



OFFICIAL SPORTIDENT TRAININGS 2026



Tuesday 3 FEBRUARY	One Runner Relay Navas del Marqués SI26-05	Thursday 5 FEBRUARY	Forked Intervals Cabeza Mesada (Hoyo de Pinares) SI26-01	Saturday 7 FEBRUARY	One Runner Relay Cerro de las Ánimas (Cebreros) SI26-03
Tuesday 10 FEBRUARY	One Runner Relay Pinar de Juanín (Burgohondo) SI26-02	Thursday 12 FEBRUARY	Forked Intervals Cerro del Madroño (Burgohondo) SI26-04	Thursday 14 FEBRUARY	One Runner Relay Navas del Marqués SI26-05
Tuesday 17 FEBRUARY	Forked Intervals Cabeza Mesada (Hoyo de Pinares) SI26-01	Thursday 19 FEBRUARY	One Runner Relay Cerro de las Ánimas (Cebreros) SI26-03	Friday 20 FEBRUARY	MOM- Model Event No SportIdent time-keeping
Saturday 21 FEBRUARY	MOM - Stage #1 El Atizadero (Sta Cruz de Pinares) Long distance	Sunday 22 FEBRUARY	MOM - Stage #2 Dehesa Navalenga II Middle distance	Monday 23 FEBRUARY	MOM- Stage #3 Navatalgordo town Sprint distance
