

<b>CAMP NAME: Training Camp 1</b>	<b>DATES: 6 May – 20 May (inclusive)</b>
<b>LOCATION:</b> RM Condor	The Camp will be based from the Royal Marines base at RM Condor, Battenberg Rd, Arbroath DD11 3SP, UK
<b>CONTACT DETAILS:</b>	
<b>COACHES</b>	Ilario Maddalin - + 39 347 858 5152 Mike Dixon (TBC)
<b>CAMP ADMIN</b>	Alex Ing-Simmonds
<b>HOME CONTACT *</b>	Roddy Christie <a href="mailto:info@britishbiathlon.com">info@britishbiathlon.com</a> 0771 476 6860
<b>ATHLETES: 16</b>	There is space for a total of 16 athletes.
<p><b>COSTS/SIGN UP:</b></p> <p><b>Camp Cost: £450 (not including accommodation and food)</b></p> <p><b>A Deposit of £100 is required to secure your place on the camp. Full payment must be made prior to arrival at the camp</b></p> <p>Payment by direct payment into the BBU account :</p> <p>Account name: British Biathlon Union Account number : 10063523 Sort code : 16-19-26 Bank name : Holts</p> <p>Please contact <a href="mailto:info@britishbiathlon.com">info@britishbiathlon.com</a> to confirm attendance.</p> <p><b><i>(please put the name of skier and camp name in the reference field)</i></b></p> <p><b>When confirming attendance, biathletes are requested to confirm their level of experience and results attained to date.</b></p>	
<p><b>TRAVEL PLANS:</b> All biathletes will be required to arrange their own transport to get to RM Condor. You are requested to aim to arrive at RM Condor by no later than 6pm on 6<sup>th</sup> May. Training will commence on 7<sup>th</sup> May. There will be a camp brief at 8 pm for all participants. Please provide your registration number when booking.</p>	
<p><b>ONWARDS TRANSPORT:</b> Biathletes will be required to self-transport between RM Condor and Glenmore Lodge on 2 -3 days of the course by car in order to undertake the live firing elements of the course. When paying the deposit to attend, please confirm whether you will be travelling by car to the camp and whether you would be happy to use the car to commute to the ranges at Glenmore. Fuel expense would be split amongst athletes.</p>	

**RIFLES:** All biathletes taking part will require a biathlon rifle. In the event that you do not have one, but would still like to participate, then please contact Roddy Christie ([info@britishbiathlon.com](mailto:info@britishbiathlon.com))

**ACCOMMODATION & FOOD:** All biathletes will be accommodated at RM Condor, by kind permission of the Base Commander. Accommodation for military athletes is free, civilian athletes will be asked to pay £5 per person per day. The base has an onsite dining hall serving breakfast, lunch and dinner at a very good price. The costs of the meals will be borne by the individual biathlete.

### **Training Plan**

The training plan will be adapted based on the athletes who attend and based on past experience and levels. Depending on the overall level it will be possible to put athletes into 2 groups. The training plan will be sent out to athletes committed to the camp, no later than 1 week prior to arrival. All athletes are to be of a good level of fitness ready to start testing on the first day.

**The basic outline for training will be as follows for your info.**

6 <sup>th</sup> .	Arrival
7 <sup>th</sup> - 10 <sup>th</sup>	Fitness/Shooting tests and 3000m run, strength Test, roller skis test, cooper test, shooting paper, shooting metal.
11 <sup>th</sup> .	REST / Individual meetings with athletes
12 <sup>th</sup> - 15 <sup>th</sup>	Basic training to include fitness and shooting
16 <sup>th</sup> .	REST / Individual meetings with athletes
17 <sup>th</sup> - 20 <sup>th</sup>	Basic long sessions, technique sessions on roller skis.

### **GENERAL REQUIREMENTS**

**ALL ATHLETES WILL REQUIRE THE FOLLOWING KIT AND EQUIPMENT:**

- Water bottles
- Isotonic drinks (if used)
- Running trainers
- Indoor gym shoes
- Sufficient training clothes,
- Shorts, long and short sleeve tops and bottoms
- Change of clothes for post training,
- Waterproofs,
- High visibility fluorescent top may be handy if jogging during hours of darkness,
- Heart rate monitor and watch (polar if possible),
- Small backpack for use during day on the range and gym days,
- Gloves,
- Hats,
- Warm jacket,
- Head torch,
- Training sunglasses.

**TECHNICAL EQUIPMENT:**

- Classic and skate roller skis,
- Boots & poles for both,
- Running poles,
- Helmet,

- Rifle,
- Ammunition x1000 rounds (TBC – we are trying to procure this separately),
- Bike if possible (if not owned we may be able to rent bikes)

## **CONTACT**

The UK based Home Contact who can be contacted at any time during the camp, is the first point of call in case of emergency or travel disruption. The Home Contact will hold emergency contact details for each participant. NOK and emergency contacts must only contact the Home Contact in case of emergency or serious situation.

**NB: THERE WILL BE NO SMOKING OR ALCOHOL CONSUMPTION PERMITTED ON THIS CAMP**