

Weekly Training Schedule for March 8-14, 2010

		J3			J1/J2/Mids	
Day	Time		Event	Notes	Event	Notes
Mon	AM		Off		Race	
8	PM					
Tue	AM					
9	PM	1:30 4:00	SL	Starts	SL	Starts
Wed	AM					
10	PM	1:30 5:00	SL	Combos	SL	Combos
Thu	AM					
11	PM	1:00 4:00	SL	Tactics	SL	Tactics
Fri	AM					
12	PM	1:00 5:00	SL	Line	SL	Line
Sat	AM	8:00 10:30	SL	Full Course	SL	Full Course
13	PM	11:30 1:30	SL	Free Ski	SL	Free Ski
Sun	AM	8:00 10:30	SL	Full Course	SL	Full Course
14	PM	11:30 1:30	SL	Free Ski	SL	Free Ski

Coaches Comments

Schedule may change so always check the white board.

Any athletes not going to the race still have training available with the J3 athletes. On days that training goes until 5:00, be prepared for dry land and have the appropriate work-out clothing.

Weekly Training Schedule for March 8-14, 2010

J4/J5

Day	Time		Event	Notes
Mon	AM		OFF	
8	PM			
Tue	AM			
9	PM	1:30 4:00	SG	Race Prep
Wed	AM			
10	PM	1:30 5:00	SG	Race Prep
Thu	AM			
11	PM	1:30 4:00	SG	Race Simulation
Fri	AM		Travel Day	
12	PM			
Sat	AM	TBA	SG	Race
13	PM	TBA	SG	
Sun	AM	TBA	SG	Race
14	PM	TBA		

Coaches Comments

Remember helmets are required, bring water and a packed lunch for the weekends. On days that training goes until 5:00, be prepared for dryland and have the appropriate work-out clothing.