Tuesday 24	MOM - Stage #4 El Burguillo II (El Barraco) Chasing start	Thursday 26 FEBRUARY	One Runner Relay Pinar de Juanín (Burgohondo) SI26-02	Thursday 28 FEBRUARY	Forked Intervals Cerro del Madroño (Burgohondo) SI26-04



BASIC INFORMATION SPORTIDENT TRAINING

Thursday

5

FEBRUARY

Tuesday

17

FEBRUARY

Forked Intervals
Cabeza Mesada
SI26-01

Parking: Cabeza Mesada



40.529680, -4.432580



Important! Access from the road AV-502



Touch free

The training features a **3 forked intervals of around 2k each**. An alternative **Open 3 km course** is also available.

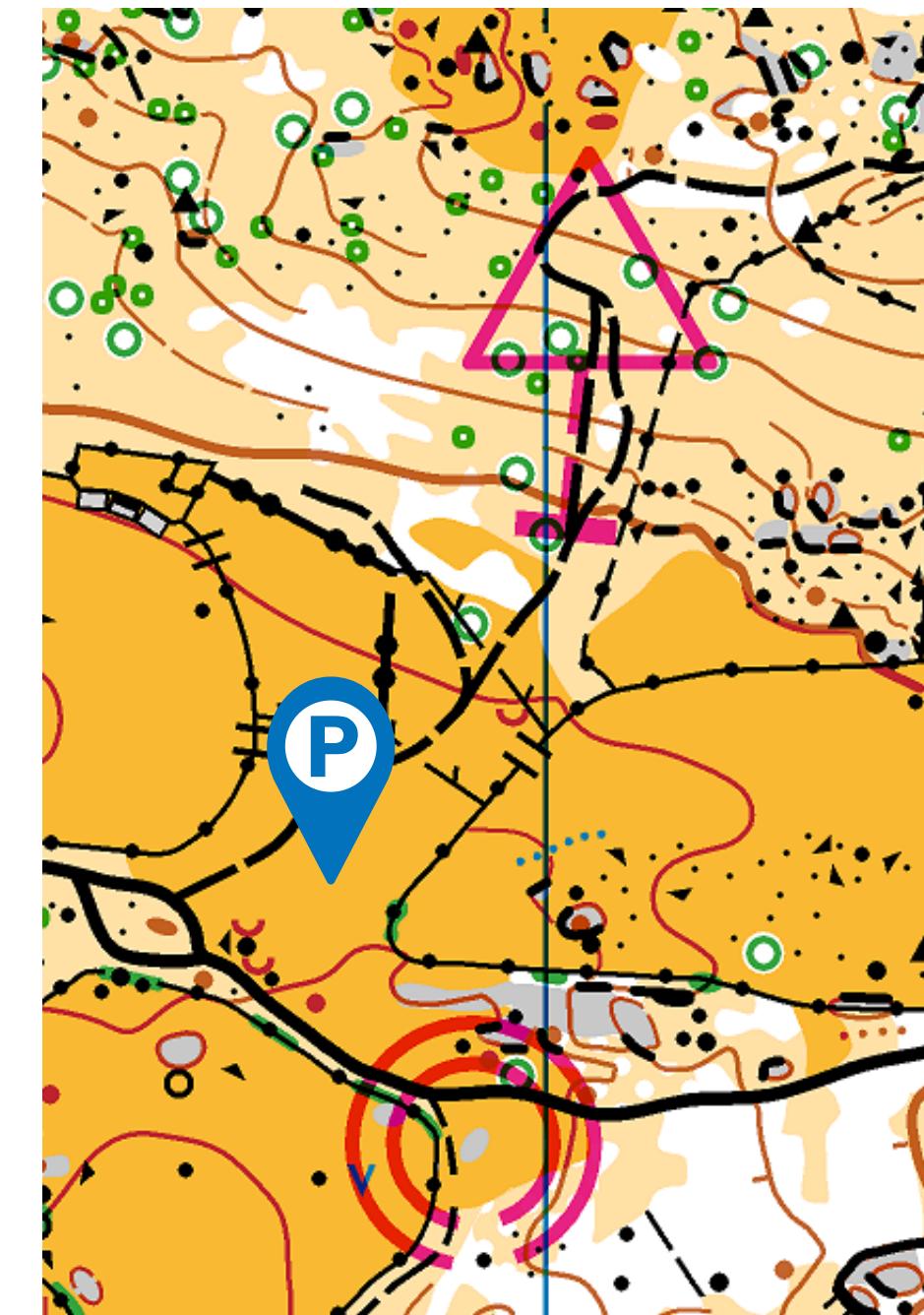
After each interval, you should walk to the next start point, and re-group there.

