

KRISTIANSAND ORIENTERINGSKLUBB

TILSLUTTET NORGES IDRETTSFORBUND OG NORGES ORIENTERINGSFORBUND

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4. april 2016

Torsdag kveld trening

Kl.20.15 Avreise fra Presteheia Klubbhus.

(note: hour may change – we will post final hour on facebook page)

Full-Focus in Tiomila training!

To better prepare Tiomila, we will have a serie of night training in Kristiansand. Focus will be on relay type exercises with mass-start – so all runners need to be present in order to make the training more competitive.

The trainings will be short (45-50 min running) so all younger runners should also run the trainings.

ONLY TOGETHER WE WILL IMPROVE!

Trainings:

Day	Location	Training
Torsdag 07.04	Vestheiene	Relay Intervals
Torsdag 14.04	Bymarka	Night Diamond exercise – mass-start
Torsdag 21.04	Kvaase	Night Multi-Technique exercise
Onsdag 27.04	AAOK-VAOK karusell løp	Selection race for Tiomila
Torsdag 05.05	Vestheiene	Night Multi-Technique exercise

Løypelegger: Bruno Nazário

Påmelding på <http://eventor.orientering.no/>

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