

A background of a topographic map with white contour lines on a light gray background. The lines represent elevation and terrain features, including a prominent peak in the upper left and a valley in the lower right.

Armchair Training

Nick Lightfoot

Monty Python's
FLYING
CIRCUS



Armchair Training ?

Orienteering exercises that don't involve navigating with a map in terrain.

Could be done

in an armchair

at a table

in a classroom

via the internet

in a virtual world

in a gym

on a treadmill

in a forest

A background of a topographic map with white contour lines on a gray background. The lines represent elevation and are more densely packed in some areas, indicating steeper slopes. The overall pattern is complex and organic, typical of a natural landscape's elevation data.

Why Armchair Training?

A background of a topographic map with white contour lines on a gray background. The lines represent elevation and terrain features, including a prominent peak in the upper left and a valley in the lower right.

Orienteering Thought Processes

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$$2 + 2$$

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3 x 7

A background of a topographic map with white contour lines on a light gray background. The lines represent elevation and are more densely packed in some areas, indicating steeper slopes. The overall pattern is complex and organic, typical of a terrain map.

32 x 26

Conscious Processes (32 x 26)

Communicating with the outside world

Controlling overall strategy

deciding to go orienteering and how to approach the race

Setting context for your subconscious mind

go to the start, do control 1, do control 2,

Analysing complex problems

route choices on longer legs

Force you outside of your comfort zone

running hard, *jumping ditches, etc.*

Spotting mistakes made by subconscious

Slower than subconscious

Can't multi-task **needs your full attention.**

Easily distracted

Subconscious Processes (2+2)

Routine tasks

running, walking, breathing

Expert tasks (specific tasks that are routine for experts)

checking the map, checking compass, distance judgement, checking descriptions, punching

Perception

map-reading - map and terrain perception

Taking snap/intuitive decisions and judgements

Route planning

Micro route choices

Very fast and usually reliable

Very good at multi-tasking.

Learning Subconscious Skills

Subconscious processes are 'hardwired'

Can only learn by experience

Deliberate **practise**

Trial and error

Requires **feedback**

10,000 hours -> world class

Feedback in Orienteering

Difficult to get consistent feedback

Most **time lost** near controls

Most **mistakes** made leaving the previous control

Good luck - find the control anyway

Bad luck – map issues, visibility, terrain

A grayscale topographic map with white contour lines on a gray background. The map shows various terrain features, including peaks, valleys, and ridges. The text "Fast/Easy Orienteering" is centered over the map.

Fast/Easy Orienteering

Traditional Orienteering

Orienteering is about controlling speed

Slow down to minimise mistakes

Speed up to maximise orienteering speed

Conflict between 'clean run' and 'fast run'

Requires too much discipline/concentration

Breaks down in big races or when tired or
distracted

Fast Easy Orienteering

Orienteering is about running hard

Technique is about finding places to push hard

Fast running is a bi-product of good technique

Plan routes that are **fast AND easy**

Maximise speed and minimise time loss

Route planning is the key skill

Fast/Easy Route Planning

Break legs down into manageable chunks

Attack the control with confidence at speed

Find places to focus on pushing hard

Look for distinctive features, ignore clutter

Choose techniques not just routes

Easy routes are faster AND safer

You can practise route planning in an armchair

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Why Armchair Training?

Armchair v Forest Training

Easier to resource

Cheaper and less time consuming

Avoids overtraining (physically)

Increased number of practise hours

Easier coach input (feedback and teaching)

Repetitive practise (route planning)

Strong correlation between Armchair and Race performance.

Forest v Armchair Training

Running and navigating in terrain is what orienteering is about

Physical and technical training at the same time

Practise executing plans

Practice map reading

Understand different types of terrain

British Schools Champs

Sheffield schools won 6 out of the first 8 team trophies.

