

Biathlon Union of Serbia

National Biathlon Team Men

Working plan

Monthly period No 3

From 18.07.2016 to 14.08.2016

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Place : Sjenica, Antholz

1. Goal and tasks

1.1 Physical tasks

1. Development of abilities for TIDO (tempo endurance of long distances)

Limits of running:

A) Cross : AR 2↑ : 4.20-4.30 min/km
 AR 2 : 4.10-4.20 min/km
 MR : 4.10- 4.00 min/km

B) Roller-skis : AR1 : 3.00-3.10 min/km
 AR2 : 2.50- 3.00 min/km
 MR : 2.40-2.50 min/km

2. Development and upraise of the special strength endurance:

1. Roller-skis SST
2. Circuit SST +shooting(30"/30")
3. Running in uphill + shooting
4. GST/Strength training complex in gym hall

❖ **Special focus** : Increasing the level of dynamic power strength of the shoulder girdle(hand, breast ,dorsal)

❖ **Proportion of loading in strength training** : 60% Shoulder girdle 40% Lower limbs(thigh 70% / cruel 30%)

1.2 Physiological tasks

1. Further intensive development of aerobic capacity with special effects . Entering the zone of the aerobic-anaerobic providing.
2. The limits of the zone from aerobic limit to anaerobic limit of metabolism with temporary intrusion in zone of MOC, La 5-8 mml.
3. Active functioning of organs at high speed running with minimal acidity in the body's cells.
4. Aerobic energy well-providing with including of anaerobic mechanisms.
5. Increasing of aerobic –anaerobics limit of metabolism) and economizing of energies consumption.

1.3 Technical tasks

1. Improving of skating technique with concentrated push impuls with arms and legs (all techniques and the transition between them)
2. Development and improvement of basic shooting skills and abilities at submaximal loading by CT1/HR130 and CT2/HR160 :
 - Modeling of shooting training: past the shooting range at a maximum modeled situation and shooting with psychological-emotional nature.
 - Automatization of Shooting skills (rational stays, concentration, reaction by different weather conditions, tactical behavior by preparation and implementation of shots)
 - Shooting structure: P to 28 sec, and S 26 sec.

Note: ALM(aerobic limit of metabolism)

ANLM(anaerobic limit of metabolism)

NOTE:

KR(compensatory zone: to 130 pulls rate)

AR1(aerobic zone 1) : working pulse zone:130 -150 pulls rate

AR2(aerobic zone 2): working pulse zone:150 -170 pulls rate)

MR(mixed zone AL-ANL) :working pulse zone:170 -180 pulls rate

ANR(anaerobic zone): working pulse zone: up 181 pulls rate

Individual functional zones Running **Correction 11.07/1**

Name	AP1	AP2	LA	MR	LA	ANR	LA	AR2uphil	V/ AR2	V/MR
Edin	138-151	152-167		168-183		184↑			4.30-4.40	4.20-4.30
Ajlan	142-157	158-173		174-189		190↑			4.20-4.30	4.10-4.20
Denzis	144-159	160-175		176-191		192↑			4.20-4.30	4.10-4.20
Dejan	140-155	156-171		172-187		188↑			4.25-4.35	4.15-4.25
Denis	137-152	153-168		169-184		185↑			4.40-4.50	4.50-5.00
Maida	137-152	153-168		169-184		185↑			4.45-4.55	4.35-4.45
Inesa	145-160	161-178		179-184		195↑			4.50-5.00	4.40-4.50
Dzejlana	142-157	158-173		174-189		190↑			5.40-5.50	5.30-5.40
Anastasija	143-158	159-174		175-190		191↑			5.35-5.45	5.25-5.35
Berina	145-160	161-178		179-184		195↑			5.40-5.50	5.30-5.40

