



IBU

IBU-IOC VIRTUAL CAMPS
October-November 2020

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IBU-IOC CAMPS PROGRAM

1st week IBU COACH with NF's Coaches

IBU Coach and national coaches develop a training plan and develop a control plan for their group

* 7 days - 7 sessions, meeting times can be adjusted to your needs, you can meet daily with IBU Coach during group sessions or individually

2nd week IBU COACH with NF's Coaches and Athletes

Online training week, IBU Coach coordinate the previously planned endurance microcycle (high loads), but also present the model microcycle for the training group;

There will be also additional live sessions conducted by other experts and athletes (for coaches and athletes), video analysis of the technique of roller skiing or skiing, competitions and other activities.

3rd week IBU COACH with NF's Coaches and Athletes

Online training focused on the pre-competition microcycle







There will be also additional live sessions conducted by other experts and athletes (for coaches and athletes), video analysis of the technique of roller skiing or skiing, competitions and other activities.

22 - 28 Oct 2020
Coaches




09 - 15 Nov 2020
Coaches and Athletes

23-29 Nov 2020
Coaches and Athletes

YOU and ATHLETES will receive

- ✓ unique opportunity for daily training support by experts 
- ✓ model annual training plans 
- ✓ examples of model microcycle focused on endurance preparations and pre-competition period 
- ✓ tips and guides for the individual athlete's technique 
- ✓ model strength training for daily use (records and plans) 
- ✓ and much more... 

YOU and ATHLETES will have a chance

- ✓ To take part in correspondence competitions (shooting and motor tests) 
- ✓ To take part in VIRTUAL RACE
- ✓ To talk with Elite Athlete 
- ✓ To check her/his knowledge about antidoping
- ✓ To be a part of WARM-UP session with Elite Athlete 

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IBU-IOC COCHES

**LUCA
BORMOLINI**
ITA



1 GROUP BRA; CHI; ESP

2 GROUP AUS; JPN; NZL

3 GROUP BEL; DEN; GRL; NED; HUN; GRE; ROU; TUR

4 GROUP GEO; KGZ; LAT; LTU; MDA; MGL

5 GROUP BIH; CRO; MKD; SRB

24 NFs

**MATTHIAS
AHRENS**
CAN



**MATEJ
KORDEZ**
SLO



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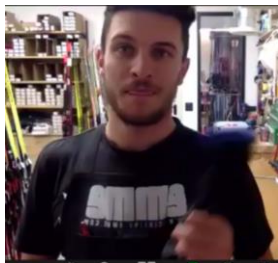
8 experts



Michael Greis
Successful story



Kaisa Makarainen
Warm-up



Emil Bornetti
Ski preparation



Benjamin Wirthgen
Rifle care



Lucie Rothauer
Biathlon Integrity Union
Antidoping



Nicole Rodriguez
Strength training

Dr. Stefan Lindinger
Athlete's skiing
technique



Dr. Dagmara Gerasimuk
Nutrition
in competition period



1 interpreter Vladimir
3 weeks and **3** IBU Coaches
4 tests
10 specific sessions
105 participants
120 T-shirts
158 hours of online meetings

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ZOOM - daily meetings, personal rooms

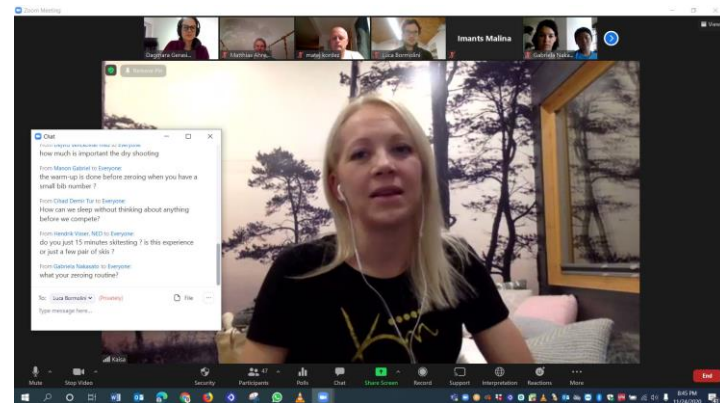
DropBox - material collection and distribution

WhatsApp - contact with NFs (several groups)

Microsoft.Forms - [Biathlon rules - test](#)

SurveyMonkey - registration and [feedback](#)

YouTube - [IBU IOC Camp - recordings collection](#)



