Annex B to

CSS/TDU/1/7/3

Dated 6 Jul 17

**PROVISIONAL PROGRAMME:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | AM | PM | EVENING | REMARKS |
| Fri  1 Dec 17 | TEAMS ARRIVE IN OBERTILLIACH  (Arrival during the evening is the norm) | | |  |
| Sat  2 Dec 17 | Team Captains Mtg  0830hrs in dining room Haus Gatterer  1000hrs in wax room  SKI PREP | 1430hrs@stadium  CLASSIC  Basic skills | Team Captains Mtg  2000hrs in dining room  Haus Gatterer | Biathlon Stadium |
| Sun  3 Dec 17 | 0700hrs in the bank  MOBILITY  0930hrs@stadium  CLASSIC | 1430hrs@stadium  2hrs Team Training | 2000hrs in dining room  TC Meet TBC | Classic skis cleaned after every session |
| Mon  4 Dec 17 | 0700hrs in car park  MOBILITY  0930hrs@stadium  CLASSIC | 1430hrs@stadium  2Hrs Team Training | 2000hrs in dining room  video analysis  Mr A Eason (CI) | Bring memory stick for video analysis |
| Tue  5 Dec 17 | 0700hrs in car park  MOBILITY  0930hrs@stadium  SKATE | 1430hrs@stadium  2Hrs Team Training | 2000hrs in dining room  Biathlon Lecture  + rifle fitting  Capt S McHugh | Skating skis freshly waxed for conditions |
| Wed  6 Dec 17 | 0700hrs in car park  MOBILITY  0930hrs@stadium  OWN TRAINING | 1430hrs@stadium  Skate/ Biathlon Training | 2000hrs in dining room  video analysis  (CI) | Bring memory stick for video analysis |
| Thu  7 Dec 17 | 0700hrs in car park  MOBILITY  0930hrs@stadium  STRENGTH SESSION | 1430hrs@stadium  Skate/ Biathlon Training | 2000hrs in dining room  ski prep for racing  (CI) | Bring along team race box to presentation |
| Fri  8 Dec 17 | 0700hrs in car park  MOBILITY  0930hrs@stadium  CLASSIC | 1430hrs@stadium  Skate/ Biathlon Training | 2000hrs in dining room  how to prepare fuel/prepare for racing  WO1 B Webb | Number draw for CLASSIC RACE |
| Sat  9 Dec 17 | 1000hrs@stadium  RACE  CLASSIC | 1430hrs@stadium  Team Training | 2000hrs  results/analysis | Number draw for BIATHLON RACE |
| Sun  10 Dec 17 | 1000hrs@stadium  RACE  BIATHLON/SKATE | Team Training@stadium | Analysis/results and prize giving in Stadium Bar |  |
| Mon  11 Dec 17 | TEAMS DEPART | | |  |