The leader of the group takes the time, and **next restart occurs 4' after the leader finishes the interval**. You should punch the new start station and run the interval.

If participation is high, several mass starts will be organised from 11am. The Open 3k courses will have free start from 11-12am.

Courses

- Forked intervals: Scale 1:10,000 · Length 3*2 km
- Open 3 km: Scale 1:10,000 · Length 3.3 km





BASIC INFORMATION SPORTIDENT TRAINING

Tuesday
10
FEBRUARY

Thursday
26
FEBRUARY

One runner relay
Pinar de Juanín
SI26-02

Parking: Campo de Fútbol “El Chorrillo”



[40.403924, -4.774395](https://www.google.com/maps/place/40.403924,-4.774395)



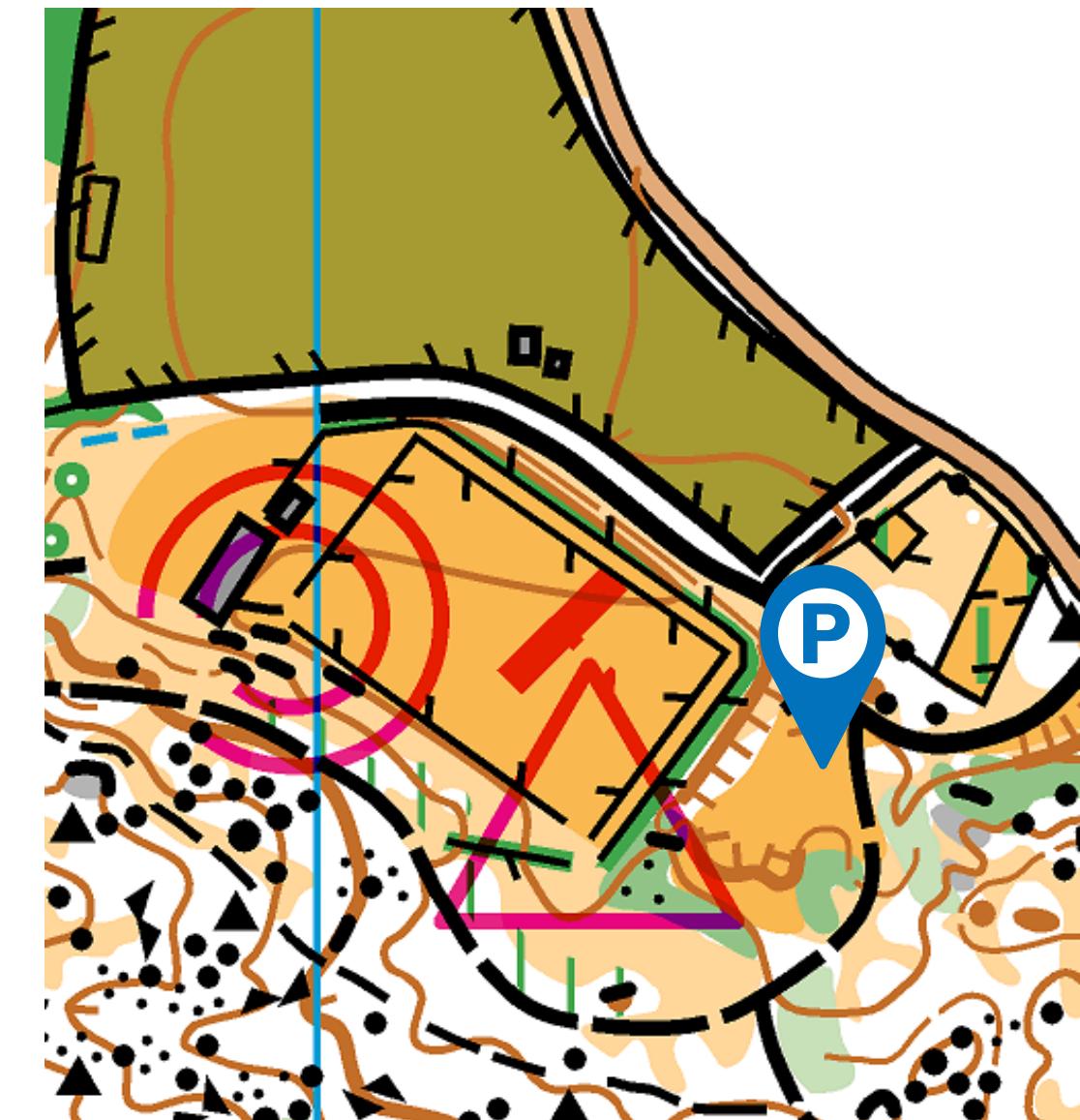
Touch free

The training features a single-runner relay in a **diamond format**. An alternative **Open 3 km course** is also available.

If participation is high, several mass starts will be organised from 11am. The Open 3k courses will have free start from 11-12am.

Courses

- One-runner relay: Scale 1:7,500 · Length 5.2 km
- Open 3 km: Scale 1:7,500 · Length 3.0 km





BASIC INFORMATION SPORTIDENT TRAINING

Saturday
7
FEBRUARY

Thursday
19
FEBRUARY

One Runner Relay
Cerro de las Ánimas
SI26-03

Parking: Cerro de las Ánimas (South)



[40.443766, -4.397843](https://www.google.com/maps/place/40.443766,-4.397843)



