TAKE IT INTO TRAINING

Train the decision.

A practical review sheet for building terrain-specific intuition.

> Predict. Observe. Compare. Test again.

1 BEFORE THE SESSION

Choose one route-choice question. Predict which option you would take and why. Note the unknowns: footing, vegetation, visibility, climb or the reliability of the approach.

2 IN THE TERRAIN

Test representative options where practical. Record what the ground actually felt like. Compare routes at a similar effort and note conditions that make the comparison imperfect.

3 AFTER THE SESSION

Combine GPS and splits with your own observations. Write a conditional lesson: when this terrain behaves like this, this option becomes more attractive. Test it on a new leg before trusting it widely.

TRY IT IN TRAINING

At home, choose a leg from unfamiliar terrain before viewing GPS tracks. Compare your choice with the runners' routes and record one question to test at a camp. Familiarise yourself at low intensity first, then test the same principles at race intensity.

AFTER THE SESSION

My prediction and the uncertainty behind it:

What the comparison actually showed:

The next terrain situation in which I will test this lesson:

The fastest GPS line alone cannot prove why a route worked. Different athletes, execution, effort and conditions can change the outcome.