



Biathlon Canada

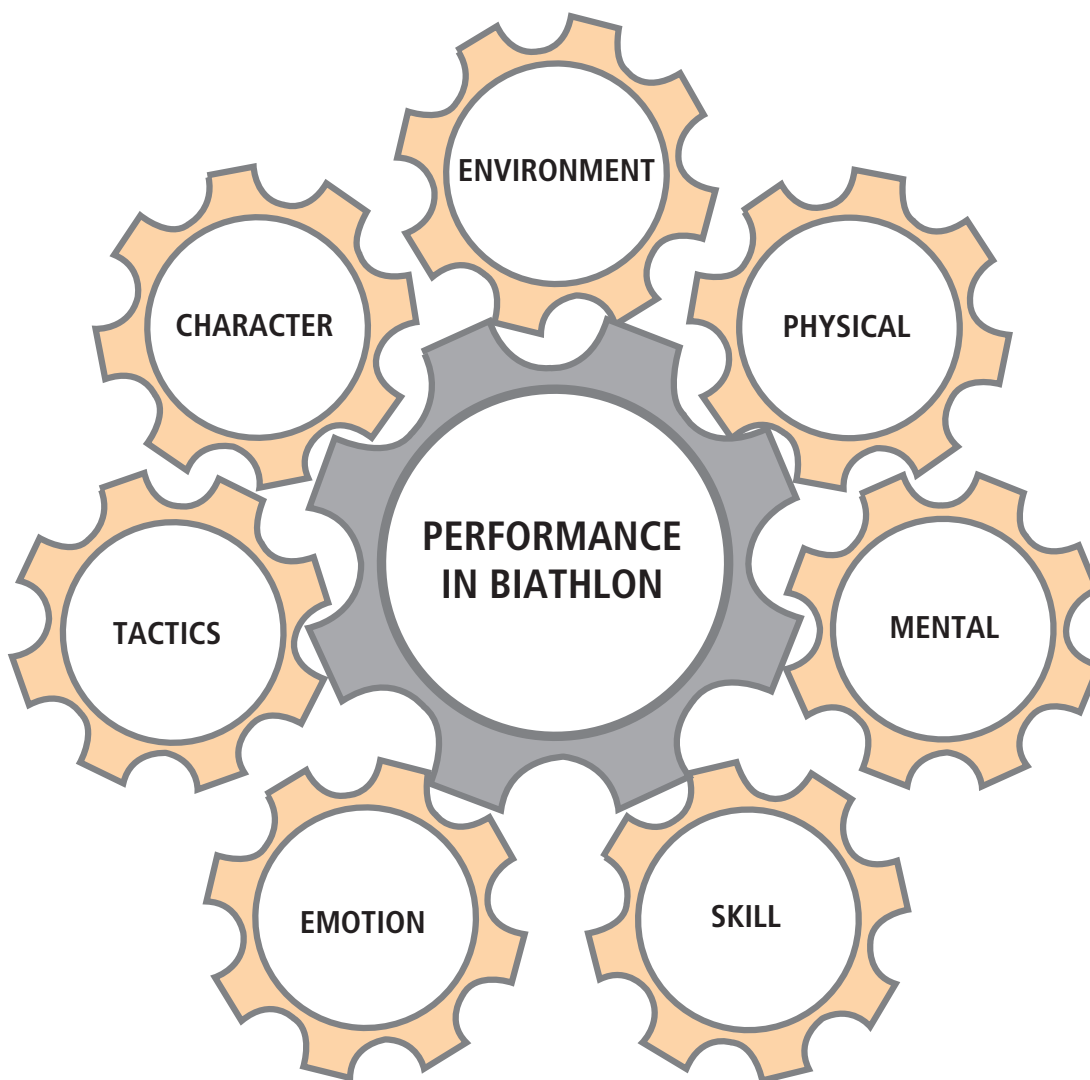
Volume 2: Biathlon Canada LTAD Program

Podium Planning for Performance in Biathlon



Volume 1 of the Biathlon Canada LTAD Model provides the research background and the theoretical foundation for long-term athlete development, filtered for the context of Biathlon. Volume 2 is the expression of Volume 1's principles in a concrete program model, which sets the parameters for program design by Biathlon coaches in Canada. The program model, LTAD-P, provides the practical framework within which to develop athletes graduating from the Learn to Train phase into the competitive environment of the Train-to-Train phase and beyond.

As previously stated, Biathlon is a late developing endurance sport with a high mental component and contrasting skill content. Participants take many years to develop into mature performers based on a myriad of interrelated characteristics.



Whole Athlete Model, adapted from Istvan Bayli, 2004

The following practical model provides a systematic approach to athlete development, based on four crucial pillars of performance: physical, technical, mental and tactical elements of long-term plans.

Tables are provided for physiological, technical and mental development as well as for athletic skills, shooting skills and skiing skills. The sequence and timing of training are based on the information available on the developmental sequences reviewed in Volume 1. Tactics are treated as integral parts of the technical and mental programs as tactics requires particular attention within each of these contexts as tactical ability develops as a highly individualized aspect of an athlete's program.

These tables provide the optimal timetable and framework for the Long-Term Athlete Development Program (LTAD-P)