



# IBU ACADEMY

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	2022-04-02	2022-04-03	2022-04-04	2022-04-05	2022-04-06	2022-04-07	2022-04-08
08:00	Arrival Day	B.1: The role of Coach. What makes a good coach?	B.6: Basic skiing technique knowledge	B.7: Basic shooting methodology: Training with young athletes	B.4: Biathlon Equipment: Rifle knowledge	B.8: Basic skiing technique methodology - Training with beginners and young athletes	B.10: Training Science
08:30							
09:00							
09:30		B.11: Training Planning: Theoretical basics	B.8: Basic skiing technique methodology - Training with beginners and young athletes	B.7: Basic shooting methodology: Training with young athletes	Travel to a biathlon venue	B.8: Basic skiing technique methodology - Training with beginners and young athletes	B.4: Basic Waxing Knowledge
10:00							
10:30							
11:00		Lunch	Lunch	Lunch	P.1: Weapon and safety knowledge	Lunch	Lunch
11:30							
12:00							
12:30		B.11: Training Planning	B.8: Basic skiing technique methodology - Training with beginners and young athletes	B.4: Basic Skiing Equipment	Lunch	Travel to a biathlon venue	B.13: The business of sport
13:00							
13:30							
14:00		B.5: Basic shooting technique: Positions	B.9: Anatomical structures and physiological functions	P.3: Shooting: Triggering and aiming	P.2: Shooting position: prone	P.5: Skiing techniques	Departure
14:30							
15:00							
15:30			P.7: Strength training	P.3: Shooting: Triggering and aiming	P.4: Shooting position: standing	P.5: Skiing techniques	
16:00							
16:30							
17:00		P.6: Skiing and Endurance Methods	P.7: Strength training	P.3: Shooting: Triggering and aiming	P.4: Shooting position: standing	P.5: Skiing techniques	Departure
17:30							
18:00							
18:30							
19:00							

## Schedule Basic Course 2022

In-class lectures
In-class online lectures
Practice
Lunch