



676 RCACC Biathlon Training Schedule



| | Lessons | Timings | Resources |
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| Week 1 Date: TBA | What is biathlon? Ski video Expectations of the team Fitness (sit up, push ups, chin ups and run) Basic run and shoot | | DVD's stop watch range supplies Bring Lunch |
| Week 2 Date: TBA | Biathlon background Expectations of the team Fitness (sit up, push ups, chin ups and run) Building shooting position Free shoot | | Biathlon Bears CD Marksmanship Binder DVD's stop watch range supplies Bring Lunch |
| Week 3 Date: TBA | Biathlon background Expectations of the team Fitness (sit up, push ups, chin ups and run) Shooting position Breathing exercises | | Biathlon Bears CD Marksmanship Binder DVD's stop watch range supplies Bring Lunch |
| Week 4 Date: Dec 6 | Ski waxing DVD Ski equipment preparation Ski sizing and issue Shooting drills Run & shoot Ski equipment preparation | | Biathlon Bears CD Marksmanship Binder DVD's stop watch range supplies Bring Lunch |
| Week 4 Date: Dec 11 | Skiing | | Bring Lunch |

Revised 10 December 2010

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| <p>Week 5 Date: Dec 14</p> | <p>Biathlon background Fitness (sit up, push ups, chin ups and run) Shooting position Breathing exercises Shooting drills(Anschutz) Biathlon equipment Ski equipment preparation</p> | | <p>Biathlon Bears CD Marksmanship Binder DVD's stop watch range supplies Bring Lunch</p> |
| <p>Week 5 Date: Dec 18</p> | <p>Skiing (Cancelled) highlands Closed</p> | | <p>Bring Lunch</p> |
| <p>Week 6 Date: Dec 21</p> | <p>Fitness (sit up, push ups, chin ups and run) Shooting position Breathing exercises Shooting drills(Anschutz) Run and shoot Ski equipment preparation</p> | | <p>Biathlon Bears CD Marksmanship Binder Bring Lunch</p> |
| <p>Week 6 Date: Jan 1</p> | <p>Skiing</p> | | <p>Bring Lunch</p> |
| <p>Week 7 Date: Jan 4</p> | <p>Fitness (sit up, push ups, chin ups and run) Shooting position Breathing exercises Shooting drills Ski equipment preparation</p> | | <p>Biathlon Bears CD Marksmanship Binder DVD's stop watch range supplies Bring Lunch</p> |
| <p>Week 7 Date: Jan 8</p> | <p>Skiing</p> | | <p>Bring Lunch</p> |
| <p>Week 8 Date: Jan 11</p> | <p>Biathlon background (race format) Fitness (sit up, push ups, chin ups and run) Shooting position Breathing exercises Biathlon equipment Ski technique video Ski equipment preparation</p> | | <p>Biathlon Bears CD Marksmanship Binder DVD's stop watch range supplies Bring Lunch</p> |
| <p>Week 8 Date: Jan 15</p> | <p>Skiing</p> | | <p>Bring Lunch</p> |
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| Week 9 Date: Jan 18 | Biathlon background Fitness (sit up, push ups, chin ups and run) Shooting position Breathing exercises Biathlon equipment Ski equipment preparation | | Biathlon Bears CD Marksmanship Binder DVD's stop watch range supplies Bring Lunch |
| Week 9 Date: Jan 22 | Skiing | | Bring Lunch |
| Week 10 Date: Jan 25 | Biathlon background Fitness (sit up, push ups, chin ups and run) Shooting position Breathing exercises Biathlon equipment Ski equipment preparation | | Bring Lunch |
| Week 10 Date: Jan 29-30 | Area Competition | | |
| Week TBA Date: TBA | Prepare Regional Competition Skiing | TBD(Pending Officer Supervision) | Bring Lunch |
| Week TBA Date: TBA | Prepare Regional Competition Skiing | TBD(Pending Officer Supervision) | Bring Lunch |
| Week TBA Date: Feb | Regional Competition | | |
| Week TBA Date: Mar Break | Nationals Competition | | |