

Biathlon Ontario



Proposed 2010 Schedule for .22 Training Camps (as of June 25)

Date	Location	Focus
1 - 4 July	Collingwood / Highlands Nordic Cancelled	Position efficiency & speed using poles, Low-Medium intensity workouts, Strength Circuit Transition roller skis, speed work Roller skiing, ski technique
6 - 8 Aug	Sudbury	Combo with roller skis, Rollerski time trials, Biathlon shooting, Specific strength training
23 - 25 Sept	Sault Ste Marie	80% shooting with intensity and mental pressure, (20% no intensity, precision), Fatigued shooting while maintaining good score, Longer workouts with intervals, short races
16 - 17 Oct	Ottawa	All shooting skills under high pressure / fatigue
Changed to 04-10 Dec	Canmore	On snow training camp, up to NORAM Cup #1