

Toni Louhisola

Head of Performance

History:

- To orienteering through xc skiing - since 11yo 1987
- Nr. 1 ranked junior in Finland -96
- Overtrained -97 -> two years break from serious training
- Finnish B-team for 6 years
- Performing on the level of World Champions on the last leg in big relays 2001-2004
- Background: XC-skiing until 19 yo, Athletics and Running until 14yo, Football until 15yo
- Coaching since the beginning of the 90's
- Influence: Pekka Nikulainen, Kari Sallinen, Janne Salmi
- Recent 2007 Jonn Are Myhren, 2001 Marika Mikkola

Club:

- Turun Metsänkävijät, Turku, Finland
- "TuMe" (Lynx, Kirkkonummi until -98)

Think BIG – the competition is outside Scotland / GB!

Coming from Scotland and GB we have all the reasons to win internationally – terrains, maps, performance culture!
-> Setting the goals high!

Scottish teams and GB teams have a common systematic approach to performing in Orienteering !?

Commitment to the vision and goals (BOF - Pathway)

Amateur vs. Half-Pro vs. PRO

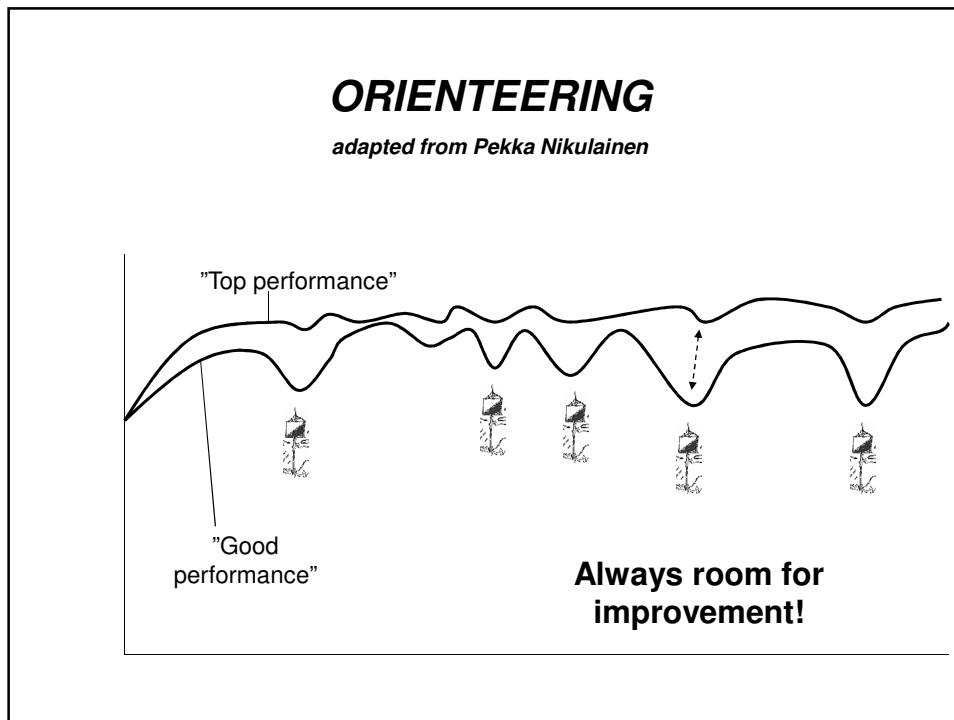
Putting in the Work:

- Thierry 2-3 x 30h/week (+ mental), 40-50% with map (PRO 1999-)
- Pasi Ikonen at 17: 350h running/orienteering + 350h floorball (hr 130-180) (Half-pro-PRO 199X-2004, 2010-)
- Minna Kauppi: 450h-600h-500h, (Half-pro-PRO 199X-2010-)
- Paula Haapakoski 400h relay gold, (Half-pro)
- Jani Lakanen: 450-500h, (Half-pro 1981-2006) - Quality!
- Hubmann 450h (->PRO appr. 2008)
- Marika Mikkola 350h WOC 2. 2001 - the longest single training session: 90 minutes (Half-pro)
- Scott Fraser, Graham Gristwood (Half-pro?)
- Emil Wingsted (Half-pro until appr. 2007)
- Juha Peltola 400h (Half-pro, CEO in Banking)
- Jon Duncan
- Valentin Novikov (PRO from the 80's)