Individual functional zones/ Roller- skis **Correction 01.08/2**

Name	AP1	AP2	LA	MR	LA	ANR	LA	V/AR2	V/MR	V/ANR
Edin	130-145	146-168	2.5-5.2	169-180	5.3-9.5	181↑	9.6 ↑	2.35-2.45	2.25-2.35	
Dzenis	137-151	152-167	2.8-4.9	168-180	5.0-7.9	181↑	8.0 ↑	2.35-2.45	2.25-2.35	
Dejan	130-145	146-161	2.2-4.7	162-178	4.8-7.7	178↑	7.8 ↑	2.35-2.45	2.25-2.35	
Redzep	138-153	154-169	2.6 - 5.1	170-180	5.2-8.2	181↑	8.3 ↑	2.35-2.45	2.25-2.35	
Denis	137-152	153-168		169-181		182↑		2.45-2.55	2.35-2.45	
Maida	133-148	149-164		165-180		181↑		3.05-3.15	2.55-3.05	
Inesa	145-160	161-178		179-184		195↑		3.40-3.50	3.30-3.40	
Dzejlana	137-152	153-168		169-184		185↑		3.30-3.40	3.20-3.30	
Anastasia	135-150	151-166		167-181		186↑		3.30-3.40	3.20-3.30	

Lactate values

AR 1	AR2	MR	MCC
-1.5 to 2.0 mml	-1.2 to - 1.5 mml	- 2.0 mml	-1.5 mml

3.2 Content week cycle 1

S 2/Developing

Date	1st/ Morning training	2nd/Afternoon training	3rd/Evening training
18.07 Dry 30 min Aiming 7.15	CT1 Cross in AR1 (stabilizing model PUR/ (accent to 1-5 shot) PP MM MMPP PP MM 1.Dry shooting 10 min/Test metal PUR + CR 10 min 2.CT1 Cross AR1 zone with 10 x 1.4 km(rifle) 80 min. 4.CR 10 min + Stretching 10	1.Cross AR1 30 min 2. GST/Strength training(Circuit training / 70 min /Gym hall : 60% shoulder girdle+40% lower limbs) 3.Dry shooting 40 whole structure make a shot standing	Stretching 30 min/Hotel gym
19.07 RC 25 07.15	CT2 Roller skiing in AR2 (developing model PUR / 1-5 + leaving the range(limit 14 sec) PMMP PMMP PMMP 1.Dry shooting+Test 10x1PS /new pos./pap.+CR- 10 min 2.CT2/AR: 3 series 4 x 2.0 km/ 100 min. 3. CR 10 min + Stretching 10 min	1.Roller-skis- technique AR1 training 70 min 2. Dry shooting 40 min Making a shot	
20.07 Dry Leav	Roller skis long training : 1.CR 10 min 2. AR 2 140 min 3.CR 10 min/ Stretching	Recovering day 1.Sport game 60 min 2.Sauna	Stretching 30 min
21.07	Recovering day	CT2 Roller skiing in MR (developing model Sprint / 1-5 + leaving the range(limit 14 sec) PMMP MPMP PMMP 1.Dry shooting+ Test SP paper 2.CT2/MR: 3 series 4 x 1.8 km/1-3 hits with rifle/ 90 min. with break 1.30/6 min 3. CR 10 min + Stretching 10 min	Massage
22.07 RC 25 07.15	CT1 Roller skis in AR1 (Developing model SP/1-5 + leaving the range(limit 14 sec Prone paper/metal Standing : paper 1.Dry shooting10 min/ Test10x 1PS /new pos./paper 2. CR 10 min 3.CT1 Roller-skis AR1 zone 10 x 2.1(rifle-no rifle)100 m. 4.CR 15 min + Stretching 10 min	1.Cross AR1 50 min 2.CT1 / SST/Strength Circuit training/8 rounds X 10 min/ per round(10 positions)+shooting 50% shoulder girdle+50% lower limbs)	Stretching 30 min /Hotel
23.07 RC 25 07.15	Roller skis strength training : 1.CR 15 min 2. Roller-skis Strength training AR 2 : SST/(3X4.8 km Up hill) 100 min 3.AR1 30 min	1. Shooting(speed shooting) training Models : Sprints and relays 50 min 2. Cross in AR1 50 min 3.Sauna	
24.07 RC 25 07.15	CT1 Cross in AR1 (Developing model SP/accent to all structure Prone paper Standing : paper/metal 1.Dry shooting10 min/Test SP /met. + CR 10 2.CT1 Roller-skis AR1 zone 10 x 1.4 km6 x 2.1 km(rifle) + 6 x 1.7 km (no rifle) 80 min. 4.CR 10 min + Stretching 10 min	1.Dray shooting 50 min/Drill : all structure with changing the aiming order : 3-2-1-5-4/ 1-4-3-2-5 /stadium 2.Roller-skis- technique AR1 training 80 min	Massage