Overall 1st and 2nd Primary Schools and 3rd Secondary School

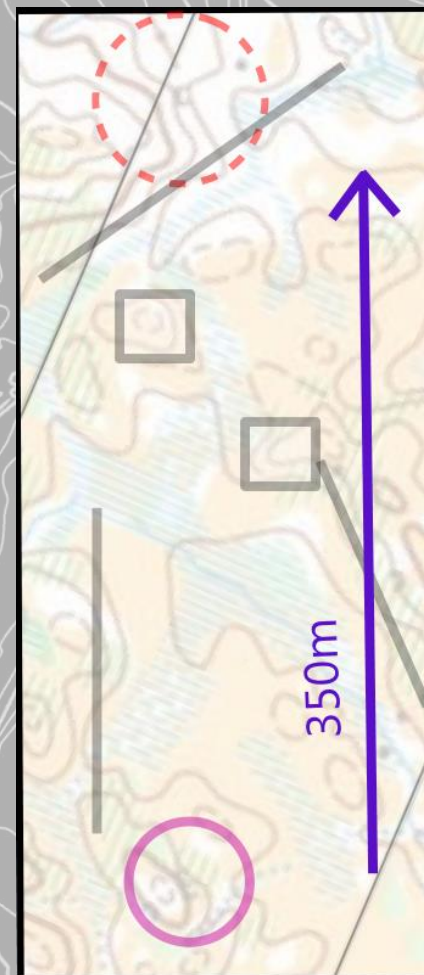
#FastEasyCrew won 4 Golds and 2 Silvers

High Storrs School selected as World Schools Junior Boys team

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Armchair Training Examples

Map Tracing Exercises



Club Nights

Gym or classroom

Pairs exercises, shuttle running

Ups and Downs

Master Maps

Talk O

Picture O

Route Choice Quiz

Simplification

Checkpoints

Race Preparation

Virtual O

Race Preparation

Excuse for Armchair Training

Focus on similar terrain in months before race

Practise typical route planning problems

Use example courses or legs on old maps

Make maps of the area (OCAD, montages)

Guess course shapes from final details

Mental preparation and as well as practise

Other examples

Race reviews/analysis

Forest exercise briefing/review

Running with map on a treadmill or in terrain

Remote sessions

Skype – or other screen sharing software

Microsoft Teams - or other webinar/chat tools

Software Tools

Routegadget, 3D Rerun

GPS Seuranta, Tulospalvelu , TracTrac

3D Rerun - Planning Mode

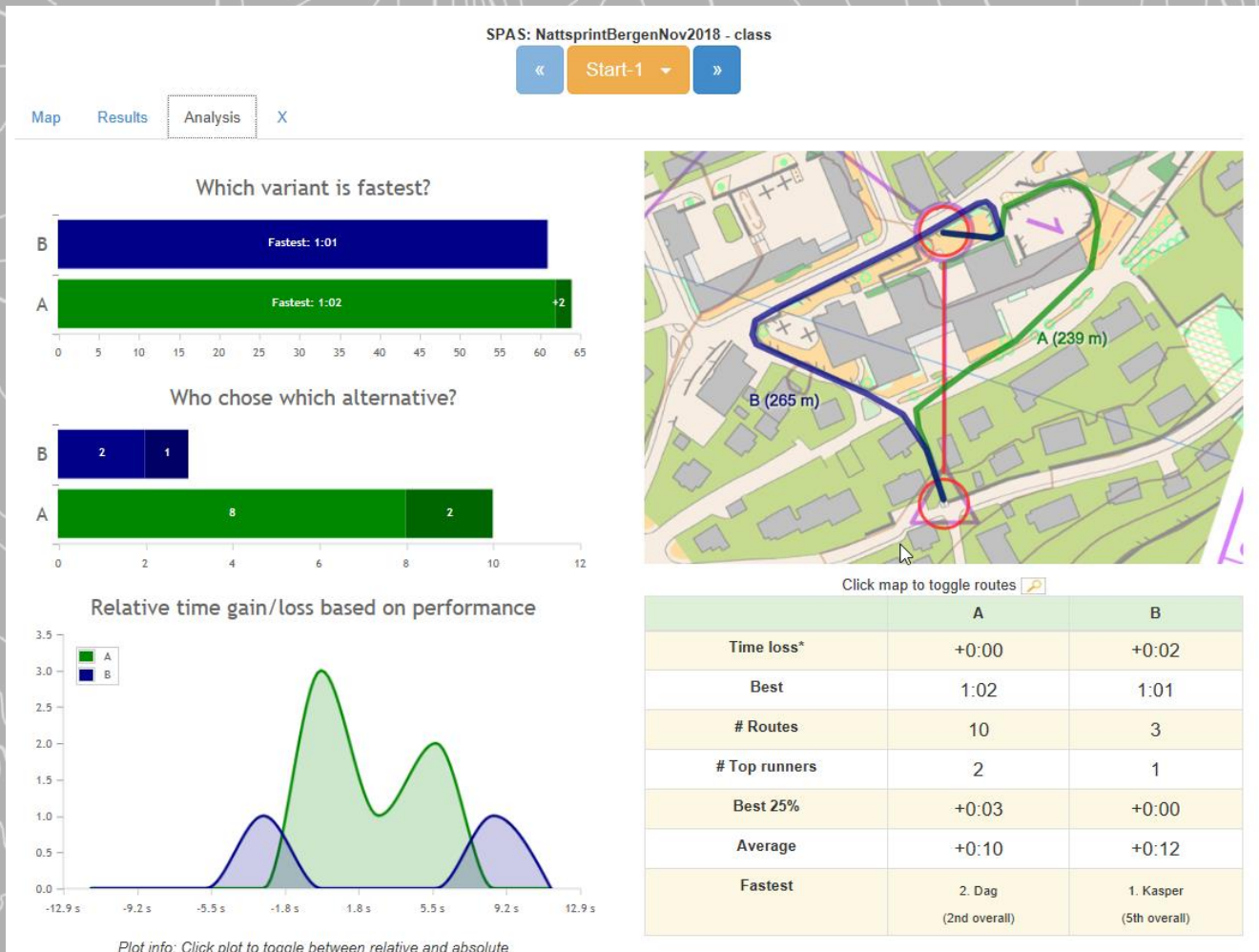
SPAS (Splits Analysis Software)

