

# REPORT

Montly period 3

## 2.Athletes participation in training proces :

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

### A. Analyze the performance in the HR zones

Comparative analysis of the work done by HR zones

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

### B. Analyze the performance in the Cyclical means

Comparative analysis of the work done by cyclical means

| <i>Cyclical means</i> | <i>Plan</i>    | <i>Executions</i> | <i>Percentage</i> |
|-----------------------|----------------|-------------------|-------------------|
| <i>Running</i>        | <i>18.00 h</i> | <i>16.10 h</i>    | <i>89.8 %</i>     |
| <i>Bicycling</i>      | <i>15.00 h</i> | <i>15.00 h</i>    | <i>100.0 %</i>    |
| <i>Roller skis</i>    | <i>31.00 h</i> | <i>29.30 h</i>    | <i>93.0 %</i>     |
| <i>Average</i>        | <i>64.00 h</i> | <i>60.40 h</i>    | <i>96.6%</i>      |

### C. Analyze the performance in the Shooting training

Comparative analysis of the work done by shooting means

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

Best shooting performance in CT1/HR 130 :

| <i>Position</i> | <i>WC Standard</i> | <i>Team average</i> |
|-----------------|--------------------|---------------------|
| Prone           | Over 95 %          | 91.7 %              |
| Standing        | Over 95 %          | 85.5 %              |

**Best shooting performance in CT2/HR 160 :**

| <i>Position</i> | <i>WC Standard</i> | <i>Team average</i> |
|-----------------|--------------------|---------------------|
| Prone           | Over 90 %          | 84.2 %              |
| Standing        | Over 90 %          | 82.8 %              |

**Best shooting performance Competition conditions :**

| <i>Position</i> | <i>WC Standard</i> | <i>Team average</i> |
|-----------------|--------------------|---------------------|
| Prone           | Over 90 %          | 75.0 %              |
| Standing        | Over 90 %          | 69.0 %              |

**Average individual shooting performance reached in MP 3 :**

| <i>Name</i> | <i>Prone</i> | <i>Best result</i> | <i>Standing</i> | <i>Best result</i> |
|-------------|--------------|--------------------|-----------------|--------------------|
| 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 %             |

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

**06.08.2016 BRB Roller Cup 1 /Sprint 10 km**

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

**08.08.2015 BRB Roller Cup 1/ Sprint 10 km**

| <i>Ran k</i> | <i>Name</i> | <i>P</i> | <i>S</i> | <i>Speed Last loop</i> | <i>Running Time/min</i> | <i>Race Speed</i>  | <i>Race Time</i> | <i>Shoot succes</i> |
|--------------|-------------|----------|----------|------------------------|-------------------------|--------------------|------------------|---------------------|
| 1            | EDIN        | 1        | 2        |                        | 25.26 min               | <b>2.33 min/km</b> | <b>27.56 min</b> | 70%                 |
| 2            | DEJAN       | 1        | 4        |                        | 26.40 min               | <b>2.40 min/km</b> | <b>30.10 min</b> | 50%                 |
| 3            | REDZEP      | 3        | 2        |                        | 26.11 min               | <b>2.37 min/km</b> | <b>29.41 min</b> | 50%                 |
| 4            | DZENIS      | 4        | 3        |                        | 28.21 min               | <b>2.50 min/km</b> | <b>32.51 min</b> | 30%                 |
| 5            | DENIS       | 2        | 4        |                        | 27.05 min               | <b>3.38 min/km</b> | <b>31.15 min</b> | 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 | Running time | Race speed | Race time  | Shoot success |
| 1.   | EDIN   | 0 3 | 1 1 | 2.23 min        | 33.42 min    | <b>2.30 min/km</b> | <b>37.47 min</b> | 75%           | base            | - 0.19 min   | - 5 sec    | - 1.09 min | + 20 %        |
| 2.   | DEJAN  | 4 3 | 3 3 | 2.23 min        | 34.28 min    | <b>2.33 min/km</b> | <b>42.58 min</b> | 35%           | base            | - 1.27 min   | - 6 sec    | + 6 sec    | - 20%         |
| 3.   | REDZEP | 2 1 | 0 2 | 2.19 min        | 35.16 min    | <b>2.37 min/km</b> | <b>39.46 min</b> | 75%           | base            | - 0.30 min   | - 6 sec    | - 0.37min  | + 35%         |
| 4.   | DZENIS | 1 2 | 4 2 | 2.14 min        | 34.59 min    | <b>2.36 min/km</b> | <b>41.29 min</b> | 55%           | base            | base         | base       | base       | base          |
| **   | DENIS  | 3 2 | 4 4 | 2.16 min        | 28.56 min    | <b>3.12 min/km</b> | <b>37.26 min</b> | 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    | <b>2.35 min/km</b> | <b>38.49 min</b> | 55%           |
| 2.   | DEJAN  | 1 3 | 4 1 |                 | 34.55 min    | <b>2.39 min/km</b> | <b>42.52 min</b> | 55%           |
| 3.   | REDZEP | 4 3 | 3 2 |                 | 35.46 min    | <b>2.43 min/km</b> | <b>40.23 min</b> | 40%           |
| 4.   | DZENIS |     |     |                 | DNF          |                    |                  |               |
| **   | DENIS  | 2 1 | 3 4 |                 | 32.14 min    | <b>3.56 min/km</b> | <b>39.14 min</b> | 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 | <b>DNP</b>            |           |     |                   |
| <b>WOMEN TEAM 3 min</b> |                       |            |     |                       |           |     |                   |
| 1.Maida                 | 677 m                 | 3.66 m/s   | 188 | 700 m                 | 3.89 m/s  | 180 | + 23 m/+0.23 m/s  |
| 2.Anastasja             | <b>DNP</b>            | <b>DNP</b> |     | <b>DNP</b>            |           |     | <b>DNP</b>        |
| 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  |

