



Japan Biathlon Federation

JBF Training Seminar

Time Schedule

23rd – 27th June 2014, Sapporo/JPN

Daily Program:

Day	Date	Morning	Afternoon	Evening
Sunday	22 June	Arrival		Receiving of training program and information about upcoming camp Welcom Dinner
Monday	23 June	Shooting Training <ul style="list-style-type: none"> • Depend on Military group plan • Basic shooting nothing task 	Seminar Lecture <ul style="list-style-type: none"> • Ubaldo-san plan 	Evening Seminar <ul style="list-style-type: none"> • Ubaldo-san plan
	24 June	Shooting Training <ul style="list-style-type: none"> • Depend on Military group plan • Basic shooting nothing task 	Afternoon Lecture <ul style="list-style-type: none"> • Ubaldo-san plan • For example :Roller Test for power 	Evening Seminar <ul style="list-style-type: none"> • Ubaldo-san plan

Tuesday	25 June	Morning Lecture <ul style="list-style-type: none"> • Ubaldo-san plan • For example: Running Test 	Shooting Training <ul style="list-style-type: none"> • Depend on Military group plan • Basic shooting nothing task 	Evening Seminar <ul style="list-style-type: none"> • Ubaldo-san plan
Wednesday	26 June	Morning Lecture <ul style="list-style-type: none"> • Ubaldo-san plan • For example :Roller Test for endurance 	Shooting Training <ul style="list-style-type: none"> • Depend on Military group plan • Basic shooting nothing task 	Evening Seminar <ul style="list-style-type: none"> • Ubaldo-san plan
Thursday	27 June	Shooting Training <ul style="list-style-type: none"> • Depend on Military group plan • Basic shooting for easy task 	Afternoon Lecture <ul style="list-style-type: none"> • Ubaldo-san plan • For meeting single athlete 	Evening Seminar <ul style="list-style-type: none"> • Ubaldo-san plan
Friday	28 June	Reserve <ul style="list-style-type: none"> • Ubaldo-san plan 	Reserve <ul style="list-style-type: none"> • Ubaldo-san plan 	