TIME CET	THURS October 22, 2020	FRI October 23, 2020	SAT October 24, 2020	SUN October 25, 2020	MON October 26, 2020	TUES October 27, 2020	WED October 28, 2020
8:00 AM	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457
4:00 PM	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797
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7:00 PM	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797	MATEJ KORDEZ Link to the meeting Meeting ID: 562 005 7797
8:00 PM	MATTHIAS AHRENS Link to the meeting Meeting ID: 987 8243 2630 Passcode: 934834	MATTHIAS AHRENS Link to the meeting Meeting ID: 987 8243 2630 Passcode: 934834	MATTHIAS AHRENS Link to the meeting Meeting ID: 987 8243 2630 Passcode: 934834	MATTHIAS AHRENS Link to the meeting Meeting ID: 987 8243 2630 Passcode: 934834	MATTHIAS AHRENS Link to the meeting Meeting ID: 987 8243 2630 Passcode: 934834	MATTHIAS AHRENS Link to the meeting Meeting ID: 987 8243 2630 Passcode: 934834	MATTHIAS AHRENS Link to the meeting Meeting ID: 987 8243 2630 Passcode: 934834
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TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
CET	November 9, 2020	November 10, 2020	November 11, 2020	November 12, 2020	November 13, 2020	November 14, 2020	November 15, 2020
8:00 AM	<u>LUCA BORMOLINI</u> Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457	<u>SKI PREPARATION</u> LINK to the meeting Meeting ID: 991 2238 3439 Passcode: 744371	<u>NICOLE RODRIGUEZ</u> LINK to the meeting Meeting ID: 991 2238 3439 Passcode: 744371	<u>ANTI-DOPING</u> LINK to the meeting Meeting ID: 991 2238 3439 Passcode: 744371	LUCA (AUS; NZL) <u>STEFAN LINDINGER</u> LINK to the meeting Meeting ID: 991 2238 3439 Passcode: 744371	<u>MICHI GREISS</u> LINK to the meeting Meeting ID: 991 2238 3439 Passcode: 744371	
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8:00 AM	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457	KAISA MAKARAINEN LINK to the meeting Meeting ID: 991 2238 3439 Passcode: 744371	NICOLE RODRIGUEZ LINK to the meeting Meeting ID: 991 2238 3439 Passcode: 744371	RIFLE CARE LINK to the meeting Meeting ID: 991 2238 3439 Passcode: 744371	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457	DAGMARA LINK to the meeting Meeting ID: 991 2238 3439 Passcode: 744371	LUCA BORMOLINI Link to the meeting Meeting ID: 233 646 1495 Passcode: 123457
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50 Coaches

12 Athletes

40 Athletes

40 Athletes



Q28 Any comments you would like to share about our external experts?

#	RESPONSES	DATE
1	Very good	11/30/2020 9:43 PM
2	They were excellent, I am satisfied	11/30/2020 9:10 PM
3	Only wanted to say thanks	11/30/2020 6:31 PM
4	Super content. Would have liked analysis of shooting technique analogously to skiing technic by Stefan	11/30/2020 5:32 PM
5	I don't have media enough to do lots of exercises and aspects covered by Nicole Rodriguez. Furthermore, I don't have money to pay any coach that supervise me in gym sessions, and my NF won't bring me any facilities. So, I can't apply almost nothing of this meeting to my training. It would have been more useful to cover when to train each type of strength (maximum, speed, etc.), how many sessions, etc.	11/30/2020 11:10 AM
6	Grate	11/29/2020 10:48 PM
7	Thanks for everything i am glad am part of this group 😊	11/29/2020 10:01 PM
8	All experts are the best in their field, information was knowledgeable and it will help to develop myself.	11/29/2020 9:42 PM
9	All were very dedicated and eager to answer questions. And of course, had a lot of knowledge.	11/29/2020 8:55 PM
10	Mattihas is very understanding and helpful. He helps a lot for the turkey biathlon.	11/28/2020 9:24 AM
11	Overall the experience of a virtual training camp was much higher than my expectations. I really like this concept of meeting virtually. I don't think it should totally be virtually in the future, but a lot of seminars can be held virtually. Meeting face to face creates networking and this is also very important	11/28/2020 8:05 AM

Q29 In your opinion, what biathlon training issues were missing during this program?

#	RESPONSES	DATE
1	None, the program was really complete.	12/1/2020 9:59 AM
2	I think everything was ok	11/30/2020 10:00 PM
3	there was enough	11/30/2020 9:11 PM
4	I think this training program is been very useful	11/30/2020 7:17 PM
5	I think everything was included about what i had questions about so nothing was missing	11/30/2020 6:36 PM
6	None	11/30/2020 6:36 PM
7	Skiing techniques, nutrition advice, psychological advice for athletes	11/30/2020 6:36 PM
8	Strength on flexibility/coordination training in live mode	11/30/2020 6:08 PM
9	Analysis of shooting technique. More exercises for live shooting.	11/30/2020 5:34 PM
10	It has been covered how to put the wax in ski, but I would have liked to have another meet where somebody explain us the process where they decide whether they put one wax/cera, one ski, structure, manual structure, etc. How they probe and end deciding one pair of skis, wax, cera, and structure before the race.	11/30/2020 11:22 AM
11	analyzes of shooting drills and competitions	11/30/2020 8:29 AM
12	None it was full of everything required	11/30/2020 7:13 AM
13	Nothing	11/30/2020 6:09 AM
14	Some practice on the field.	11/29/2020 9:03 PM
15	Well I think you covered almost everything	11/29/2020 9:01 PM
16	Everything is perfect and there is no problem.	11/29/2020 9:00 PM
17	Specific training methods for developing specific skills	11/28/2020 7:55 PM
18	Everythings is okay	11/28/2020 9:26 AM
19	Maybe endurance training More «practical» homework - the fitness test was good - maybe some small «homework» where the athletes shares their trainings facilities for each other by showing videos or pictures.	11/28/2020 8:11 AM

Q31 What did you like the most about the project?

