Biathlon Union of Serbia

Biathlon Team Men

Report

Monthly period/MP 3

From 18.07.2016 to 14.08.2016

Prepared by Head Coach

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REPORT

Montly period 3

1.Conducting: Preparation of a team in MP/ 3 was conducted under a preliminary prepared plan :

  1. Training camp in Antholz /ITA 16.07-26.07. 2016

  2. Training camp in Sjenica/SRB 28.07-12.08.2016

  3. Due the lack of sufficient ammunition in Week 3 and Week 4, led to combine any shooting drils with dry shooting.

2.Athletes participation in training proces :

Name	Planed training days	Executed training days/ теам program	Executed training days/club program	DNP due to Injuries Illness	Percentage participation	Evaluation
1. Edin Hodzic	27	26			96.3 %	1. **Very good** fulfilled the planed loading 2.**Good** shooting performance of workout
2.Dejan Krsmanovic	27	18			66.7 %	1. **Good** fulfilled the planed loading 2.**Good** shooting performance of workout
3.Dzenis Avdic	27	26			96.3 %	1. **Good** fulfilled the planed loading 2.**Satisfactory** shooting performance of workout
4.Redzep Hodzic	27	26			96.3 %	1.**Very good** fulfilled the planed loading 2.**Average** shooting performance of workout
5.Denis Dzekovic	27	26		1	96.3 %	1.**Very good** fulfilled the planed loading 2.**S**hooting performance : Prone good,Standing weakly
6.Majda Drndic	27	25			92.6 %	1. **Good** fulfilled the planed loading 2.**Average** shooting performance of workout
7. Inesa Zekic	27	20			70.1 %	1. **Average** fulfilled the planed loading 2.**Weakly** shooting performance of workout
8. Dzejlana Hasimovic	27	23		3	85.2 %	1. **Good** fulfilled the planed loading 2.**Satisfactory** shooting performance
9.Anastasija Vojnovic	27	21		2	77.8 %	1. **Average** fulfilled the planed loading 2.**Average** shooting performance of workout

A. Analyze the performanceinthe HR zones

Comparative analysis of the work done by HR zones

HR zones	Plan	Executions	Percentage
CR zone	7.10 h	6.50 h	95.3 %
AR1 zone	26.00 h	26.40 h	102.0 %
AR2 zone	22.30 h	20.20 h	90.4 %
MR zone	6.00 h	5.20 h	88.9 %
ANR zone	2.20 h	1.30 h	64.3%
Total/Average	64.00 h	60.40 h	94.8 %

Analysis:

1. Analysis of the data shows good average performance of the planned HR proportions.

2. The energy well-providing mainly aerobic with partly including the anaerobic mechanisms

3. Good realization of the trainings in the area of ALM-ANLM with La to 3-6 ml mol with goal: absorption of high % O2 from atmospheric air

Conclusion for next MP 4:

1. To increase the body's ability for fast recover the pulse and the breathing on the shooting range, during the first 10-15 seconds, as a precondition for successful shooting at submaximal workloads.

2.Functional aims for the MP 4

✓ Further intensive development of aerobic-anaerobic capacity.

✓ Entering the zone of the aerobic-anaerobic energy providing.

✓ The limits of the zone from aerobic limit to anaerobic limit of metabolism with temporary intrusion in zone of MOC, La 6-10 ml mol.

✓ Increasing of aerobic –anaerobics limit of metabolism and economizing of energies consumption.

B. Analyze the performanceinthe Cyclical means

Comparative analysis of the work done by cyclical means

Cyclicalmeans	Plan	Executions	Percentage
Running	18.00 h	16.10 h	89.8 %
Bicycling	15.00 h	15.00 h	100.0 %
Roller skis	31.00 h	29.30 h	93.0 %
Average	64.00 h	60.40 h	96.6%

Analysis: Analysis of the data,shows good average performance of the planned loading in different cyclical means by most of athletes.

Conclusion: In the next MP 4 not require adjustments to the planned proportions of different means. Have to follow preliminary planed trainings program.

C. Analyze the performance in the Shooting training

Comparative analysis of the work done by shooting means

Shooting means	Plan	Executions	Percentage
Without loading	450 rds	460 rds	102.2%
CT 1~130 HR	11/660 rds	10/600 rds	90.1 %
CT 2~160 HR	8/500 rds	8/480rds	96.0%
Speed shooting	1/100	1/60 rds	60.0%
Comp. shooting	30 rds	30 rds	100.0 %
Dry shooting	9 h	8 h	88.9 %
Shooting trainings	19 drills	18 drills	94.7 %
		Average	90.3%

Analysis: The overall analysis of shooting means,demonstrates good implementation of the planned indicators. Due the lack of sufficient ammunition in Week 3 and Week 4, led to combine any shooting drils with dry shooting.