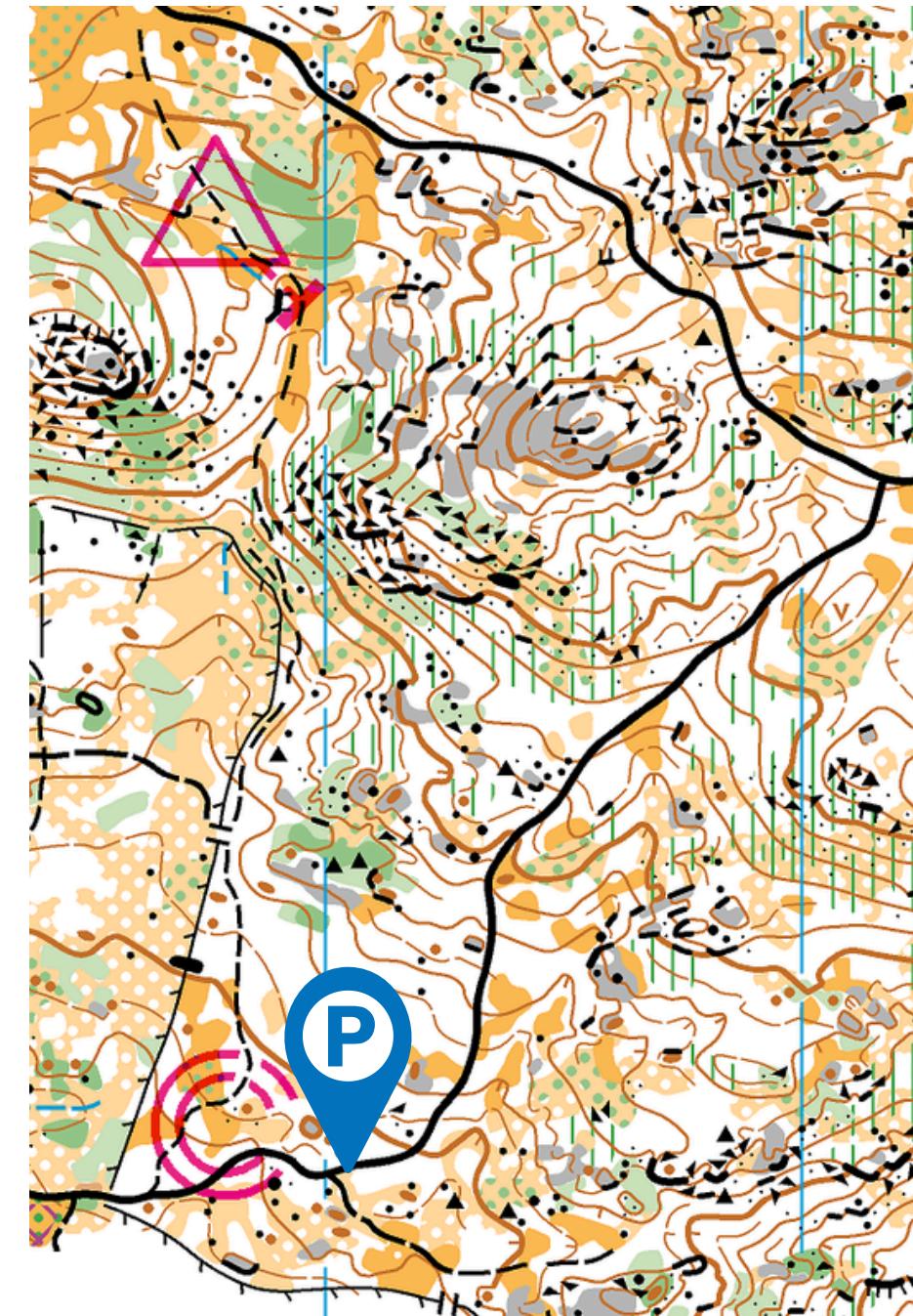
Touch free

The training features a single-runner relay in a **diamond format** (it might include some “unfair forking” at same point. An alternative **Open 3 km course** is also available.

If participation is high, several mass starts will be organised from **11am**. The Open 3k courses will have free start from 11-12am.

Courses

- One-runner relay: Scale 1:10,000 · Length 6.5 km
- Open 3 km: Scale 1:10,000 · Length 3.4 km





BASIC INFORMATION SPORTIDENT TRAINING

Thursday
12
FEBRUARY

Thursday
28
FEBRUARY

Forked Intervals
Cerro del Madroño
SI26-04

Parking: Burgohondo (Calle Castilla)



[40.416214, -4.784596](https://www.google.com/maps/place/40.416214,-4.784596)



