

MAXIMUS TRAINING CAMP 2024

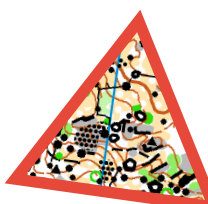
SPAIN

Burgohondo


February 8 - 25, 2024

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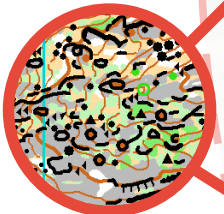
Dates flexibles



Tailor-made training program




**5-days competition
(from 16 /02 to 20/02)**



**Plenty of activities
Sport and fun guaranteed !**



Specialised technical follow-up



A great atmosphere !

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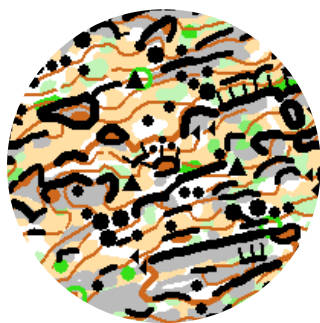
En collaboration avec le Máximus Winter O-Camp

PRÉSENTATION :

ThOR is organising his sunny winter training camp again!

During the long winter training, enjoy this unique opportunity to benefit from a sunny experience on wonderful terrains. We offer a two-weeks' training camp with 5 days of competition, in the region of Ávila in Spain. The organisation of this camp is based on the logistic of the Maximus local team.

TERRAIN :



Ávila region offers wonderful terrains for orienteering. Maps will be technically and physically demanding. Runners will enjoy a soft and fast terrain. Pure pleasure for orienteering lovers !

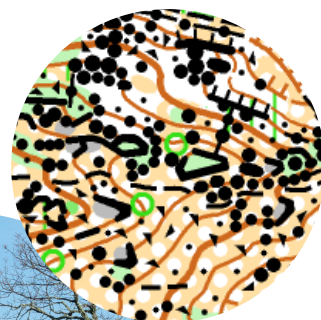
This subtle blend of rocky areas, beautifully drawn vegetation and tricky contour lines will surely please everybody.



Our team will be there to help you out on these peculiar terrains. Armed with three years' experience in this region, Thibaut and his team will gladly guide you in reading important details, sorting out important features and be the best orienteer you can be for Maximus-O-Meeting.



Furthermore, we will provide detailed GPS analysis during the trainings to pinpoint you strength and weaknesses. This will allow you to plan technical strategies to work on them and improve quickly.



PROGRAMME :

The organisation team set up an attractive program with a mix of technicity, fun and discovery. We handle the accommodation for you. We will also make sure that your maps and tailor-made program await you at your accommodation when you arrive.

This training camp is based on an international competition: Maximus-O-Meeting (MOM). It takes place from February 16th up to the 20th. Of course, you pick up your arrival and departure day as well as the trainings you want to do. All of this can always be adapted according to your energy and motivation once there.

A custom-made training program:

Many **orienteering's** training opportunities in forest with **controls**

- for each orienteering level
- various intensities
- in a 7km range around the accommodation
- on recent and well drawn maps
- good printing on high quality paper

Some **sprint orienteering** trainings

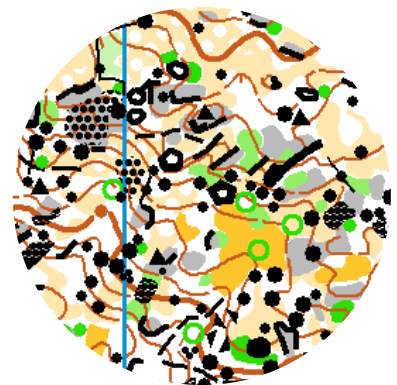
- in surrounding villages typical of the Iberian Peninsula

Some **trail course**

- from the accommodation
- on nice tracks in the mountains

A few road bike tour

- from the accommodation
- on low traffic and great quality roads
- stunning view and landscape
- we have some bikes on the accommodation to share (good idea to take yours)



An unmatched flexibility:

A **co-working space** inside the accommodation

- To allow for some days or half-days of “homeworking”
- Wi-Fi connection

A partner **restaurant** in Burgohondo

- To enjoy some easy meals at a democratic price
- To sip your little morning coffee on a sunny terrace at the heart of the village
- To have a convivial aperitif whilst debriefing the trainings of the day

Great flexibility on your arrival and departure **dates and time**

- Whatever arrival day and time suits you best, we will do everything we can to find you a comfortable bed.

