

Biathlon Union of Serbia

Biathlon Team Men

Report

Monthly period/MP 5+6

From 12.09.2016 to 09.10.2016

Prepared by Head Coach

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REPORT

Montly period 5+6

General :

1. Conducting: Preparation of a team in MP/ 5+6 was conducted under a preliminary prepared plan :

1. Training camp in Bansko 08.09-19.09. 2016
2. Training camp in Sjenica 21.09-09.10.2016
3. Due the lack of sufficient ammunition Week 3, led to combine any shooting drills with dry shooting, which led to a decline in the quality of the shooting

2. Athletes participation in training proces :

Name	Planed training days	Executed training days/ meam program	Executed training days/club program	DNP due to Injuries Illness	Percentage participation	Evaluation
1. Edin Hodzic	26	26			100.0 %	1. Very good fulfilled the planed loading 2. Good shooting performance of workout
2. Dejan Krsmanovic	26	0			00.0 %	During this period he has conducted training in club
3. Dzenis Avdic	26	23			88.40 %	1. Good fulfilled the planed loading 2. Average shooting performance of workout
4. Redzep Hodzic	26	18			69.23 %	1. Average fulfilled the planed loading 2. Average shooting performance of workout
5. Denis Dzekovic	26	24			92.30%	1. Average fulfilled the planed loading 2. Shooting performance : Prone good, Standing satisfaction
6. Majda Drndic	26	23			88.4 %	1. Very good fulfilled the planed loading 2. Good shooting performance of workout
7. Inesa Zekic	19	8		5	42.10 %	1. Unsatisfactory fulfilled the planed loading 2. Unsatisfactory shooting performance of workout
8. Dzejlana Hasimovic	19	13			68.42 %	1. Average fulfilled the planed loading 2. Satisfactory shooting performance
9. Anastasija Vojnovic	19	9			47.36 %	1 Unsatisfactory fulfilled the planed loading 2. Unsatisfactory shooting performance of workout

Conducting, control and analysis of the training process

A. Analyze the performance in the HR zones

Comparative analysis of the work done by HR zones

HR zones	Plan	Executions	Percentage
CR zone	7.00 h	7.00 h	100.0 %
AR1 zone	34.30 h	34.00 h	98.6 %
AR2 zone	13.00 h	12.00 h	92.30 %
MR zone	5.00 h	6.00 h	120.0 %
ANR zone	3.00 h	3.20 h	111.1%
Total/Average	62.30 h	62.20 h	98.1 %

Analysis:

1. Analysis of the data shows good average performance of the planned HR proportions.
2. The energy well-providing mainly aerobics-anaerobics with including the anaerobic mechanisms in the zone of **Anaerobics limit of metabolism (ANLM)**
3. Good realization of the trainings in the area of ALM-ANLM with La to 7-10 ml moll with goal: Increasing of level of **Anaerobics limit of metabolism (ANLM)** and economizing of energies consumption.

Conclusion for next MP 4:

1. Beginning of snow training. Intensive development of aerobic capacity in snowy conditions
2. Functional aims for the MP 7
 - ✓ Active functioning of organs at high speed running with minimal acidity in the body's cells.
 - ✓ Aerobic energy providing with partly including of anaerobic mechanisms.
 - ✓ The limits of the zone from aerobic limit to anaerobic limit of metabolism with temporary intrusion in zone of MOC, La 3-5 ml moll.
 - ✓ Increasing of aerobic limit of metabolism and economizing of energies consumption.

B. Analyze the performance in the Cyclical means

Comparative analysis of the work done by cyclical means

Cyclical means	Plan	Executions	Percentage
Running	12.30 h	12.00 h	100.0 %
Bicycling	10.00 h	9.50 h	98.3 %
Roller skis	40.00 h	40.30 h	101.2 %
Average	62.30 h	62.20 h	98.1%

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

Conclusion: Significant increase of functional parameters for most athletes. In the next MP 7 not require adjustments to the planned functional proportions of different means. Have to follow preliminary planned 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	500rds	360 rds	72.0%
CT 1~130 HR	6/420 rds	6/390 rds	96.4 %
CT 2~160 HR	10/540 rds	9/510rds	92.4%
Speed shooting			
Comp. shooting	30 rds	30 rds	100.0 %
Dry shooting	8 h	7.50 h	97.9 %
Shooting trainings	16 drills	15 drills	93.8 %
		Average	92.1%

Analysis: The overall analysis of shooting means, demonstrates average implementation of the planned indicators. Due the lack of sufficient ammunition Week 3, led to combine any shooting drills with dry shooting, which led to a decline in the quality of the shooting.

Best shooting performance in CT2/HR 160 :

Position	WC Standard	Team average
Prone	Over 95 %	89.4 %
Standing	Over 95 %	84.3 %

1. The delay of the WC standard for this indicator is 5.6 % respectively for prone position and 10.7 % for the standing position.
2. Realizing of the shooting success rate in CT1/HR 160 is average 86.9 %. It is necessary to develop these qualities of the shooting to reach success of 90.0 % in the next stage of preparation.

