

Training Camp Program, day by day (provisional, to be confirmed later)

For a good organization of all training sessions (putting on and taking off the ribbons in particular), please respect the scheduled meeting times

Monday 09/03/2026

Urban recovery, technical, fun and touristic/ forest route choices

Sprint Redondo (urban)	Ribbons	Mobile App	D (bestiti)	Climb(m)	Controls	Scale	Map size
Full Course		X	9,7	180	47	1:5000	A4
Blue Course		X	7,6	125	38		
Green Course		X	6,4	100	32		

Parking 1-1: before or after the MD training

GPS: 38.644352, -7.542053
<https://maps.app.goo.gl/LTCbNFZ6wjRmyb79A>

MD Ossa NO (forest)	Ribbons	Mobile App	D (bestiti)	Climb(m)	Controls	Scale	Map size
Full Course	X (*)	X	22	485	22	1:12500	A3
Blue Course	X (*)	X	18	405	19		
Green Course	X (*)	X	15,8	295	16		

Parking 1-2: Meeting from 11:30 to 12:30

GPS: 38.758048, -7.605915
<https://maps.app.goo.gl/KkAf6TVfospCBJB9>

(*) if possible

Tuesday 10/03/2026

Technical day

Montejuntos - Special MD	Ribbons	Mobile App	D (bestiti)	Climb(m)	Controls	Scale	Map size
Full Course		X	13	180	17	1:10000	A4
Possible to short cut of course		X	9	140	14		

Parking 2-1: Meeting at 10:00

GPS: 38.541672, -7.353112
<https://maps.app.goo.gl/7WQbDhRD39Dpqv74A>

Ferreira - Special Sprint	Ribbons	Mobile App	D (bestiti)	Climb(m)	Controls	Scale	Map size
Full Course		X	7,5	110	15	1:6000	Circular
Possible to short cut of course							

Same Parking:

The sprint training is coming just after MD
 And with return to Parking 2-1 after

Terena - Memo training on flat terrain (stadium)

Parking 2-2: Meeting at 12:30

GPS: 38.623064, -7.411028
<https://maps.app.goo.gl/SVXGewCG7Wnm894A>

Sprint Terena (forest)	Ribbons	Mobile App	D (bestiti)	Climb(m)	Controls	Scale	Map size
Full Course	X	X	11,2	145	21	1:7500	A4
Blue Course	X	X	7,9	125	14		
Green Course	X	X	6,4	95	11		

First start at 14:00 - 1km from parking 2-2

Wednesday 11/03/2026

Urban orienteering, touristic in the regional capital / forest route choices and some strong climbing

Sprint Vila Viçosa	Ribbons	Mobile App	D (bestiti)	Climb(m)	Controls	Scale	Map size
Full Course		X	9,9	90	42	1:5000	A4
Blue Course		X	8,2	80	32		
Green Course		X	5,5	30	22		

Parking 3-1: before or after the LD training

GPS: 38.774302, -7.411557
<https://maps.app.goo.gl/8BwDnQ1kwnoyWkSE7>

LD Ossa NE (forest)	Ribbons	Mobile App	D (bestiti)	Climb(m)	Controls	Scale	Map size
Full Course	X	X	27920	716	25	1:12500 and 15000	A3
Blue Course	X	X	23100	550	20		
Green Course	X	X	20500	460	15		

Parking 3-2: Meeting from 11:30 to 12:30

GPS: 38.768099, -7.604842
<https://maps.app.goo.gl/Ka6UmN1QbY3q11pp9>

Thursday 12/03/2026

Urban orienteering and tourism / forest route choices and climb

Long Sprint Alandroal	Ribbons	Mobile App	D (bestiti)	Climb(m)	Controls	Scale	Map size
Full Course		X	12,2	195	31	1:5000	A3
Blue Course		X	8,6	100	24		
Green Course		X	6,3	80	18		

Parking 4-1: before or after the MS training

GPS: 38.702580, -7.407152
<https://maps.app.goo.gl/KtTnfod3zKaIZQGT7>

Mass Start Hortinhas (or individual)	Ribbons	Mobile App	D (bestiti)	Climb(m)	Controls	Scale	Map size
Strong	X	X	22100	380	22	1:10000	A4
Strong with shortcut	X	X	16300	295	18	1:10000	A4
Medium	X	X	19000	270	20	1:10000	A4
Medium with shortcut	X	X	13200	185	16	1:10000	A4

Parking 4-2: Meeting at 11:30

GPS: 38.612727, -7.457348
<https://maps.app.goo.gl/GaHvy4TWGcLD1QrV9>