World of O (race analyses, route to Christmas)

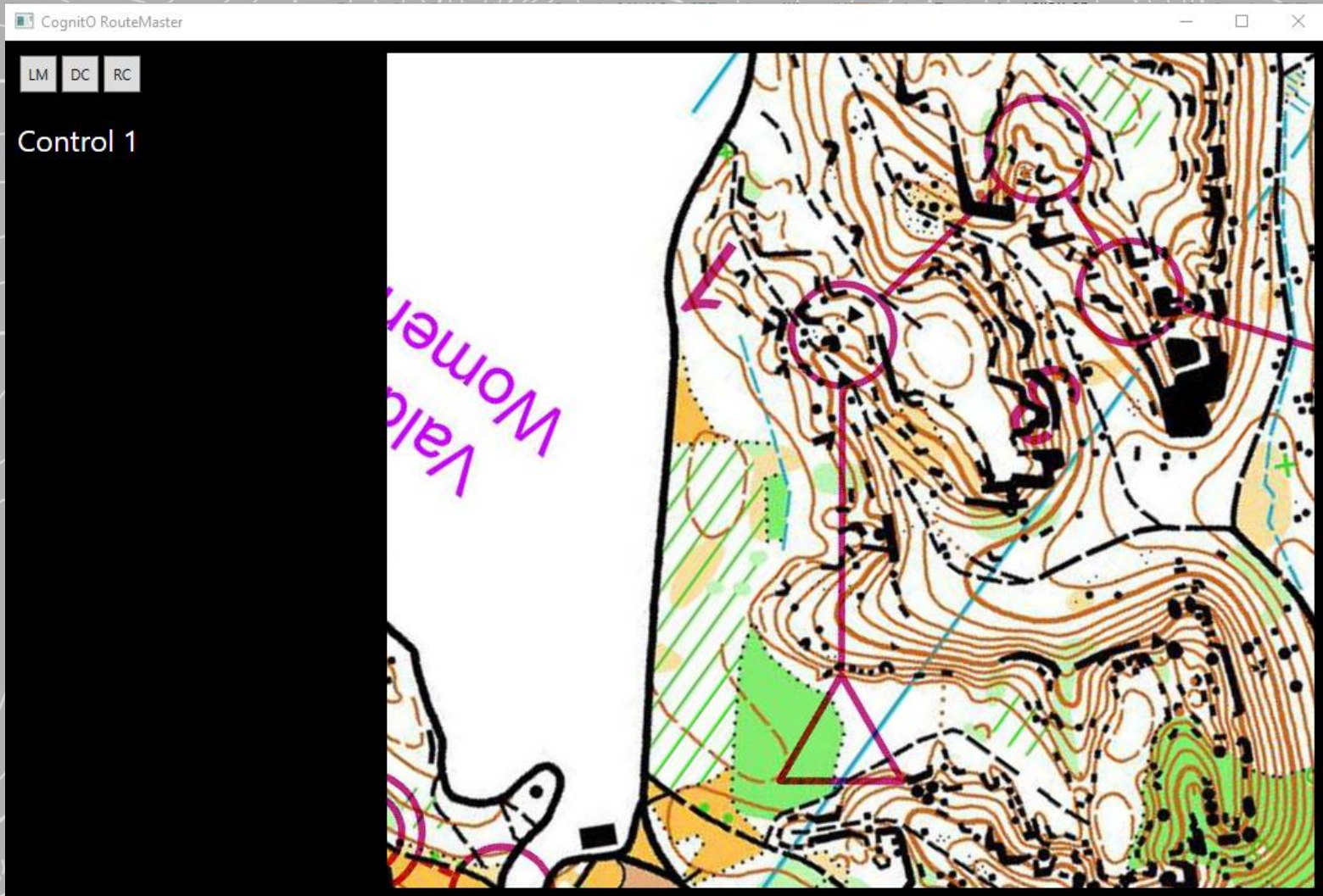
Catching Features, Virtual-O

Splits Analysis Software (SPAS)

<http://events.worldofoc.com/spas/>



RouteMaster



Virtual-0



Informal

Christmas 'Coaching'

Indoor Session *(no running, just chatting!)*



Please join us for a light-hearted social armchair 'coaching' session, aimed at the older juniors within SYO, including...

- ▶ The Annual Worst Leg of the Year Competition
- ▶ Indoor O-themed activities – including Photo-O!
- ▶ Nibbles! If you could bring something along that'd be much appreciated ...*plus more loosely O-themed fun!*

Please bring your nominated map for your **Worst leg of the year** for review on the night (or you can send a Routegadget link in advance)

Monday 17th December, 6:30-9pm

RSVP: syojuniorteamcaptain@gmail.com (Jacky Dakin)

[33 Clarendon Road, S10 3TQ](#)