1. By most athletes have an average adaptation of the shooting performances as was achieved shooting success as follows :

Best shooting performance in CT1/HR 130 :

Position	WC Standard	Team average
Prone	Over 95 %	91.7 %
Standing	Over 95 %	85.5 %

1.The delay of the WC standard for this indicator is 3.3 % respectively for prone position and 9.5% for the standing position.

2. Realizing of the shooting success rate in CT1/HR 130 is average 88.6 %. It is necessary to develop these qualities of the shooting to reach success of minimum 90% in the next stage of preparation.

Best shooting performance in CT2/HR 160 :

Position	WC Standard	Team average
Prone	Over 90 %	84.2 %
Standing	Over 90 %	82.8 %

1.The delay of the WC standard for this indicator is 5.8 % respectively for prone position and 7.2 % for the standing position.

2. Realizing of the shooting success rate in CT1/HR 160 is average 83.5 %. It is necessary to develop these qualities of the shooting to reach success of minimum 86.0 % in the next stage of preparation.

Best shooting performance Competition conditions :

Position	WC Standard	Team average
Prone	Over 90 %	75.0 %
Standing	Over 90 %	69.0 %

1.The delay of the WC standard for this indicator is 15.0 % respectively for prone position and 21.0 % for the standing position.

2.Realizing of the shooting success rate in CT1/HR 160 is average 72.0 %. It is necessary to develop these qualities of the shooting to reach success of minimum 76.0   % in the next stage of preparation.

Average individual shooting performance reached in MP 3 :

Name	Prone	Best result	Standing	Best result
EDIN	88.0 %	100.0 %	83.2 %	96.0 %
DEJAN	81.4 %	93.3 %	72.6 %	95.0 %
DZENIS	65.8 %	83.3 %	56.1 %	75.0 %
REDZEP	73.4 %	92.0 %	76.6 %	90.0 %
DENIS	75.6 %	95.0 %	51.3%	73.3 %
MAJDA	70.3 %	95.0 %	50.0 %	72.0 %
DZEJLANA	59.6 %	84.0 %	57.0 %	68.0 %

1. On this indicator results are close to the WCs standard, but they are still inconsistent

2. Currently average level of shooting structure for most athletes:

- Time to first shot within 14sec/18 sec standing/prone

- Shooting tempo between 1st to 5th shot within 12-16 seconds

- Manipulation and leaving the shooting range is between 2-5 seconds.

-There are certain delay of 2- 4 sec in general timely structure of the prone position at the athletes: Redzep Hodzic,Dzenis Avdic and 8-14 sec by all Junior/Women athletes.

Conclusions:

1. Needed is the next stage of training to improve the quality of shooting in CT1/160 as a precondition to the next stage of development of shooting performance with loading in Competition condidtions

2.Developing and stabilization of shooting structure in CT2/160

D. Analysis Test competitions

D.1 Comparative table Sprint competition - BRB Roller cup 1/ 2015 and 2016

06.08.2016   BRB Roller Cup 1 /Sprint 10 km

Rank	Name	P	S	Speed Last loop	Running Time	Race Speed	Race Time	Shoot succes	IMPROVING				
									Speed last loop	Running time	Race speed	Race time	Shoot succes
1.	EDIN	4	4	2.17 min	24.04 min	**2.24 min/km**	**29.04 min**	20%	base	- 1.22 min	- 9 sec	+ 1.08 min	- 50 %
2.	DEJAN	2	4	2.18 min	24.39 min	**2.27 min/km**	**28.39 min**	40%	base	- 2.01 min	- 13 sec	- 1.31 min	- 10%
3.	REDZEP	3	1	2.19 min	24.57 min	**2.29 min/km**	**27.57 min**	60%	base	- 1.14 min	- 8 sec	- 1.44 min	+ 10%
4.	DZENIS	3	3	2.26 min	26.01 min	**2.36 min/km**	**30.01 min**	40%	base	-2.20 min	- 14 sec	- 2.50 min	+ 10%
**	DENIS	4	3	2.28 min	20.37 min	**2.45 min/km**	**25.07 min**	30%	base	- 6.28 min	- 53 sec	- 6.08 min	- 10%

