

## Résumé de Kieran Jones - entraîneur

It's day 10 of our European training camp. And you can tell. Bodies are tired. Gear is sweaty. Conversation is reduced to 'food'.

With just one training day, and a couple of travel days remaining before a return to reality (regular workdays for Stephen and I, university and CEGEP for the athletes) our time left is going to be short but good, with a cultural trip to Paris on the way home.

But wow – the quality of training.

Regardless of who comes to Oberhof in the summer, the overwhelming response is that the training here is world class. Read any blog or website regardless of nationality, and that's the impression you get immediately.

And I have to say – it's pretty accurate.

First, and most important, the Ski Hall, or tunnel as its commonly known. The centerpiece of the training town is a massive fridge, with 1200 meters of double-wide skiing. Attached to that is the Oberhof cross country and biathlon stadium (which hosts World Cups, and a Tour de Ski stop on occasion in the winter) where the rollerski track starts and ends from. Between the biathlon and cross country loops, it covers a lot of territory in the German forest – our first loop took us around 35 minutes to complete, and we didn't even ski all of the interior loops.

Add to that a 200 km gravel trail called the 'Rennsteig' which winds through the town just minutes from our hotel door. That trail is intersected by dozens of smaller trails that loop through the area so numerous and in so many different directions that you could easily find yourself lost in your running shoes. So lost that you end up working out in an East German outdoor strength facility that is mostly just pull-up bars and wire balance beams.

Finally, the big piece of quality is always rest and recovery. We've been served three meals a day by a funny Italian chef who makes quality German meals. The tunnel is a short 2 minute drive. Our rollerskis and runs have been straight out the hotel door. Virtually no time has been wasted in transit, and our off-day featured two cultural stops that allowed everyone to decompress mentally and physically.

As a coach, it's been great. The athletes have been focused, worked hard, and made technical gains. I've had time to go through technique video, talk and learn about different athletes, and even been able to stay reasonably active as well. We still have 3 and a half months until the race season – but with that touch of snow, I'm already getting excited, and that overcomes the end of August fatigue.