

BBNT FALL TRAINING: COMP J1/J2 // COMP-DEVO J2/J3

Week: Nov 28th- Dec 4th

Date	Day	Location	Training Focus	TIME
28-Nov	MONDAY	OFF	rest	
29-Nov	TUESDAY	Camelsback Park	Bounding Technique and Speeds	
COMP		Bring: Running shoes, Water, Bounding Poles	Bounding Technique and Speeds	3:45 PM
COMP-DEVO		Bring: Running shoes, Water, Bounding Poles	Bounding Technique and Speeds	3:45 PM
30-Nov	WEDNESDAY	Fort Boise	Run and Strength	3:45 PM
COMP		BRING: Running shoes, Extra Clothes, Water	Easy and run and strength training with Luke	
1-Dec	THURSDAY	Municipal Park		3:45 PM
COMP-DEVO		BRING: Skate Boots, Rollerskis, Poles, Water, Helmet	Double Pole Rollerski Speeds and a Relay	
COMP			Off	
2-Dec	FRIDAY	Municipal Park	L3 Skate/Double Pole Intervals	3:45 PM
COMP		BRING: Skate Skis, Water	L3 Skate/Double Pole Intervals	
3-Dec	SATURDAY	Bogus Offices	Endurance Adventure	
COMP-DEVO		BRING: TBD	Hike or rock ski, location TBD	8:30 AM
COMP		BRING: TBD	Hike or rock ski, location TBD	8:30 AM
4-Dec	SUNDAY	Fort Boise	Run and Strength	
COMP-DEVO		BRING: Running Shoes, Water	Distance Run and Strength with Eric/Luke	11:00 AM
4-Dec	Sunday	Municipal Park	Distance Rollerski with Pick Ups with Nick	11:00 AM
COMP		BRING: Skate Skis, Water	Distance Rollerski with Pick Ups with Nick	

Comp Volume Training: Low

450 Hour Plan: 7 hours

400 Hour Plan: 6 hours