08.08.2015   BRB Roller Cup 1/ Sprint 10 km

Rank	Name	P	S	Speed Last loop	Running Time/min	Race Speed	Race Time	Shoot succes
1	EDIN	1	2		25.26 min	**2.33 min/km**	**27.56 min**	70%
2	DEJAN	1	4		26.40 min	**2.40 min/km**	**30.10 min**	50%
3	REDZEP	3	2		26.11 min	**2.37 min/km**	**29.41 min**	50%
4	DZENIS	4	3		28.21 min	**2.50 min/km**	**32.51 min**	30%
5	DENIS	2	4		27.05 min	**3.38 min/km**	**31.15 min**	40%

D.2 Comparative table Pursuit competitions BRBRC 1/Season 2016 and 2016

07.08.2016   BRB Roller Cup1 / Pursuit 13.2 km

Rank	Name	P	S	Speed Last loop	Running Time	Race Speed	Race Time	Shoot success	IMPROVING Speed last loop	IMPROVING Running time	IMPROVING Race speed	IMPROVING Race time	IMPROVING Shoot success
1.	EDIN	0 3	1 1	2.23 min	33.42 min	**2.30 min/km**	**37.47 min**	75%	base	- 0.19 min	- 5 sec	- 1.09 min	+ 20 %
2.	DEJAN	4 3	3 3	2.23 min	34.28 min	**2.33 min/km**	**42.58 min**	35%	base	- 1.27 min	- 6 sec	+ 6 sec	- 20%
3.	REDZEP	2 1	0 2	2.19 min	35.16 min	**2.37 min/km**	**39.46 min**	75%	base	- 0.30 min	- 6 sec	- 0.37min	+ 35%
4.	DZENIS	1 2	4 2	2.14 min	34.59 min	**2.36 min/km**	**41.29 min**	55%	base	base	base	base	base
**	DENIS	3 2	4 4	2.16 min	28.56 min	**3.12 min/km**	**37.26 min**	35%	base	- 3.18 min	-0.44 min	- 1.48 min	- 15%

09.08.2015   BRB Roller Cup 1 / Pursuit 12 km

Rank	Name	P	S	Speed Last loop	Running time	Competition Speed	Race time	Shoot success
1.	EDIN	3 3	3 0		34.01 min	**2.35 min/km**	**38.49 min**	55%
2.	DEJAN	1 3	4 1		34.55 min	**2.39 min/km**	**42.52 min**	55%
3.	REDZEP	4 3	3 2		35.46 min	**2.43 min/km**	**40.23 min**	40%
4.	DZENIS				DNF			
**	DENIS	2 1	3 4		32.14 min	**3.56 min/km**	**39.14 min**	50%

D.3 Comparative table   Specific power test hands / EM stimulator/Max 5 min

Name	**11.07.2016** Distance/m	Speed m/s	HR	**08.08.2016** Distance/m	Speed m/s	HR	Improvement
1.Edin	1 333m	4.43 m/s	180	1 393 m	4.64 m/s	175	+ 60 m/+0.21 m/s
2.Dzenis	1 249 m	4.29 m/s	186	1 371 m	4.57 m/s	175	+122 m/+0.38 m/s
3.Redzep	1 258 m	4.11 m/s	179	1 316 m	4.31 m/s	174	+ 58 m/+ 0.20 m/s
4.Denis	1 167 m	3.97 m/s	185	1 224 m	4.08 m/s	180	+ 57 m/+ 0.16 m/s
5.Dejan	1 270 m	4.23 m/s	182	**DNP**			
WOMEN TEAM 3 min							

1.Maida	677 m	3.66 m/s	188	700 m	3.89 m/s	180	+ 23 m/+0.23 m/s
2.Anastasja	**DNP**	**DNP**		**DNP**			**DNP**
3.Dzejlana	686 m	3.82 m/s	192	696 m	3.87 m/s	180	+ 10 m/+ 0.05 m/s
4. Inesa	676 m	3.81 m/s	190	702 m	3.90 m/s	177	+ 16 m/+0.09 m/s

Analysis: The comparative analysis **Competition tests on 10 km Sprint**, show the following trends:

1. Significantly increase the **Running time** in the race at almost all athletes an average of **1.44 min faster** , compared with the previous season 2015.

2. Significantly increase the **Race speed** in the competition at almost all athletes an average of **11 sec/km faster** , compared with the previous season 2015.

