

## **Flanshaw :: Training Activity :: Traffic Lights – Pace Control**

**Saturday 31<sup>st</sup> - Thursday 5<sup>th</sup> November**

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

**At Flanshaw this is a Traffic Light, Pace Control activity. 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 practice pace control by running faster in easy parts of a leg and to slow down enough in harder sections to navigate with enough accuracy to avoid mistakes**

**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](mailto:jonathanemberton@gmail.com). Use the Facebook or Instagram pages to start or join in a discussion.**