

# Biathlon-Training

Biathlon-Training takes place on the trail in Neuberg. In the event of bad weather the “indoor shooting range” (with laser guns) can be used as an alternative, so that shooting training can always take place.

## Training possibilities:

### Biathlon – Taster Day:

1x week - duration approx. 2 - 3 hours

- Introduction to biathlon rifle
- Shot positioning – stance at the rifle range
- Shot assessment (shooting without stress)
- Shooting with stress (on cross country skis or snowshoes)

Price: € 30,00 per person

### Biathlon – Taster Course:

3 x week – duration of approx. 2 - 3 hours each

- Cross country ski course for beginners or to perfect technique (classic or skating)
- Learn about the rifle, learn shooting skills
- Biathlon tournament
- Practice shots
- Warm up
- Short cross country trail (classic or skating) 2x shooting
- Prize-giving ceremony (with medal and certificate with photo)

Price: € 120,00 per person

### Biathlon – Special Weeks

**from 21st to 28th January 2012 and from 10th to 17th of March 2012:**

- Biathlon-get-together on Sunday evening
- Daily course programme from Monday to Friday
- Cross country course for all levels (beginners – advanced) to learn or perfect cross country technique (classic or skating)
- Introduction to biathlon gun
- Shot positioning – stance at the rifle range – targeting technique – shooting rhythm
- Shot assessment (shooting without stress)
- Biathlon tournament with prize-giving ceremony and award of certificates

Price:

€ 195,00 per person (without equipment)

€ 245,00 per person (incl. rental of cross country equipment )

Only a limited number of spaces available during the special weeks

Rifles and ammunition are included in the packages and will be provided by the trainer.

Cross country ski equipment can be hired from [Sport Stefan](#) in the Hotel Neubergerhof (please book in advance).

**Information and booking:**

**Hotel ...mein Neubergerhof\*\*\*\***

Tel.: 0043 (0) 6453 / 8381