



## **IBU Coaches Webinar - Road to the Olympics, 4-5 May 2021**

This year, the IBU decided to organise the Coach Webinar again online to ensure that coaches from all NFs can participate in the single sessions and avoid having too many people together in one place due to the ongoing COVID-19 pandemic. Furthermore, the Seminar was dedicated to national head coaches working to prepare their teams for international competitions, especially the upcoming Olympic Games Beijing 2022.

In total 142 people from 44 NFs registered for the Webinar:

AUS, AUT, BEL, BIH, BLR, BRA, BUL, CAN, CHN, CRO, CZE, DEN, ESP, EST, FIN, FRA, GBR, GEO, GER, GRE, GRL, HUN, IND, ITA, JPN, KAZ, KGZ, KOR, LAT, LTU, MEX, MKD, NED, NOR, POL, ROU, RUS, SLO, SRB, SUI, SVK, SWE, UKR, USA

About 120 Coaches took part in the Live-Sessions, amongst others Siegfried Mazet, Patrick Oberegger, Johannes Lukas and Ricco Groß.

The Seminar was held on two days where Coaches benefited from the expertise of an international team of sports training experts, experienced biathlon coaches and specialists from nutrition and psychology. One of the lecturers, Dr Sean McCann, summarised his presentation about the preparation for the special mental challenges of the Olympics with the words 'It's enough to execute the work'. The highlight of the Webinar was a panel discussion with Wolfgang Pichler, Stéphane Bouthiaux and Kaisa Mäkäräinen, who emphasised the role of team building to be successful, based on rules and communication.

All lectures were presented in English with simultaneous Russian translation.

### **AGENDA**

#### **Wednesday, 05 May 2021**

##### **Session 1: 2:00-3.00pm (CET)**

Lecturer: Prof. Shona Halson (AUS)

Topic: Circadian rhythm and performance. Acclimatisation for time and climate changes.

##### **Session 2: 3:15-4:15pm (CET)**

Lecturer: Dr. Inigo Mujika (ESP)

Topic: Peaking for Beijing 2022: integrated periodisation, tapering and altitude training

##### **Panel discussion: 4:30 - 5:30pm (CET)**

Moderator: Max Cobb (USA)

Participants: Kaisa Mäkäräinen (FIN), Wolfgang Pichler (GER), Stephane Bouthiaux (FRA)

Topic: Challenges in preparation for upcoming Olympic Games

#### **Thursday, 06 May 2021**

##### **Session 1: 2:00 - 3:00pm (CET)**

Lecturer: Dr Rebecca Hall (AUS)

Topic: Nutrition requirements. Specific diet at high altitude.

##### **Session 2: 3:15 - 4:15pm (CET)**

Lecturer: Dr Sean McCann

Topic: Preparing for the special mental challenges of the Olympics.

##### **Session 3: 4:30 - 5:00pm (CET)**

Lecturer: Borut Nunar (IBU Race Director)

Topic: Olympic reconnaissance.



All sessions were recorded and are available on the IBU YouTube channel: <https://bit.ly/3o1xheO>  
All participants received participation certificates and access to the presentations.

### **FEEDBACK SURVEY (CONCLUSIONS)**

100% of the respondents said that the transferred knowledge was helpful with the scope of the Seminar. Furthermore, 95% said that they acquired new biathlon specific knowledge and developed new skills, and 92% said that selecting the topics was according to their needs.

All lectures were scored from 4.28 to 4.45 points. 5 means excellent.

For future Coach Webinars/Seminars, the respondents wish the IBU to include ski preparation, Youth/Junior training, mental training, women-specific training, specific strength and many more.