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# Training activity development for top rank athletes-orientees during their studying at University

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*A brief analysis of training activity development for students going in for orienteering at the university is provided. Special emphasis is made on implementation of system approach to training activity. The structure of long-term training activity of orientees during their studying at the University is considered in detail. The key tasks of training activity at the given stage are identified. Effective means and parameters of training sessions are demonstrated. Guidelines for development of training sessions are given.*

**Keywords:** *orienteering, university, development of training sessions, training activity.*

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