

NATIONAL DEVELOPMENT SQUAD – AUTUMN GLACIER CAMP 2003 **By Stuart Paine**

After an emotional 13 hour drive from Calais, France to Ramsau, Austria we were to undertake day one of the winter development camp under the command of Mark Gee. Hoping for a little rest after our over night sleepless drive and early morning arrival we were to find out Mark had other plans.

Only two hours after arriving we were on a slow ascent up a 2700 meter mountain to start our training, when we got to the top it was a nice day lucky for us and there many top athletes also using the glacier to train, it was like putting skis on for the first time all over again, having two meter long skis attached to your feet is strange when you have been training on roller skis all summer that aren't even two feet long.

The feeling for skiing quickly came back and we were straight into our first day of training on snow we trained for about two hours taking it easy for our first day back on snow and training at such a high altitude. We had lunch and rested for a couple of hours after the mornings training which the routine for every training day, after a little rest and chat we went out running around the roller ski track and range for an hour, the tracks and range have been well looked after and it looked like a good place to train.



On day two we were back up on the glacier and we had to ski 20km at an easy pace using our heart rate monitors as a guide. The afternoon's sessions consisted of a 40 minute run and 30 minutes strength circuit working on arms, trunk and legs.

Day three was another 20km ski at an easy pace as we were still getting used to training at that higher altitude, the afternoon exercise was a run up a small mountain which was stated to take an hour but took two, although we didn't mind to much as we had my favourite kind of day ahead.

The fourth day was a day off! So we took it easy had a look around the shops and went for a swim, oh yes and a naked sauna.

Day five and we straight back into it with a two hour ski at an easy pace and then some technique on the video camera which we would discuss at lunch. In the afternoon we went for a one and a half hour ski gang around the hills which was definitely a very beneficial session.

On the sixth day of training we stepped up the ski training and skied for three hours which was ok as we were starting to get used to the altitude and were feeling better, the afternoon was a 30 minute jog and 30 minute's strength circuit which was enough after the mornings ski.

The seventh day we had just two hours skiing but were working a bit harder as our heart rate was not getting as high as fast, then in the afternoon we went roller skiing on the roads around the range area which was a little strange as there was snow on everything around us.

Day eight and it was another rest day but we went for a 30 minute jog in the morning just to keep fresh and get ready for the last three days training as we new we would have to step up the pace.

Day nine in Austria and we skied 30km in the morning and also had a little bit of technique work with mark skiing round with us and filming us too, in the afternoon we went for a ski ganging session but it got dark earlier than we expected so we were only out for 40 minutes but done a 20 minute strength circuit but only working on our trunk.

The tenth day was really nice and we were able to use the ski lifts so we worked on our downhill technique and confidence on cross-country ski's for an hour and we skied around the loops for an hour with a short period of technique before lunch. We ate quickly and set off to Ruhpolding were we had 40 minutes roller skiing and 40 minutes running around the courses there, which was a great refresher ready for this season.

Eleventh day, home time, but only after skiing 30km which we completed fairly quickly knowing we had a big drive ahead of us and we just wanted to get off and on the road.

Overall I think we all really benefited from the nine days we had on snow and also think the course was well run and thought out. So many thanks from all of us to Mr Mark Gee and the Army for providing the minibus, as well as to Sqn Ldr Gordon Seaton RAF Kinloss, the East Grange Biathlon Centre and Mark for the summer courses.

Course Attendants: -	Cpl Mark Gee	2 RTR / BBU
	L/Cpl Ashley Allen	28 Engr Regt
	J/Tech Steve Perry	RAF Kinloss
	Gnr Stuart Paine	22 Regt RA
	Pte Deacon Cutterham	1 RGBW

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