Touch free

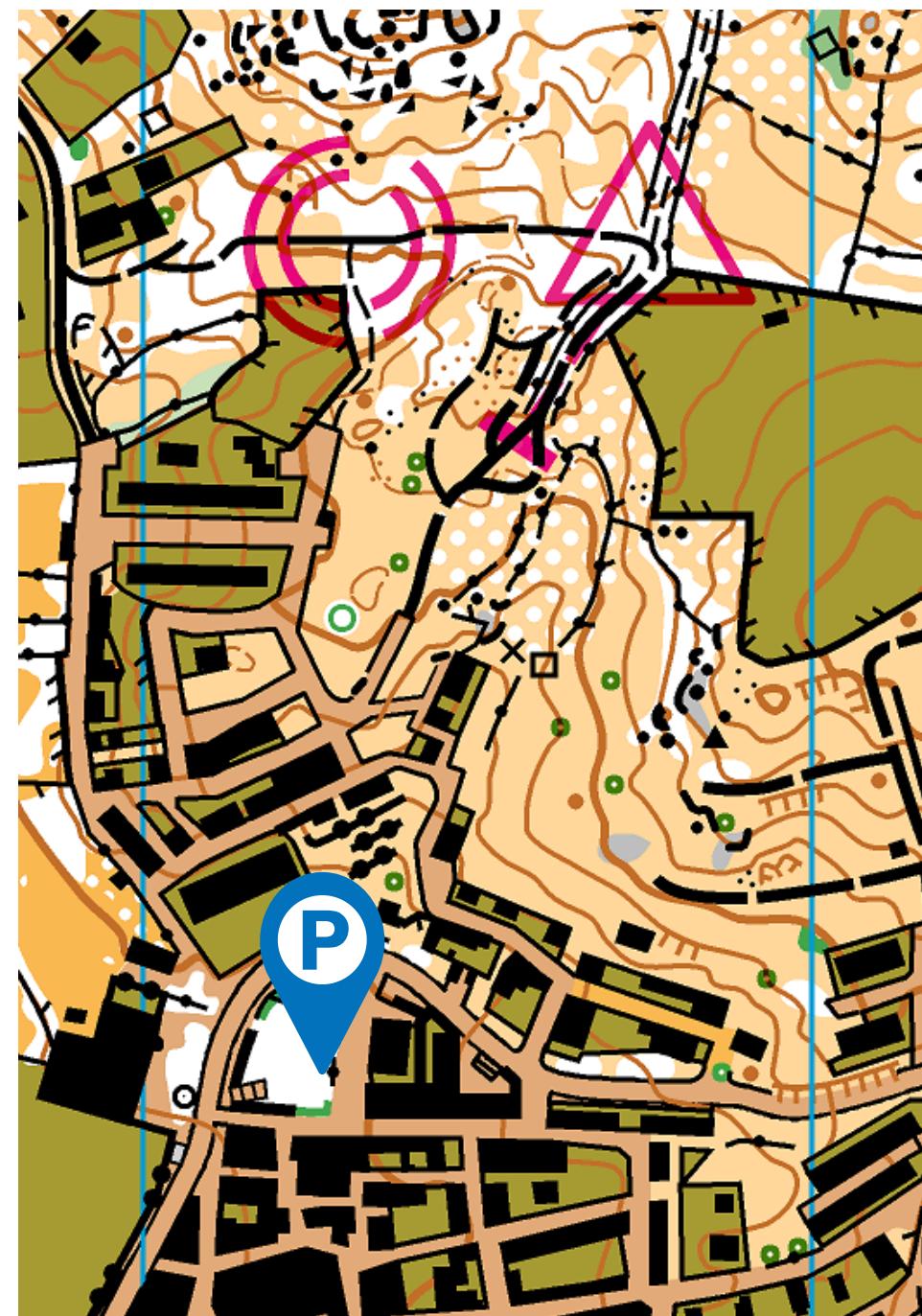
The training features a **3 forked intervals of around 1.7k each**. An alternative **Open 3 km course** is also available.

After each interval, you should walk to the next start point, and re-group there. The leader of the group takes the time, and **next restart occurs 4' after the leader finishes the interval**. You should punch the new start station and run the interval.

If participation is high, several mass starts will be organised from **11am**. The Open 3k courses will have free start from 11-12am.

Courses

- Forked intervals: Scale 1:7,500 · Length 3*1.7 km
- Open 3 km: Scale 1:7,500 · Length 3.3 km





BASIC INFORMATION SPORTIDENT TRAINING

Tuesday
3
FEBRUARY

Thursday
14
FEBRUARY

One Runner Relay
Navas del Marqués
SI26-05

Parking: Área Recreativa “El Valladal”



[40.580075, -4.328013](#)



Touch free

The training features a single-runner relay in a **diamond format**. An alternative **Open 3 km course** is also available.

Please note that the meeting point, including the start and finish, is located on the opposite side of the road. [Take extra care when crossing.](#)

If participation is high, several mass starts will be organised from **11am**. The Open 3k courses will have free start from 11-12am.

Courses

- One-runner relay: Scale 1:10,000 · Length 6.9 km
- Open 3 km: Scale 1:10,000 · Length 3.4 km

