

Storthes Hall :: Training Activity :: Control Picking – ‘Flow’

Saturday 23rd - Thursday 29th October

Each event in this EPOC maprun series will have a Coaching/ Training Activity available to download.

At Storthes Hall, this is a Control Picking activity. 2km with a short run from the start and back to the finish. The start and finish are the same as for the main event.

To get the most from this, follow the instructions on the downloaded map. The aim is to achieve ‘flow’ by practicing the accurate bearings, quick decision making and forward planning needed for the sharp changes of direction on these short legs. It is worth repeating legs where you don’t feel you have achieved this flow.

Your phone will be activated by each control.

Please note, the map scale for the line event is 1:5000

We hope that you might try the coaching activity first and then try one of the main courses to practice the skills.

If you want to discuss the coaching element further, please contact Jonathan Emberton the Training Coordinator 07792900971 or jonathanemberton@gmail.com. Use the Facebook or Instagram pages to start or join in a discussion.