

Vancouver Island Biathlon Club



April 2019 Newsletter



VIBC Athletes at Canadian Championships in Whistler

No More Tears – Making the Most of the Off Season

The ski season has sadly come to a close, and we hope this newsletter doesn't find you alone in a darkened room watching endless repeats of World Cup races. While the snow may be receding, there is a lot that's just getting started.

In this juicy issue of the VIBC newsletter you'll find tales of glory from the Canadian and North American Championships in Whistler, notable events you won't want to miss, as well as tips on how to kick off a great year of training.

So slap some storage wax on those skis, pull up your favourite chair, and dig in to some more Biathlon news.

VIBC Athletes Shine at Golden Championships

From March 26-31, Whistler Olympic Park once again hosted the Canadian and North American Biathlon Championships. Were any VIBC athletes in attendance? You bet! Riding the wings of success from the February BC Championships in Kelowna, a strong contingent of athletes enjoyed sunshine and success at this hallowed Olympic range.

Our athletes included: Michael Akey, Glenn Rupertus, Gavin Johnston, Allison Joyce, Philip Douglas Jonathan Kerr, and Christoph Dettling.

All athletes put in a huge effort, and for Glenn and Michael, this meant medals. Michael secured third place in the sprint while Glenn managed to secure gold in every one of his individual races – incredible!

Toques off to those athletes making the journey to Whistler and firing on all cylinders for a hot week of racing. Travelling and racing can be a lot of fun, and our athletes proved once again to be great ambassadors for a great sport. You can read more about this amazing event [here](#). Complete race results can be found [here](#).

Registration Opens for 2019/20 VIBC Programs and Membership

While the snow is quickly melting, your Board of Directors has been working hard to plan out the upcoming year. We have lots in store for the coming months so you'll want to keep your membership current so you don't miss out on any of the action. Don't forget BiBC/Biathlon Canada membership and insurance is done separately; we will send a reminder out when their registration opens.

For information and links to our club registration, visit [this page](#).

Work Parties and Summer Training

To keep our facility running safely and efficiently, we devote a few days during the summer to get together and prepare for the coming season. As the expression goes, many hands make light work, so consider coming out to help!

These work parties are also a great way to stay connected through the summer months with your Biathlon friends. Afterwards, there will be a BBQ and a chance to train. Missing out on such fun is unthinkable! More details will be available on our website soon.

Upcoming dates:

- June 8, 2019 first BBQ and workout lowering half the targets
- July 20th second BBQ and workout lowering the other half of the targets
- July 21st first Mountain-bike race

Racing and Training – the Bread and Butter of Biathletes

The winter is over but you're still hungry for more. *Right now* you're wondering how you can keep racing and training. VIBC has the answer! Over the summer we will be hosting two mountain bike biathlon races. These informal club races are a great way to enjoy the summer sun and keep your skills sharp. Naturally there'll be food and socializing afterwards.

The bike biathlon races will be held on **July 21** and **September 21**. Details and registration will be posted on our website soon.

Biathlon BC Summer Camp at Mt Washington

August 17th to 25th we will be hosting the BC Development and Talent Squads. They will be staying at the VI Mountain Center and training on-site for a week-long shooting camp. This is a great opportunity for the BC teams to see our facilities and promote the mountain center. Keep an eye out for more information about opportunities to join in training.

Biathlon Glory is Built in the Summer

While biathlon is a sport mostly associated with the winter season, biathletes actually put in most of the work before the snow even starts flying. Or at least that's how it should be. With such a short ski season, biathletes need to be top fit so that by the time they click into their skis, they can focus on fine tuning their skills – not building their cardio capacity. If you're wondering where to start, this is the article for you!

The biathlon race season is usually followed by a short break in order to give mind and body a rest. As the days grow longer, you should begin to think about your goals for the upcoming season and how you're going to achieve them. If your goals include doing well in races, the best way to achieve these goals is to undertake a progressive training program, called periodization. While this sounds daunting, it really isn't. Periodization basically means that you don't train the same way all the time.

Shooting

Off season shooting begins with a return to basics, especially the early off season (April – June). If you have your own rifle, reaffirm it is perfectly fitted to you, repair anything that needs it, and commit to weekly shooting sessions that focus on precision. Your shooting sessions should be slow, conscious efforts where you focus on perfect body alignment, perfect sight picture, and relaxed trigger squeeze and follow through. All shooting should be done on paper so that you can see what you're doing and can think about how to make your groups tighter. Shooting should be done at rest (at first) so you can focus on building good habits. Check out links to dry-firing tips on our webpage:

<https://vibiathlon.ca/wp/shooting-and-skiing-resources/>

Physical Training

Intensity and sport-specific training comes later. In the early off season, the focus should start off with building a foundation of strength. This can be done in the gym, but there are other ways to build total strength too. If you have little or no strength training experience, consider enlisting the services of a personal trainer and don't forget to add recovery time into your training cycle.

An essential component of the Nordic athlete's regime should be longer sessions of lower intensity cardio workouts. These can be the most fun of all workouts because they are the most general and least intense! Cross-training workouts include long hikes, bike tours, kayaking, and more. The focus should be on keeping your body moving and keeping the intensity low. These are the workouts that you will build on later in the summer when it's time to add more intensity. Remember, Health Canada recommends an average of a minimum of an hour of exercise a day (just to stay healthy), so any more is good training.

Everyone has different goals and different time commitments. In general, you should aim for at least three strength sessions a week to build strength, and two sessions a week to maintain strength. For cardio training, consider including at least two long sessions a week. The ideal range for long cardio sessions is between 60-70% of your maximum heart rate. Don't know what your heart rate zones are? Use this handy [calculator](#). You can also judge your target zones by the amount of effort you are exerting: in Zone 1/2 you should be able to have a conversation, Zone 3/4 "race pace" should have you able to speak short periodic sentences, Zone 5 (of a 5 zone system), you shouldn't be able to talk at all.

Remember, this is the early off season. There is plenty of time to make adjustments or add intensity later. For now, let's build some strength and a strong cardio base!

Stay tuned for our summer newsletter where I'll talk about the switch to **intensity** and **combination shooting**!

For more information

[Serious Training for Endurance Athletes](#): One of the best books on breaking down the training year.

[Nordic Training Secrets for High Performance Sport](#): Don't let the title of this video scare you. This Natural Fitness Lab piece explains training in a way that is accessible to anyone. Get your ideas and get excited!

Christoph Dettling
Director of Communications