


The long-term development of performance, physiological, and training characteristics in a world-class female biathlete


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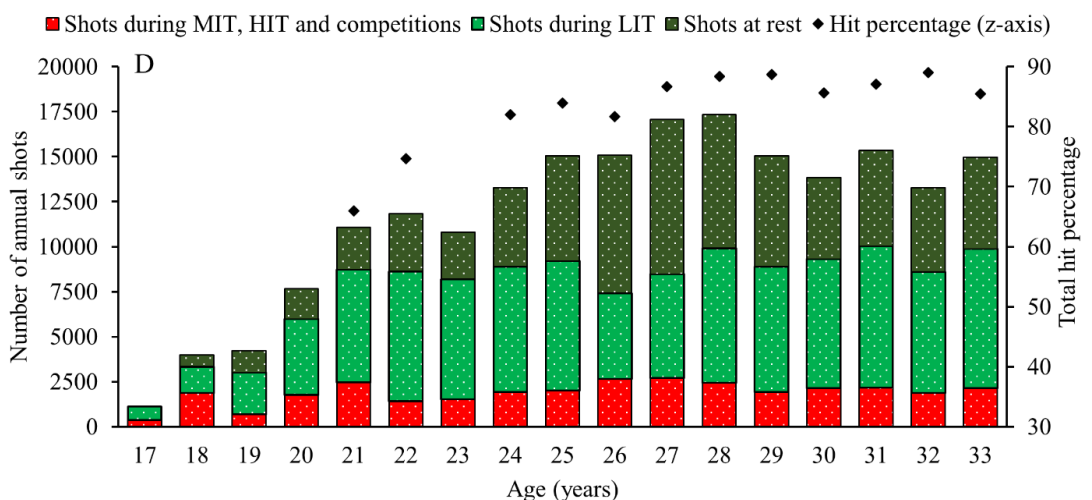
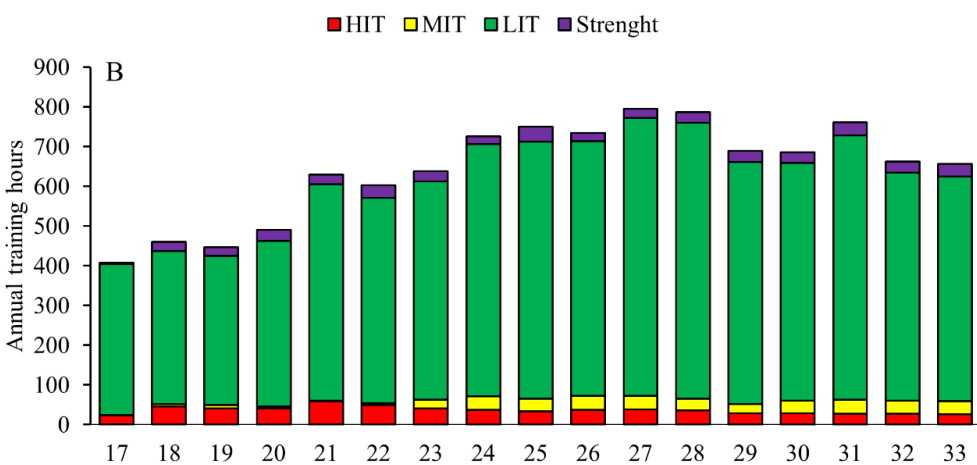
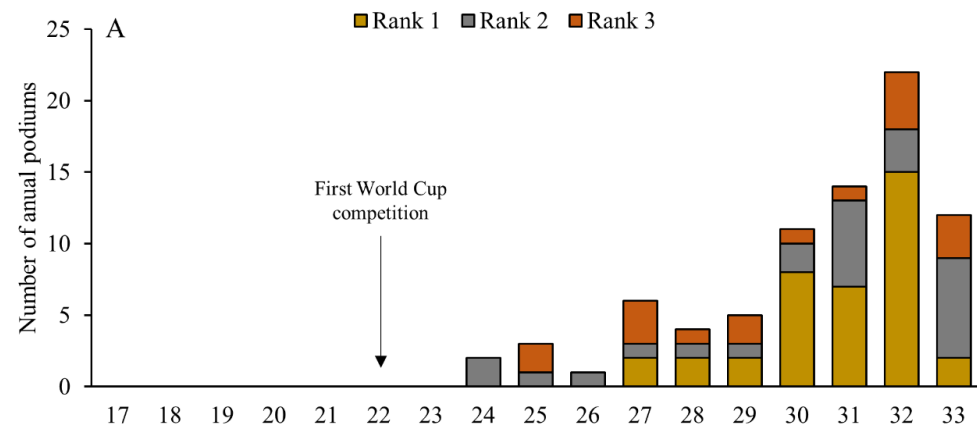

Purpose: This project investigated the long-term development of performance, physiological, and training characteristics in a world-class female biathlete, with emphasis on differences between junior and senior athlete seasons.



Methods: Training data was recorded in training diaries designed by the Norwegian Ski Association and the Norwegian Olympic Federation and analysed in detail. Interviews with the participant were conducted to gather additional information.



Results:

Conclusions: This study provides unique insights into the long-term development of physical and shooting training from junior to senior in a world-class female biathlete. The major differences in training characteristics between junior and senior athlete seasons were higher sport-specific volumes of LIT and MIT, and less HIT. These differences were accompanied by more shooting training, particular at rest, and in connection with LIT.