

Trailblazers Biathlon

By Mike Scholte

It is very important to come to every biathlon practice prepared...

Here is what I recommend you pack in your backpack.

Always dress in layers and bring dry clothing for after the workout!!!

- Thin shooting glove
- Thicker warm glove
- Warm Mitten (keeps the fingers together on cold days)
- Thin touque for higher endurance (Race Touque)
- Warm touque for the cold days (Water Resistance is a bonus)
- Post training warm touque
- Neck warmer and/or Buff
- Extra dry socks x 2
- Face cream for cold exposure
- Sunglasses



I put the above in a mesh bag and always ensure it is complete the night before a competition or practice.

What do I wear?

- Dress in Layers!!!!
 - Warm socks but not huge and bulky (try to avoid cotton)
 - Running tights with a winter weight.
 - Wind and waterproof outer pants to wear during warm up or practice.
 - Athletic shirt (again not cotton!)
 - Mid layer shirt.
 - Sweatshirt
 - Jacket

How do I get ready for practice?

- Arrive early!!!
- Make sure you have healthy food and water in your body!
- Get your equipment outside (poles in early season, Skis, Boots & Poles when in snow)
- Fill water bottle for training
- Ask coach if they need help setting up
- Get thinking about doing your best.

Remember... What you eat the night before is in your body the day of practice or race!!!