



Training PM

Vivåsen Boxholm

TRAINING PACKAGE #9



Active	Controls are out 1 January–19 April (not available 10 January)
Courses	1) Prologue 1.2 km 2) Relay Short 4.6 km (4 forking options) 3) Relay Long 6.8 km (8 forking options) 4) Orange 4.3 km
	We suggest the competitors first run the prologue, with an individual start. Continue with a reverse chasing start, where the fastest runner in the prologue starts last. Competitors are responsible for their own timing. It is of course possible to run alternative versions of the courses. All courses are supplied packaged in a ZIP file; unzip the archive and print the maps you require. Courses available on Livelox (password printed on map)
Controls	Small flags with control code
Map	Vivåsen Scale 1:10 000 (orange 1:7500) Contour interval 5 m Drawn by members of Boxholms OK. Revised 2025 according to ISOM 2017-2 by Johan Knutsson.
Map owner	Boxholms OK
Other	When snowy, avoid running in the ski tracks!
Terrain description	Moderately undulating terrain with coniferous woodland. Recreational trails in the area close to start and finish.
Directions	From route 32 South Boxholm, turn West towards Ryckelsby. After 500 m, turn left by sign Skidstadion (Ski Stadium) .
Parking	By the Ski stadium
Start & finish	Approximately 500 m from the Ski stadium
Course setter	Henrik Tengvall



Forking sample



Prologue

To order the training package, please fill in the form on our website <https://tiomila.se/en/2026/training/>

For questions regarding your order, send an email to traning2026@10mila.se or call +46 73 838 56 20.

As the person placing the order, please provide the following details: **Your club, Name, Email address** to which the map file should be sent, **Billing address** including an email address for invoicing, **The number of copies** of each map you plan to print.

We charge SEK 80 per planned printout. Once order is received, we will send the map(s) as PDF files by email, together with the course information (PM).

Please also specify the dates and times you intend to use the courses. If your plans change after you have ordered the maps, you must inform us via traning2026@10mila.se.

This applies to both the number of printouts and the planned time of use.