Old Samurai wisdom:

- If you think about Honour, you have lost.
- If you think about Victory, you have lost.
- If you think about the Opponent you have lost.
- If you think about the Result you have lost.
- What remains – Orienteering.

WHAT IS ORIENTEERING!?



ORIENTEERING
Background for Framework for "O- thinking"

- Cognitive psychology explains how we steer our thinking and functions:
 - Consciously
 - Subconsciously
- Flow?
- What goes on in your mind while driving a car to work? How do you steer your behaviour?
 - Repeating situations
 - **use of "mental models" / "ways to think" / "experience"** - used all the time (knowingly / not knowingly = subconsciously)
 - Automatic steering of functions (flow?)
 - What kind of models do you use in repeatitious situations; using the whole view, near the control, before and after punching the control, reading the map (the way your eyes move on the map, what do you get out from reading a map – picture formulating in your brain, 3D –model?, quality and number of essential features included in your plan etc...

ORIENTEERING

- **Mental models that steer – what to do in each point of the race, each situation, what to think/do when not reading the map** (time between)..."
- "Automatic" functions, planning (how it should be done in the race?
(Your own effective process for it, visualize)
- **How to get the "here and now" –feeling;** what am I thinking, what do I see now, right this moment!
To be able to analyze your thinking and steer it. How to change your thinking and actions related.
- When you control your thinking and mental models you can change the way you orienteer – in different terrains, different situations often require conscious steering and controlling of thinking – in exceptional situations (perhaps because your automatic (learned) model is not effective in that terrain type or situation, or not as secure as you would want it to be).

Do you have thinking patterns that steer your O?

How do you steer your functions during O?

What should you focus on, when you run O?

ORIENTEERING

- 1) Basic skills
- 2) Processes
- 3) Control

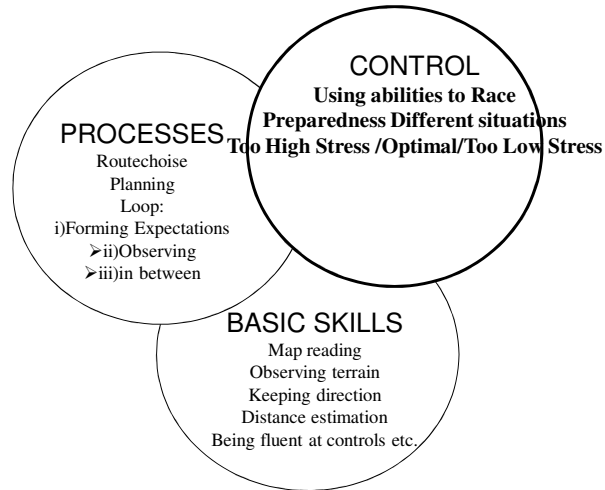
The Goal is to maximize the physical
capacity at each race

No "reserve area"

->Full speed no mistakes!

A model for analyzing, developing and perfecting orienteeing

(By Pekka Nikulainen, (WOC 5th)1980's)

