



## SOGO@Home Level 3

### General overview:

These exercises are designed to combine physical activity with fun map reading games in order for participants to stay active and engaged with orienteering from within their own homes. Our coaches will assume that participants have access to enough floorspace to do body-weight exercises, along with access to a printer & pens, or if not, most exercises should work with the maps on a phone or tablet. Activities are in accordance with Orienteering Canada's [Long Term Athlete Development Guide](#).

### Each session will include:

*Warmup:* A cardio activity and dynamic stretches.

*Main section:* Mix of o-exercises and activity. There will be full instructions provided for how these are planned to be integrated, but normally it will include

- A description of the skill (if applicable)
- A bodyweight based workout with links to videos of the exercises
- Map or map exercise pdfs to print out and use as directed

*Cooldown:* Static stretching

*Afterwards:* Online review of route choices/ answers/ map drawings with coach

### Activity list (and brief description)

Activities are classified by technical difficulty ★☆☆☆☆ to ★★★★★ where:

- ★☆☆☆☆ is suitable for Level 2
- ★★☆☆☆ is suitable for those new to Level 3 or wanting to brush up on basic skills
- ★★★☆☆ is suitable for most Level 3 participants
- ★★★★☆ is a challenge for most Level 3 participants
- ★★★★★ is a challenge for the average orienteer and/or Bridge participant

**A:** Map memory relay (simplify & memorize a leg, do a bodyweight exercise, draw the most important features of that leg from memory on a course with no map)

**B:** Control circle obstacle course (set up an obstacle course in your house. At the start, take a piece of map with a control, do the course and then match the map with the picture)

**C:** Route choice

**D:** Map symbols game (online game about map symbols - do a different type of exercise before answering the question for each category of symbol)

**E:** Map your house (make a map of your house. Then, run a course that your sibling, parent or coach has created)

**Bonus:** Activities without a physical component, for a day if you do a different workout, go on a run, or are just looking for something fun to do

### **Additional info/ideas**

Level 3 orienteering activity ideas for indoors

- Route choice game alternating with workout (i.e. do 10 burpees then the next route choice on your rest)
- Map your house, exchange courses to run with your family members [examples](#) - see the last slide of each post)
- Route to O-Season ([number 5](#))
- Scottish orienteering activities (e.g. crosswords with O symbols) [here](#)
- Catching features (orienteering video game that HPP athletes use for training)
- Matching photos with control circles on maps (e.g. at the end of [this](#) and in [this](#) folder)
- Map symbols games [list of them](#) or [first one](#)
- [Challenges](#) (like match contours with hills)
- Easier map memory spot the difference type thing?
- Finnish route choice game [here](#).

### **From the LTAD for T2T 1 Physical Goals:**

Make **aerobic power** and **aerobic endurance** training a priority after the onset of [PHV](#) (Peak Height Velocity, pg 13) while maintaining or further developing levels of skill, speed, strength, and flexibility

- Continue speed development for boys and girls (<5s to <20 s)
- Girls may start responding well to strength/anaerobic lactic capacity/anaerobic lactic power training
- RJT (**run, jump, throw**): emphasize terrain running technique - jumping; hopping on, off and over obstacles; running up, down and contouring across slopes; climbing over terrain barriers
- ABCS: Continue to develop complex **agility, balance, coordination and speed**
- Develop **core stability and strength using medicine balls, Swiss balls and own body weight exercises** as well as progressive hopping and bounding exercises
- Encourage **flexibility and agility** exercises, now that athletes are beginning to experience stiffness after exercising
- Continue to develop physically through **FUN games**
- Remember that training levels are dependent on the orienteer's developmental maturity levels – **one size does not fit all**

### **From the LTAD for T2T 2 Physical Goals:**

- Girls: likely a greater response to Strength/Anaerobic Lactic Capacity/Anaerobic Lactic Power training tasks (Strength/ALC/ALP, see diagram p. 13)

- Girls and boys: Continue development of aerobic capacity and basic speed (<5s to <20s)
- Make aerobic power and aerobic endurance training a priority after the onset of PHV, while maintaining or further developing levels of skill, speed, strength, and flexibility
- **Continue strength development using own body weight and medicine balls**
- Girls: Use free weights with gradually increased weight and lower repetitions
- Boys: Use free weights with low weight and high repetitions

**A core exercise that Jeff wrote for SOGO Level 3 2016;**

1. [SQUATS](#) - 2 x 10 with 30 sec between sets
2. [LUNGES](#) - 2 x 10 with 30 sec between sets
3. [PUSHUPS](#) - 2x6 with 30 sec between sets
4. [SITUPS](#) - 2x10 with 30 sec between sets
5. [PRESS-UPS](#) - 2x8 with 30 sec between sets hold each press-up for 10 sec
6. [WEIGHT TRANSFERS](#) - 20 weight transfers (10 per leg)

An exercise doesn't count if you don't have good form!