

# **Training Plans for June Camp at Mt. Itasca: June 14 - June 17**

## **Wednesday (June 14):**

9:30 till 10: Registration in Headquarters Bldg.

10 till noon. Shooting practice at range. Range familiarization, safety, assignment of points, 4 basic elements of shooting pyramid: position, trigger control, breathing & sight picture. Dryfire and subsequently live fire for first shot groups in prone and standing.

Noon till 1 PM: Lunch and proceed to Fair Grounds

1:30 till 3:30 Roller ski training at Fair Grounds. Break into two groups. First group concentrates on technique work through cones and agility course. Second group goes out on time trial course and concentrates on using efficient technique over the varied terrain. At 2:30 the two groups reverse roles.

4:00 till 5:30 Camp set up in front of headquarters bldg.

6:00 till 7: Dinner in chalet

7:00 till 8:00 Dryfire in Headquarters Building

## **Thursday (June 15):**

8 till 9: Breakfast

9:30 till 11:00 Strength, agility and balance circuit. (Bosus, agility ladders, stability balls, jump ropes, low hurdles etc.)

11:30 till 12:30: Hill bounding and dryland exercises on main hill with poles.

12:30 till 1:30 Lunch

2 till 4: Accuracy shooting at range.

4:30 till 5:30: Gun Cleaning in Headquarters Bldg.

6 till 7:30: Dinner in chalet or at hosting family

8:00 till 9:00: Training Discussion

## **Friday (June 16):**

8 till 9: Breakfast

9:30 till 11:30: Shooting with elevated heart rate: Combos include short distant runs or bike rides and Minnesota Biathlon strength exercises for 2 minutes.

11:30 till 12:30: Lunch

1 till 3: Distance roller ski from Mt. Itasca (includes for those interested special work on descending and climbing large hill)

4 till 7: Dinner and aquatic sports at Nordgrens

**Saturday (June 17):**

8 till 9: Breakfast

9:30 till 11: Warm-up and roller ski time trial at Fairgrounds

11:30 till 1: Return travel and lunch

1 till 3: Short sprint race running or on mountain bike