****

**Regina Biathlon Club**

**Clubhouse Activities**

**Journals:**

1. Date
2. Best part of today’s practice
3. Comments on conditions (weather, snow, shooting, skiing, something that happened)
4. Something you can take away from today (something learned, to work on, you would like to tell someone else, etc.)

**Homework:** (do these activities between scheduled practices

1. Cardio workout x 2: skiing, roller skiing, roller blading, run, bike, etc.
2. Dry fire practice x 2: if you have a rifle to use
3. Adopt prone position: work on mechanics, do same steps each time, eliminate wasted motions
4. Core strength workout x 2: planking, etc.
5. Work on balance: brush your teeth standing on one foot, etc.