Best shooting performance Competition conditions :

Position	WC Standard	Team average
Prone	Over 93 %	86.6 %
Standing	Over 93 %	81.6 %

1. The delay of the WC standard for this indicator is 6.4 % respectively for prone position and 12.4 % for the standing position.
2. Realizing of the shooting success rate in Competition conditions is average 84.1 %. It is necessary to develop these qualities of the shooting to reach success of minimum 88.0 % in the next stage of preparation.

Average best individual shooting performance reached in MP 5+6 :

Name	Best result PRONE	Best result STANDING
EDIN	96.0 %	88.0 %
DZENIS	95.0 %	95.0 %
REDZEP	80.0 %	96.7 %
DENIS	88.0 %	85.0 %
MAJDA	88.0 %	76.0 %
Team Av.	89.4 %	88.2 %

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

- Time to first shot within 13-14sec/prone and 11-12 sec/standing
- Shooting tempo between 1st to 5th shot within 11-12 seconds
- Manipulation and leaving the shooting range is between 2-3 seconds.
 - There are certain delay of 2- 3 sec in general timely structure of the Prone position at the athlete: Redzep Hodzic .
 - Prone position : most of athletes reached average time of 30-34 sec ,which results ist with 6-8 sec delay from the necessary world level on this index.
 - Standing position : most of athletes reached average time of 26-28 sec ,which results are close the necessary world level on this index.

Conclusions:

1. Needed is the next stage of training to improve the quality of shooting in CT1/160 and Competition conditions .

D. Analysis Test competitions

D.1 Comparative table Sprint competition Men - Qualy race 4/BRB Roller cup 3-Final

17.09.2016 Qualification race 7/Sprint 10.3 km/ Balkan Roller Cup 3-Final

Rank	Name	1 loop 3.8 km	Speed Min/km	2 loop 4.0 km	Speed Min/km	P	S	3 loop 2.5 km	Speed Min/km	Running Time/min	Speed min/km	Race Time	Success factor	HR	BUS Points	Improvement		
																Running time	Speed Min/km	Shooting success
1.	EDIN	8.45 min	2.18 min	9.09 min	2.17 min	3 37s	1 27s	5.34 min	2.14 min	23.28 min	2.15 min/km	26.46 min	60.00%	DNR	17		- 3 sec	+10 %
2.	DZENIS	8.38 min	2.16 min	9.28 min	2.22 min	2 41s	4 40s	5.45 min	2.18 min	23.51 min	2.19 min/km	28.57 min	40.00%	191	14		- 8 sec	-10 %
3.	REDZEP	9.25 min	2.28 min	9.29 min	2.22 min	4 42s	2 40s	5.37 min	2.15 min	24.31 min	2.22 min/km	29.38 min	40.00%	184	11		+0 sec	+10%
		2.5 km		2.7 km				2.5 km		Results J Men Sprint 7.7 km								
1.	DENIS*	6.54 min	2.39 min	6.57 min	2.34 min	3 43s	1 27s	7.29 min	2.59 min	21.16 min	2.44 min/km	23.53 min	60.00%	180	9		+4 sec	+ 00%

30.08.2016 Qualification race 6 /Sprint 10 km

Rank	Name	1 loop 4.0km	Speed Min/km	2 loop 4 km	Speed Min/km	P	S	3 loop 2.0 km	Speed Min/km	Running Time/min	Speed min/km	Race Time	Success factor	HR	BUS Points
1.	EDIN	9.15 min	2.18 min	9.30 min	2.22 min	3	2	4.31 min	2.15 min	23.16 min	2.18 min/km	27.11 min	50.00%	182	17
2.	DZENIS	9.50 min	2.27 min	10.19 min	2.34 min	3	1	4.41 min	2.20 min	24.50 min	2.27 min/km	28.08 min	60.00%	183	14
3.	REDZEP	9.40 min	2.25 min	10.03 min	2.30 min	3	4	4.21 min	2.10 min	24.04 min	2.22 min/km	27.56 min	30.00%	182	11
Results J Men Sprint 7.5 km															
1.	DENIS*	10.40 min	2.40 min	5.25 min	2.42 min	3	1	4.11 min	2.37 min	20.16 min	2.40 min/km	23.53 min	60.00%	180	9

D.2 Comparative table Sprin competition Women-Qualy race 7/Balkan Roller Cup 3-Final

17.09.2016 Sprint 7.2 km/ Balkan Roller Cup 3-Final

Rank	Name	1 loop 1.95 km	Speed Min/km	P	S	3 loop 1.95 km	Speed Min/km	Running Time/min	Speed min/km	Race Time	Success factor	HR	BUS Points	Evaluation		
														Running time	Speed Per/km	Shoot success
1.	Milena Todorova/ BUL			2	3			19.41 min	2.44 min/km	23.11 min	50.00%					
2.	MAIDA			2	3			20.28 min	2.48 min/km	23.58 min	50.00%	188	17		- 7 sec	+00 %

