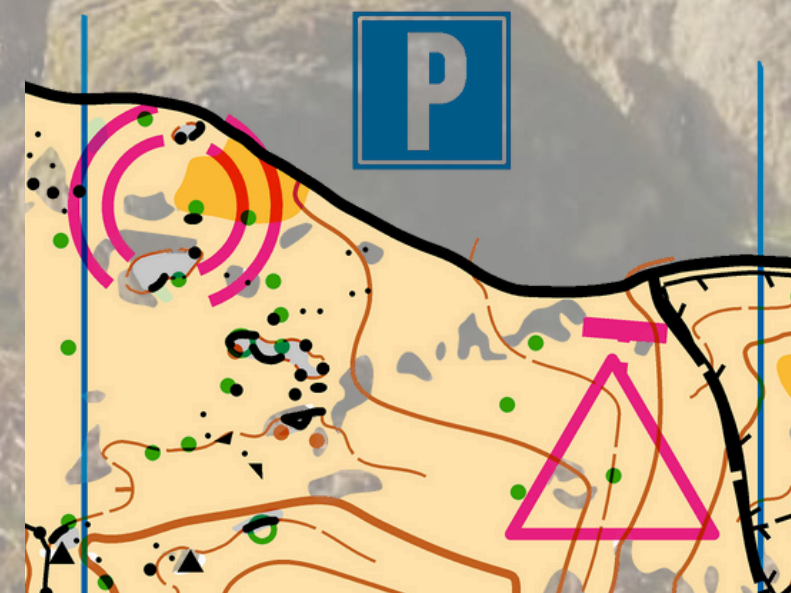
SportIdent Training #5



One runner relay (Infierno de Navalморal)

Important!
Access from Navalморal

- Type of training: **One runner relay (diamond)**
- Length: **6.4k**
- Scale: **1:10000**
- Parking coordinates: **40.449314, -4.732583**
- Start: **Mass start in groups of 8 runners from 11am**



SportIdent Training #6

Knockout Sprint (Navarredondilla)

- Type of training: **Knockout Sprint**
 - **Semifinal is runner's choice (heats of 6 runners)**
 - **Final (heats of 6 runners)**
- Length: **1.5k (semifinal) + 1.6k (final)**
- Scale: **1:3000**
- Parking coordinates: **40.455230, -4.822695**
- Start: **By groups of 6 runners from 10:30am. Finals start 20min after the end of the last semifinal.**

**MÁXIMUS
WINTER O-CAMP**