A **spacious and comfortable** accommodation

- According to the number of participants, one or two gites will be booked.
- Comfortable rooms (2 or 3 pers.)
- A fully equipped kitchen well
- BBQ and terrasse (oriented south)

MAXIMUS O MEETING PARTICIPATION:

ThOR organising team will arrange for a group subscription under ThOR but it is also possible to register via your own orienteering club. The participation fee will then be charged to each registered participant. Everyone is free to choose his or her category and to take part to the whole event or only to some stages. Here the competition's program:

- 16/02 : Model Event
- 17/02 : Long WRE in **Navaluenga**
- 18/02 : Middle WRE in **Navaluenga**
- 19/02 : Sprint in **Navarredondilla**
- 20/02 : Chasing Start in **Hoyo de Pinares**



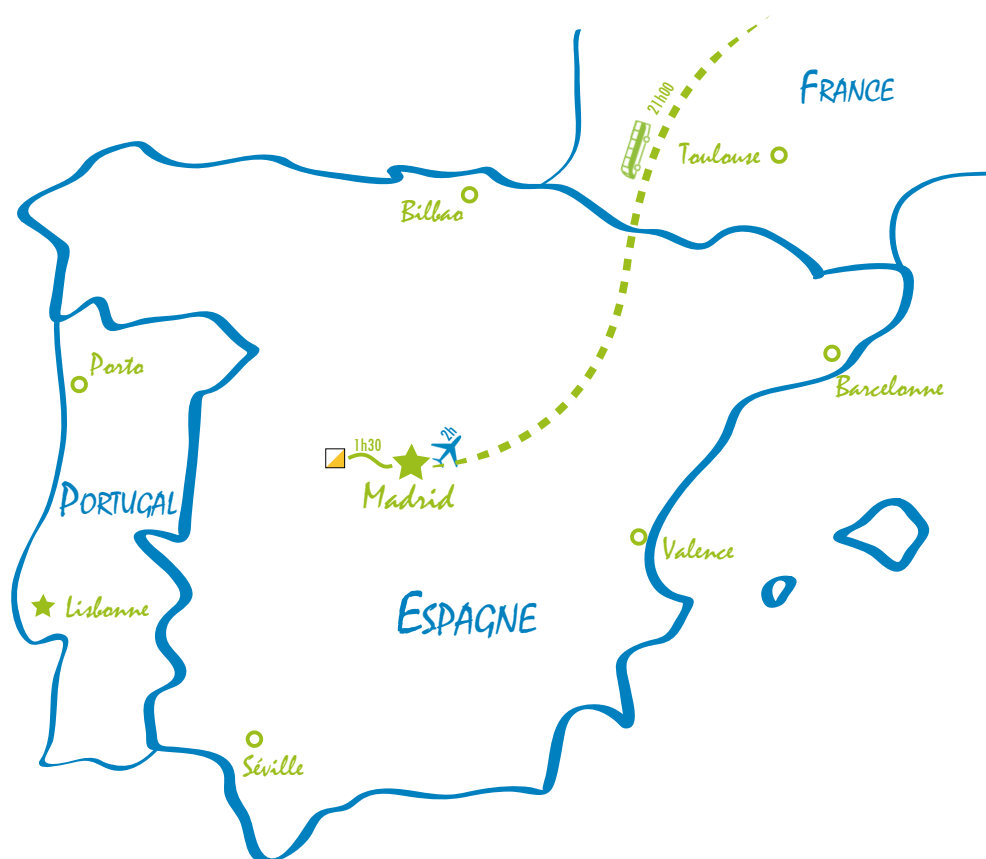
TRANSPORT :

Different solutions are available to reach Burgohondo. The quickest way is to take the plane to Madrid and then rent a car. We can put you in contact with other participants to incite carsharing in order to reduce the costs and your ecological footprint.

There are, of course, other alternatives to the plane such as taking the bus and/or train. The bus ride, despite being quite long, is the cheapest solution.

Another option, slightly more costly, but more comfortable for sure, is to go to Madrid by train. A good option is to go by Burgos and stop in Àvila via Valladolid.

Finally, despite the lengthy drive, the organising team will ride by car from Belgium. This should take approximately



18hrs and allows us to have our bike there to reach the different trainings area.

Here is a little overview of Burgohondo's localisation and the transport options. Once on site, movements will be very limited as all activities are in a maximum 10km range (except the last stage of MOM).

On site, we will do our best to maximise carsharing. It should also be possible to pick you up and drop you at a nearby station. Don't hesitate to ask !

PRICES :

The costs will be calculated per person depending on the participation rate. It should be approximately between 300€ and 500€/person/week for the accommodation and the trainings. Meals and transport as well as the registration fee to Maximus O Meeting are not included. This estimation will be more precise when we have a clearer idea of the number of participants and the length of everyone's stay.

REGISTRATION :

The number of beds in the accommodations is not extendible. There can be a maximum of 25 people simultaneously. To be sure to have your spot amongst us, register as soon as possible via the hereto dedicated OPunch page: <https://www.opunch.org/in/event/2616>.

In the comments section, indicate your arrival and departure date (even if uncertain), if you take part to Maximus O Meeting or not, your means of transport and if you would like to be in ThOR's accommodation or not.

THE ORGANISING TEAM :



Luc

“ A STUNNING TERRAIN WITH HIGH QUALITY EXERCISES, MAXIMUS IS A SOUND INVESTMENT TO START THE SEASON WELL. ”

“ MAXIMUS IS THE PERFECT OCCASION TO TRAIN QUALITATIVELY UNDER THE SUN AND, ABOVE ALL, HAVE A GREAT TIME. ”



Thibaut

