

## **CWG Training Camp 15 - 17 Oct 2010**

### **15 Oct 2010**

2000 - Meeting and discussion about expectations, CWG selection process, questions, etc  
Location TBD

### **16 Oct 2010**

0800 - Arrival of athletes at P8, depart for rollerski training  
Technique work - legs only, double poling, one skate, 2 skate, offset  
Obstacle course, agility on rollerskis  
Long slow distance 2 hours rollerski Zone 2

1030 - Break for snack and hydration, to Camp Fortune

1100 - Sight in, Precision test

1230 - Break for lunch

1330 - Sight in

1400 - Speed Drills with Combo shooting  
Accuracy with fatigue drills  
Vegetable shooting, fun drills

1630 - Dry firing, rifle holding drills, core strength

1730 - Break for Dinner

1900 - Watching World Cup Biathlon at Hurley's house ( if it is okay with them...)

### **17 Oct 2010**

0800 - Arrival of athletes at P8, Depart for rollerskiing training  
Long slow distance 2 hours rollerski Zone 2

1000 - Snack and hydration - to Camp Fortune

1030 - Sight in

1100 - Agility foot drills with shooting  
Circuit training with shooting  
Shooting under pressure with physical and mental stress

1300 - Run 45 min Zone 2

1400 - Camp wind up, questions, etc.