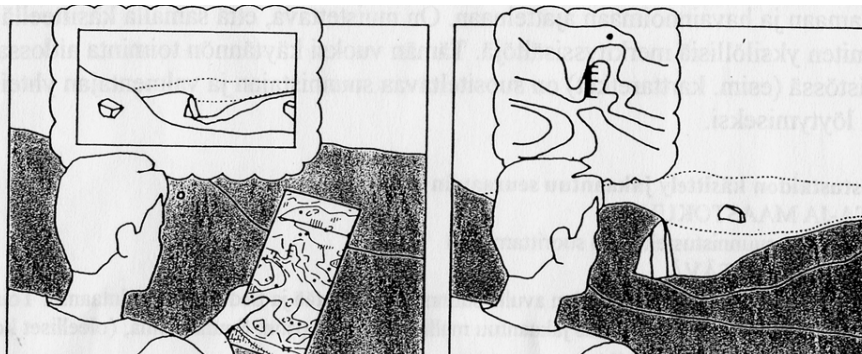


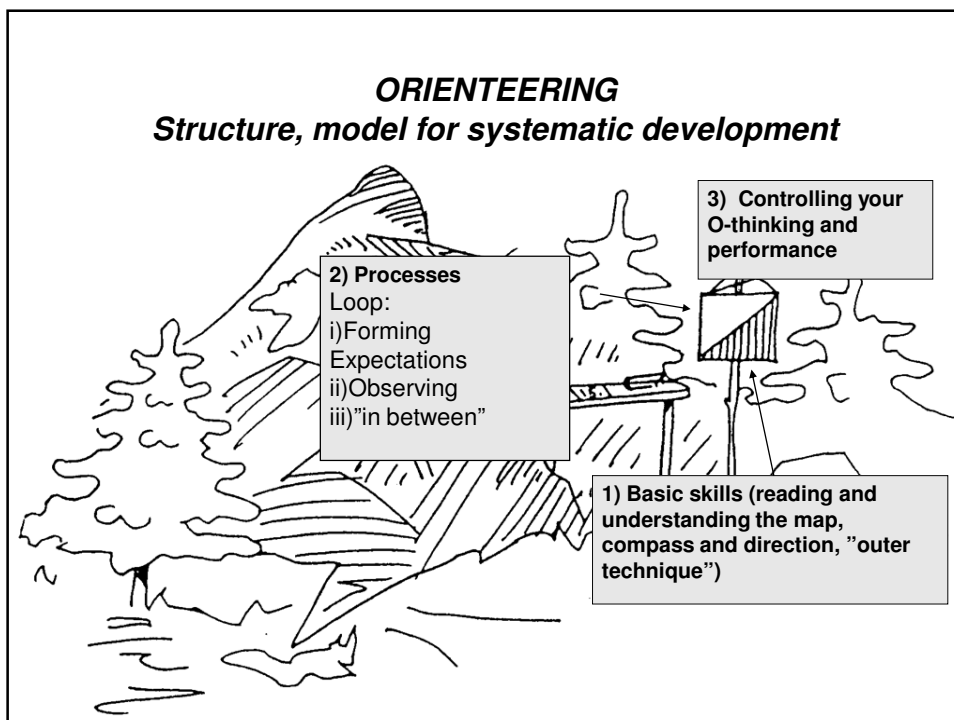
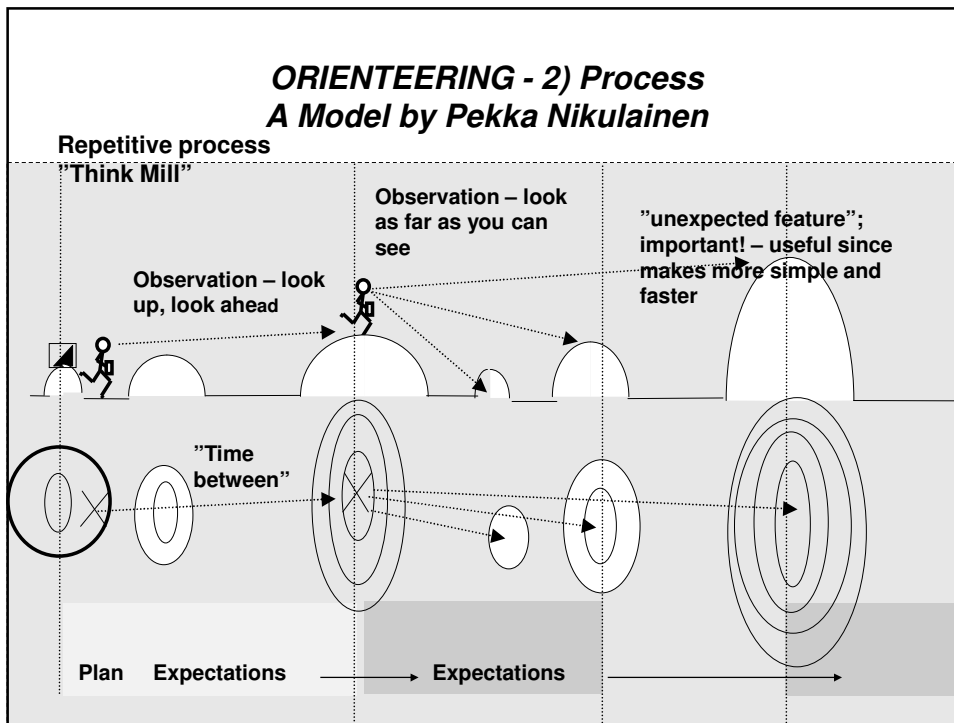
ORIENTEERING

