

Biathlon Ontario High Performance Training Camp  
Ottawa, ON/Chelsea, QC  
July 22-25, 2011

**Purpose:** The lab testing in this camp will allow for determination of strength training thresholds and training zones. The field testing will help refine these results for rollerskiing in addition to providing performance benchmarks for future assessment. Maximal strength workouts will be introduced in addition to maximal intensity aerobic power on rollerskis. Range process and setup speed in addition to shooting skills consolidation will be the focus of the marksmanship component.

**Friday**

- 08:30 VO2max and lactate flushing tests @ University of Ottawa Thermal Ergonomics Lab, Ottawa
- 12:00 Lunch @ Chalet des Érables, Chelsea
- 13:00 Precision and biathlon shooting tests @ Camp Fortune shooting range, Chelsea
- 15:00 Max strength testing @ Step-Up Gym, Chelsea
- 17:30 Dinner @ TBD
- 19:00 Exercise physiology – Training zones @ TBD

**Saturday**

- 08:30 Lactate field testing @ P9, Chelsea  
LSD and rollerskiing video @ P9, Chelsea
- 12:00 Lunch @ Chalet des Érables, Chelsea
- 13:30 Biathlon shooting @ Camp Fortune shooting range, Chelsea  
Bounding combo @ Camp Fortune shooting range, Chelsea
- 18:00 Dinner @ TBD
- 19:30 Dry firing @ TBD

**Sunday**

- 08:30 Uphill double poling test @ TBD, Chelsea  
Tires session @ P8, Chelsea
- 12:00 Lunch
- 13:30 Biathlon shooting @ Camp Fortune shooting range, Chelsea
- 17:30 Dinner @ TBD
- 19:00 Proprioceptive neuromuscular facilitation @ TBD

**Monday**

- 08:30 Plyometrics and strength @ Step-Up Gym, Chelsea
- 11:30 Lunch and wrap-up @ TBD

**Required Equipment**

- Rollerskis, helmet, poles etc.
- Heart rate monitor
- Water belt/waist pack
- Rifle, 500rds
- Running shoes