3. Significantly increase the **Race time** at almost all athletes an average of **1.48 min faster** , compared with the previous season 2015.

4. Increase the **Shooting success** at most athletes an average with **10 % more** , compared with the previous season 2015.

5. Realization of an average Running speed of **2.27 min** / km, which compared to the previous season at this stage (2.40 min/km) is with **13 sec/km** faster.

Conclusions :

1**.** Data from the comparative analysis showed a significant increase of the functional level in almost all athletes compared with the previous 2015 season, which is primarily a result of accumulated cumulative training effect.

2. Significant dynamics of development in terms of: speed, running time and competition time.

3. Higher speeds running at almost all athletes at lower values of HR

4. Significant economizing of lactate activity. Realization of lower lactate values.

5. High level of the endurance on long distances, which is a very good precondition for the development of the endurance of short distances.

6. The comparative analysis of the tests for special strength endurance hands in MP 2 and MP 3, showed an increase of the special power potential of the shoulder girdle, as the average increase of the covered distance is 74.2 m, and the average increase in the speed is with 0.23.8 m/ sec faster.

D.4 Comparative table Ranking regards the best reached speed and success factor/MP3

Reached the best speed in MP 3 2016			Reached best speed in MP 3 2015			Improving Speed/km
Rank	**Name**	**Best reached Speed min/km**	**Rank**	**Name**	**Best reached Speed min/km**	
1.	EDIN HODZIC	**2.24 min**	1.	EDIN HODZIC	**2.33min**	**- 9 sec**
2.	DEJAN KRSMANOVIC	**2.27 min**	2.	DEJAN KRSMANOV	**2.40 min**	**- 13 sec**
3.	REDZEP HODZIC	**2.29 min**	3.	REDZEP HODZIC	**2.37 min**	**- 8 sec**
4.	DZENIS AVDIC	**2.36 min**	4.	DZENIS AVDIC	**2.50 min**	**- 14 sec**
5.	DENIS DZEKOVIC	**2.45 min**	5.	DENIS DZEKOVIC	**3.38 min**	**- 53 sec**
WOMEN TEAM			**WOMEN TEAM**			
1.	MAJDA DRNDIC	**2.55 min**	1.	MAJDA DRNDIC	**DNP**	
2.	ANASTASIJA VOJNOV	**3.05 min**	2.	ANASTASIJA VOJNO	**3.11 min**	**- 6 sec**
3.	INESA ZEKIC	**3.11 min**	3.	INESA ZEKIC	**DNP**	
4.	DZEJLANA HASIMOV	**3.21 min**	4.	DZEJLANA HASIMO	**4.34 min**	**- 1.13 min**
MEN Team average		**2.27 min/km**	**MEN Team average**		**2.40 min/km**	**-13 sec**
WOMEN Team average		**3.08 min/km**	**WOMEN Team average**		**3.53 min/km**	**- 45 sec**

E. Control and registration of the training process

Analysis:

1.In all the basic training was registered control in terms of:

- Running speed(min/km) : loops speed and average speed

- Pulse(HR) : loops and average HR

- La(value of lactate) : loops and average value

This system of registration of parameters in basic training(speed, heart rate and LA) enable to register the adaptation to planed functional stress,correction of zones and planning of new functional stress.

Comparative table   Functional test Maximal O2 Consumption

Name	Functional test 10.07.2016			Functional test			Improvment	
	VO2 Max/ml	**VO2/KG ml/kg**	**Running Time**	**VO2 Max/ml**	**VO2/kg ml/kg**	**Running Time**	**Running Time**	**VO2 Max/ml**
EDIN	6 240	69.3	21.00 min					
DEJAN	4 910	59.9	23.20 min					
REDZEP	4 570	73.7	23.20 min					
DZENIS	5 570	77.4	23.30 min					
DENIS	4 140	71.4	20.00 min					
Average	*5 086*	*70.34*	*22.23 min*					

1. The conducted test for functional diagnostics in SMC Beograd, showed the following trends:

- ✓ High level of functional parameters
- ✓ High average running time during the test - **22.23 min**.
- ✓ Deep and smoothly deployment of the glycolytic chain with displacement of ANLM(aerobic-anaerobic limits of metabolism) within the limits of 18 minutes - 20 minutes of the test
- ✓ Implementation of test at significantly lower La HR values, speaks of high economic efficiency in the implementation of the effort during the test

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