

Biathlon Ontario Training Camp

When: ~~03/04 Oct 2009~~ Rescheduled to October 24/25

Where: Camp Fortune, Chalet des Erables and Range

Who: This camp is for BiON .22 competitive athletes only.

Cost: \$50.00. Bring check payable to Biathlon Ontario

Membership & Participation Waiver: Must be a current member of BION and athlete must bring participation waiver to camp. If you are not a current member bring completed membership form with you to camp with appropriate fee for age, payable to Biathlon Ontario by check. Arrive early if you need to renew your membership.

Athletes are responsible for own meals, accommodations, and all travel.

Things to bring: Lunch, water, roller skis or roller blades, poles, helmet, .22 rifle, 250 rds.

Schedule:

0800- Arrival of athletes, welcome Chalet desErables Camp Fortune

0815 - Yoga session (hopefully with Chris Halldorson - I hear that he is a yoga instructor. Maybe we can have both courses do some yoga, I'll email Jamie and Chris)!!

0900 - Training plan Discussions, questions, clarifications

1000 - Rollerski technique work - filming (if possible!)

1200 - Lunch

1300 - Dry firing + rifle holding

1330 - Combo session

1430 - Long slow Ski pole walking 2 hrs

1600 - Recovery drink + hydration, active cool down

1730 - Supper

1900 - Evening session Nutrition and Supplementation

4 Oct 09

0800 - Wake up yoga session

0900 - Relaxation vs activation exercises / discussion

0930 - Sprints / Supersprints

1000 - Recovery session - Physiotherapist available for discussion, questions and intro to sport massage & benefits

1200 - Lunch

1300 - Shooting test

1430 - 5km run