3.3 Content week cycle 2

S 4/Recovering

Date	1st/ Morning training	2nd/Afternoon training	3rd/Evening training
25.07 RC 25 07.15	CT2 Roller skiing in AR2 (developing model SP / Accent to 1st shot PMMP PMMP PMMP) 1.Dry shooting+Test10x 1PS /new pos./metal 2.CR- 10 min 3. CT2/AR2: 10 x 2.1 km(rifle-no rifle) / 100 min. 4.. CR 10 min + Stretching 10 min	1.Cross AR1 40 min 2. GST /Strength training(Circuit training / 80 min /Gym hall : 60% shoulder girdle+40% lower limbs/ Modus /7	Stretching 30 min Sauna
26.07	Traveling to Serbia	Traveling to Serbia	
27.07	Recovering day Swimming 60 min/Cross 30 + strength complex 30 min(more for hand)	1. Hiking with poles in CR/AR1 90 min 2. Swimming 30 min	Massage
28.07	Roller skis training : 1.CR 10 min 2. AR 1 80 min 3.CR 10 min/ Stretching	Bike training / AR1 1.CR 10 min 2.Biking in AR1 100 min	Massage
29.07	CT1 Bike training in AR1 (Stabilizing model SP PP MM PP MM PP) 1.Dry shooting 10 min/Test SP/metal 2.CR 10 min 3.CT1 Bike in AR1 zone with 10 x 2 km with shooting 4. Biking in AR1(on the road) 50 min.	Recovering Swimming /Canoeing- Veslanje 60 min	
30.07 Strength complex 20 min	CT2 Roller skiing in MR (developing model Sprint / all structure /PP MM MM PP MM) 1.Dry shooting + Test 10x1PS /new pos./pap.+CR10 2. CT2/MR: 2 series 5 x 2.0 km/1st hit with rifle/ break 1.30/6 min / 90 min 3. Test paper/SP+ KR 15 min + Stretching 10 min	1.Cross AR1 30 min 16:00 2. SST /Strength training(Circuit training / 90 min /Gym hall : 60% shoulder girdle+40% lower limbs)	
31.07 Strength complex 20 min	CT1 Cross in AR1 (Developing model SP/accnt to 1-5 shot Prone paper Standing : paper/metal) 1.Dry shooting10 min/Test SP /met. + CR 10 2.CT1 Cross AR1 zone 10 x 1.4 km6 x 2.1 km(rifle) + 6 x 1.7 km (no rifle) 80 min. 4.CR 10 min + Stretching 10 min	1.Dray shooting 60 min/Drill : all structure with changing the aiming order : 3-2-1-5-4/ 1-4-3-2-5 2.Bike AR1 70 min	

