Annex B to

CSS/TDU/1/7/3

Dated 6 Jul 17

**PROVISIONAL PROGRAMME:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | AM | PM | EVENING | REMARKS |
| Fri1 Dec 17 | TEAMS ARRIVE IN OBERTILLIACH(Arrival during the evening is the norm)  |  |
| Sat2 Dec 17 | Team Captains Mtg0830hrs in dining room Haus Gatterer1000hrs in wax roomSKI PREP | 1430hrs@stadiumCLASSICBasic skills | Team Captains Mtg 2000hrs in dining roomHaus Gatterer | Biathlon Stadium |
| Sun3 Dec 17 | 0700hrs in the bankMOBILITY0930hrs@stadiumCLASSIC | 1430hrs@stadium2hrs Team Training | 2000hrs in dining roomTC Meet TBC | Classic skis cleaned after every session |
| Mon4 Dec 17 | 0700hrs in car parkMOBILITY0930hrs@stadiumCLASSIC | 1430hrs@stadium2Hrs Team Training | 2000hrs in dining roomvideo analysisMr A Eason (CI) | Bring memory stick for video analysis |
| Tue5 Dec 17 | 0700hrs in car parkMOBILITY0930hrs@stadiumSKATE | 1430hrs@stadium2Hrs Team Training | 2000hrs in dining roomBiathlon Lecture + rifle fitting Capt S McHugh | Skating skis freshly waxed for conditions |
| Wed6 Dec 17 | 0700hrs in car parkMOBILITY0930hrs@stadiumOWN TRAINING | 1430hrs@stadiumSkate/ Biathlon Training | 2000hrs in dining roomvideo analysis(CI)  | Bring memory stick for video analysis |
| Thu7 Dec 17 | 0700hrs in car parkMOBILITY0930hrs@stadiumSTRENGTH SESSION | 1430hrs@stadiumSkate/ Biathlon Training  | 2000hrs in dining roomski prep for racing(CI) | Bring along team race box to presentation |
| Fri8 Dec 17 | 0700hrs in car parkMOBILITY0930hrs@stadiumCLASSIC | 1430hrs@stadiumSkate/ Biathlon Training | 2000hrs in dining roomhow to prepare fuel/prepare for racingWO1 B Webb | Number draw for CLASSIC RACE |
| Sat 9 Dec 17 | 1000hrs@stadiumRACECLASSIC | 1430hrs@stadiumTeam Training | 2000hrsresults/analysis | Number draw for BIATHLON RACE |
| Sun10 Dec 17 | 1000hrs@stadiumRACEBIATHLON/SKATE | Team Training@stadium | Analysis/results and prize giving in Stadium Bar |  |
| Mon 11 Dec 17 | TEAMS DEPART |  |