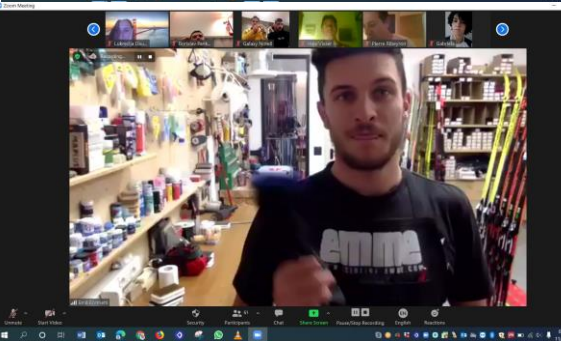
#	RESPONSES	DATE
1	Video analysis	12/1/2020 9:59 AM
2	As for me, a session with Stephane was the most fun.	12/1/2020 12:24 AM
3	The whole project was great	11/30/2020 10:00 PM
4	Lecture on technique	11/30/2020 9:11 PM
5	I really liked zooms about ski waxing, kaisha makarainen zoom and Michael Greiss zooms - they were really interesting and i learn es a lot of new information and a motivation	11/30/2020 6:36 PM
6	That everyone seemed friendly,open-minded. Coaches were trying to do the best and they absolutely did it. I get warm biathlon family atmosphere!	11/30/2020 6:36 PM
7	Meeting with the champions	11/30/2020 6:36 PM
8	Friendly attitude like a big sports celebration, useful tips and expert's opinion	11/30/2020 6:08 PM
9	Skiing technique with Stefan.	11/30/2020 5:34 PM
10	Kaisha Mäkäraïnein meeting, with her topic and questions, she covered lots of aspects where I always fail. Now, I have material enough to probe what's best for me.	11/30/2020 11:22 AM
11	nutrition lecture, analysis of skiing techniques	11/30/2020 8:29 AM
12	The technique lessons	11/30/2020 7:13 AM
13	Meeting with succesful athlets(Kaisha and Michael)	11/30/2020 6:09 AM

14	Meeting new people from who I may learn
15	I was good and very usefull
16	The most of all I like ski preparation with Emil Bormetti
17	It's very organized and I learned a lot. We have oportunity to talk with profesional people.
18	To be in contact with other coaches
19	The practical sessions. Especially the ski technique session. Matthias first session with the athletes covering the overall training principles.
20	the transparancy of all the knowledge. and the willingness to share
21	Ski maintenance and Kaisha's warm-up.
22	Mobility and communicativity
23	We had homeworks, testes. We were very comunicative.
24	Warming up on the race day. Visualisation of the course. Tests the athletes can do at home. The communication with pics of the athletes with the t-shirts.
25	That we could still at home - and still participate in the seminar. That we had different time possibilities at the same day

Q32 Name at least one of the topics you will use in your work?

#	RESPONSES	DATE
1	Matthias' training plans and targets on dry firing paper!	12/1/2020 9:59 AM
2	Ski technique and shooting.	12/1/2020 12:24 AM
3	everything	11/30/2020 9:11 PM
4	I will definitely use Kaisa Makarainen warming up tips	11/30/2020 6:36 PM
5	Strenght training exercises	11/30/2020 6:36 PM
6	Strength exercises, dry shooting exercises	11/30/2020 6:36 PM
7	Double peak form for athletes Technique (lines in skate technique)	11/30/2020 6:08 PM
8	The skiing technique and the strength	11/30/2020 5:34 PM
9	Topics covered in warm-up session, and some advices in technique analysis	11/30/2020 11:22 AM
10	technikues, Strength and Nutrition (Recovery)	11/30/2020 8:29 AM
11	Technique and waxing and the experience of the athletes who spoke	11/30/2020 7:13 AM
12	Warm-up and correctly choosing my goals and aims.	11/30/2020 6:09 AM

13	More attention for nutrition. Will use more dry shooting exercises
14	Dry fireing Shooting Psykial training
15	Warm up and ski preparation
16	Nutrition and also shooting
17	Mental preparation both for training and competition. Skiing technique. Dryfire exercises.
18	trainingplanning and video analyses. dry firing
19	Skiing technic advices
20	ski technic, dry shooting, training planning,
21	Improvement and awareness of trainingplan, technique videos. Technical check of weapons and magazins
22	I picked up a little from several seminars, preperation of skis, Anschutz care, dryfirering, warm-up, training planning



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