3.4 Content week cycle 3

S5/ Competative-Stressfull

Date	1st/ Morning training	2nd/Afternoon training	3rd/Evening training
01.08 Strength complex 20 min	CT2 Roller skiing in MR (developing model Sprint / all structure /PP MM MM PP MM 1.Dry shooting +Test 10x1PS /new pos./pap.+CR10 2. CT2/MR : 2 series 5 x 1.5 km/1st hit with rifle/ break 1.30/6 min / 80 min 3. Test paper/SP+ KR 15 min + Stretching 10 min	Recovering day Swimming /Canoeing-Veslanje 50 min	
02.08	Roller skis long training : 1.CR 10 min / 08:00 2. AR 1-2 130 min 3.CR 10 min/ Stretching	1.Cross AR1 30 min 2. CT1 / AR1 Shooting(speed shooting + SST/ Strength Circuit training/ 10 rounds X 5 min/ per round(10 positions)+shooting 70% shoulder girdle+30% lower limbs) /stadium	Massage
03.08	1. Hiking with poles in CR/AR1 90 min 2. Swimming 30 min	Bike training in AR1 1.CR 10 min 2.AR1 100 min 3. 3.CR 10 min/ Stretching	Stretching 30 min
04.08	Recovering day Swimming / Canoeing-Veslanje 60 min	Recovering day	
05.08 Strength complex 20 min La/2	Balkan Roller cup : /Official training : 1.Dry shooting 10 min + Test SP/metal +CR- 20 min using 2.0 km loop 2. Prestart model/ANR 2 series 4x4x1.0 km + 4x 0.4 km : 1 loop rifles- 1 loop no rifle /break 1.30/6 min. 3. AR1 30 min	1.Bike : AR 1 60 min 2. Stretching 20 min	Strength training/30 min/Individual
06.08 RC 25 07.15 La/1	Balkan Roller Cup 1 : Sprint competition 10 km: 1.Dry shooting 10 min + Test SP/ metal 2. Sprint competition 10 km in MR / 25 min 3. CT1/AR1 50 min 4. Stretching 20 min	1.Running AR1 30 min 2. Sport game 40 min	Stretching 30 min
07.08 La/1	Balkan Roller Cup 1: Pursuit competition 12.5 km 1.Dry shooting 10 min + Test SP/paper 2. Pursuit competition 12.5 km in MR / 35 min 3. AR1 60 min 4. Stretching 20 min	Recovering day Swimming / Canoeing-Veslanje 50 min/individual	

3.4 Content week cycle 4

S 5/Recovering

Date	1st/ Morning training	2nd/Afternoon training	3rd/Evening training
08.08	<p>1.EMT test /Hand 9:30</p> <p>2.Strength training hand/EM simulator : 10 x3 min thru 3 min break/</p> <p>3.Individual additional strength 30 min</p>	<p>CT1 Cross in AR1(stabilizing model SP/ all structure/ PM MM/PMMM/PMMM</p> <p>1.Dry shooting15 min.+ Test SP/metal</p> <p>2.CT1/AR2 : 8 x 1,5km +2x0.5) shootings 80 min.</p> <p>3.CR 10 min + Stretching 10 min</p>	
09.08	<p>CT1 Bike in AR1(stabilizing model SP/ to 1 shot/ PM MP PM MP 8:00</p> <p>1.Dry shooting10 min.+ Test SP metal</p> <p>2.CT1/AR2 : 8 x 2 km 50 min.</p> <p>3.CR 15 min + Stretching 10 min</p>	<p>Traveling to Beograd</p>	<p>Stretching 30 min</p>
10.08	<p>Functional test MO2 Consumption Beograd</p>	<p>Traveling back to Sjenica</p>	
11.08	<p>Recovering day</p> <p>Swimming / Canoeing-Veslanje 50 min/individual</p>	<p>Recovering day</p> <p>Individual strength training40 min</p>	<p>Sauna</p>
12.08	<p>Bike /long distance in AR1-2 Sjenica - Kopaonik</p> <p>1.CR 10 min</p> <p>2. AR1-2 180 min</p> <p>3. Stretching 15 min</p>	<p>1.Cross in AR1 40 min</p> <p>2.Swimming +sauna 50 min</p>	
13.08 Strength complex 30 min 7.15	<p>Roller skis long distance :</p> <p>1.CR 15 min</p> <p>2. Roller-skis AR 1- 2 : 120 min</p> <p>3.CR 10 min cross +. Stretching 15 min</p>	<p>1.Running CR 30 min</p> <p>2.Strenght training hand/EM simulator 10 x 3 min thru 2 min break. /combination with:</p> <p>3.Dry shooting 50 min/ shooting on unstable platform/drill for stability of positioning</p>	<p>Stretching 30 min</p>
14.08	<p>Roller skis training :</p> <p>1.CR 15 min</p> <p>2. Roller-skis AR 1 : 110 min</p> <p>3.CR 10 min cross +. Stretching 15 min</p>	<p>1.Dry shooting 50 min/ shooting on unstable platform/drill for stability of positioning</p> <p>2.Bike in AR1 80 min</p>	