**Quantock Orienteers Club Night Training Programme**

**21st Sep to 14th Dec 2017**

**6.30pm – 8pm**

Meet at Taunton’s **COACH** (Centre for Outdoor Activity & Community Hub) in the **French Weir Park** You can arrive before this time to change or leave items

Quantock Orienteering Coaches Tess Stone and Vikki Page & Guest Trainer Gavin Clegg

**Please Bring:**

* Outdoor foot-ware / Trainers/ O shoes to run in
* Warm layers and waterproof
* A water-bottle with water in it!
* Your Compass (there are some to borrow)
* Head Torch (there are also some to borrow)
* £ 1 per person

The sessions will start at 6.30pm with a fun warm up and Dynamic exercises; then focus on an aspect of Orienteering or navigating, followed by a Fitness Interval session with cool down /flexibility exercises to finish by 8pm. The Activities take place in French Weir and Long Run Meadow. There will be refreshments available in COACH after training.

If the weather is very wet or windy an indoor session with strength and flexibility element will in place of the advertised programme. If you have an exercise mat, bring to these sessions!

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| **DATE** | **‘O’ Focus & Fitness Element** |
| 21st Sep | The Map and Compass -Orientating yourself & map / 200m  |
| 28th Sep | Stuff on the map – Map symbols and Sprint work |
| 5th Oct | Thumbing where you are on the map / I mile loop |
| 12th Oct | Changing Direction Grid, quick thinking / 400 m |
| 19th Oct | Folding the Map , zooming in/ 800 m |
| 26th Oct | NO SESSION Half Term  |
| 2nd Nov | More map symbols + Speed |
| 9th Nov | Distance judgement 200 m triangle intervals |
| 16th Nov | Features – what are you running to!! / ‘HASH’ loops 800 m |
| 23rd Nov | Strength and Flexibility |
| 30th Nov | Control Description symbols / 1 mile loop |
| 7th Dec | Relays and 400 m loop |
| 14th Dec | Pairs Night Christmas ‘O’ and Social (bring food to share) |

Anyone interested in navigation, orienteering and getting running fit are **welcome** to come along. Good for those wanting to do a D of E skill or sport too!

More information can be found at Quantock Orienteering Club website.

  