06.08.2016 Sprint 6 km/ Balkan Roller Cup 1

Rank	Name	1 loop 1.95 km	Speed Min/km	P	S	3 loop 1.95 km	Speed Min/km	Running Time/min	Speed min/km	Race Time	Success factor	HR	BUS Points
1.	Milena Todorova/ BUL			2	1			15.35 min	2.36 min/km	18.05 min	70.00%		
3.	MAIDA			3	2			17.31 min	2.55 min/km	21.01 min	50.00%	188	17

D.3 Comparative table Functional test 5000m/3000m

Control Test 5000 m/stadium

Name	1st km Speed	5th km Speed	Running time	HR	LA	Speed average	Rank	BUS Q.P.	Improving	
									Time	Speed
Edin	3.19 min/km	3.48min/km	18.27 min	182	7.5	3.43 min/km	2	14	-1.38	-18 sec
Dzenis	3.19 min/km	3.37 min/km	17.57 min	191	9.7	3.37 min/km	1	17	- 1.23	- 15 sec
Redzep	3.19 min/km		21.12 min	179	3.7	4.14 min/km	4	9	+ 0.57	+ 25 sec
Ajlan	DNP									
Denis	3.39 min	4.10 min	18.58 min	193		3.48 min/km	3	11	-1.52	-22 sec
Dejan	DNP									

Control Test 3000 m/stadium

Name	1st km Speed	3rd km Speed	Running time	HR	LA	Speed average	Rank	BUS Q.P.	Improving	
									Time	Speed
Maida	3.33 min/km	4.07min/km	11.46 min	192	11.2	3.55 min/km	1	17	-0.55	- 18 sec
Inesa	3.53 min/km		13.26 min			4.28 min/km	2	14	+0.12	+ 4 sec
Dzejlana	4.19 min/km		15.44 min	192		5.14 min/km	4	9	-2.03	- 41 sec
Anastasia	4.43 min/km		14.18 min	187		4.46 min/km	3	11	- 0.51	-18 sec

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

1. Significantly increase the **Race speed** in the competition at almost all athletes an average of **4 sec/km faster**, compared with the previous race.
2. Increase the **Shooting success** at most athletes an average with **5.0 % more**, compared with the previous race.
5. Realization of an average Running speed of **2.18 min / km**, which compared to the previous race(2.22 min on 06.08.2016) is with **4 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 MP 4, which is primarily a result from conducted training camp in Bansko/BUL(07-19.09.2016) , participation of the team in the finals of the Balkan Cup in Belmeken/BUL and accumulated cumulative training effect from beginning of summer preparation.
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 and Lactat
4. High level of tempo endurance of short distance , which is a very good precondition for the development of the special speed endurance.
5. Significant increase of functional and technical capabilities of the Junior/women athlete Maida Drndic and junior/men athlete Denis Dzekovic. The dynamics of development in these two athletes shows that in near future we can expect them to realize ranking in the first half in competitions of high rank as EYOF, Junior IBU Cup, YJWCH, JOECH.

D.4 Comparative table Ranking regards the best reached speed and success factor/MP4

Reached the best speed in MP4		
Rank	Name	Best reached Speed min/km
1.	EDIN HODZIC	2.18 min
2.	DEJAN KRSMANOVIC	DNP
3.	REDZEP HODZIC	2.22 min
4.	DZENIS AVDIC	2.27 min
5.	DENIS DZEKOVIC*	2.40 min
WOMEN TEAM/Qualy race 7		
1.	MAJDA DRNDIC	2.46 min
2.	ANASTASIJA VOJNOV	3.23 min
3.	INESA ZEKIC	3.26 min
4.	DZEJLANA HASIMOV	3.27 min
MEN Team average		2.27 min/km
WOMEN Team average		3.08 min/km

Reached best speed in MP 5+6			Improving Speed/km
Rank	Name	Best reached Speed min/km	
1.	EDIN HODZIC	2.14min	- 4 sec
2.	DEJAN KRSMANOV	DNP	
3.	REDZEP HODZIC	2.22min	+ - 0 sec
4.	DZENIS AVDIC	2.19min	- 8 sec
5.	DENIS DZEKOVIC*	2.44 min	+ 4 sec
WOMEN TEAM			
1.	MAJDA DRNDIC	2.43 min	- 9 sec
2.	ANASTASIJA VOJNO	DNC	
3.	INESA ZEKIC	DNC	
4.	DZEJLANA HASIMO	DNC	
MEN Team average		2.20 min/km	-7 sec
WOMEN Team average		2.43 min/km	- 25 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.

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