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

| <b>Reached the best speed in MP 3 2016</b> |                   |                                  |
|--|-------------------|----------------------------------|
| <b>Rank</b>                                | <b>Name</b>       | <b>Best reached Speed min/km</b> |
| 1.   | EDIN HODZIC       | <b>2.24 min</b>                  |
| 2.   | DEJAN KRSMANOVIC  | <b>2.27 min</b>                  |
| 3.   | REDZEP HODZIC     | <b>2.29 min</b>                  |
| 4.   | DZENIS AVDIC      | <b>2.36 min</b>                  |
| 5.   | DENIS DZEKOVIC    | <b>2.45 min</b>                  |
| <b>WOMEN TEAM</b>                          |                   |                                  |
| 1.   | MAJDA DRNDIC      | <b>2.55 min</b>                  |
| 2.   | ANASTASIJA VOJNOV | <b>3.05 min</b>                  |
| 3.   | INESA ZEKIC       | <b>3.11 min</b>                  |
| 4.   | DZEJLANA HASIMOV  | <b>3.21 min</b>                  |
| <b>MEN Team average</b>                    |                   | <b>2.27 min/km</b>               |
| <b>WOMEN Team average</b>                  |                   | <b>3.08 min/km</b>               |

| <b>Reached best speed in MP 3 2015</b> |                  |                                  | <b>Improving Speed/km</b> |
|--|------------------|----------------------------------|---------------------------|
| <b>Rank</b>                            | <b>Name</b>      | <b>Best reached Speed min/km</b> |                           |
| 1.                                     | EDIN HODZIC      | <b>2.33min</b>                   | <b>- 9 sec</b>            |
| 2.                                     | DEJAN KRSMANOV   | <b>2.40 min</b>                  | <b>- 13 sec</b>           |
| 3.                                     | REDZEP HODZIC    | <b>2.37 min</b>                  | <b>- 8 sec</b>            |
| 4.                                     | DZENIS AVDIC     | <b>2.50 min</b>                  | <b>- 14 sec</b>           |
| 5.                                     | DENIS DZEKOVIC   | <b>3.38 min</b>                  | <b>- 53 sec</b>           |
| <b>WOMEN TEAM</b>                      |                  |                                  |                           |
| 1.                                     | MAJDA DRNDIC     | <b>DNP</b>                       |                           |
| 2.                                     | ANASTASIJA VOJNO | <b>3.11 min</b>                  | <b>- 6 sec</b>            |
| 3.                                     | INESA ZEKIC      | <b>DNP</b>                       |                           |
| 4.                                     | DZEJLANA HASIMO  | <b>4.34 min</b>                  | <b>- 1.13 min</b>         |
| <b>MEN Team average</b>                |                  | <b>2.40 min/km</b>               | <b>-13 sec</b>            |
| <b>WOMEN Team average</b>              |                  | <b>3.53 min/km</b>               | <b>- 45 sec</b>           |

**Comparative table Functional test Maximal O2 Consumption**

| <b>Name</b>    | <b>Functional test 10.07.2016</b> |                     |                     | <b>Functional test</b> |                     |                     | <b>Improvement</b>  |                   |
|----------------|-----------------------------------|---------------------|---------------------|------------------------|---------------------|---------------------|---------------------|-------------------|
|                | <b>VO2 Max/ml</b>                 | <b>VO2/KG ml/kg</b> | <b>Running Time</b> | <b>VO2 Max/ml</b>      | <b>VO2/kg ml/kg</b> | <b>Running Time</b> | <b>Running Time</b> | <b>VO2 Max/ml</b> |
| 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           |                        |                     |                     |                     |                   |
| <b>Average</b> | <b>5 086</b>                      | <b>70.34</b>        | <b>22.23 min</b>    |                        |                     |                     |                     |                   |

Prepared by Head Coach Ventzeslav Iliev