1) Basic skills

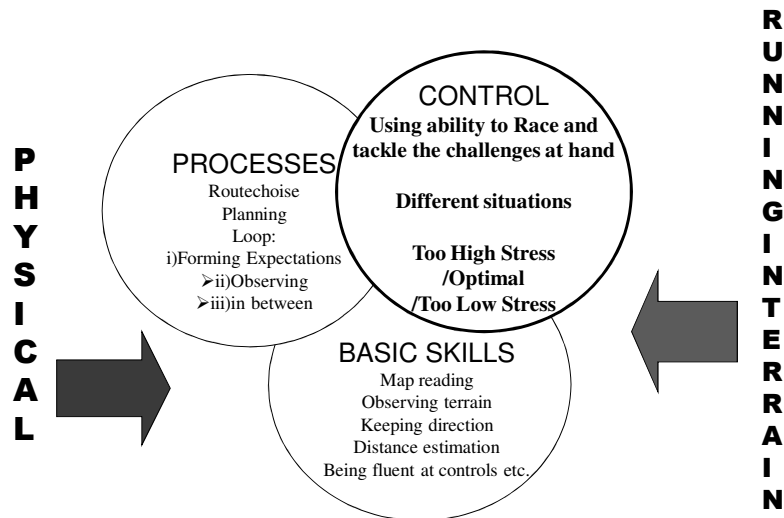
• Map-terrain

Terrain-map





**A model for
analyzing, developing and
perfecting orienteering** (By Pekka Nikulainen,
(WOC 5th)1980's)



ORIENTEERING Framework

Building a Model for yourself

- Finding your own race strategies and processes that are important for you - you should find your own way orienteering effectively.
- Maybe you have found it – it might need improvement still – a model is useful only if it is functional in practice – model needs to be simplified and applied to the terrain types or big races ahead.
- Train and race and perfect it – it is there to produce results, for learning and for discussion and interaction with other orienteers and coaches.
- To be fast and fluent and secure - using a model you have a concrete tool for structured and simple way of orienteering – a framework to build experience on and a base for constant development.

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ORIENTEERING

Where to start

- Write it down how you think – what actions you take along the course
- Adopt or Build a simple framework, use it daily, simplify, improve.
- Find out how the best orienteers think – what models are in use
- Useful for analysis of your orienteering and develop, and (discuss it with your coach and group).
- Learn first to prepare for races and to race in familiar terrain types and then learn to apply the model to other terrain types.
- A model helps you to focus on the essential things and you can cope under pressure and have tools for constant development.

Adapting to different races, challenges

- How do you use your mental models in your main goal, how do you "think orienteering", how to be effective, what to leave out, how to make the best of your skills when it counts
→ getting from "good performance" to "top performance"?

Thank you!

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