

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

Week: December 19-27

Date	Day	Location	Training Focus	TIME
19-Dec	MONDAY	OFF	rest	
20-Dec	TUESDAY	Fort Boise		
COMP		Bring: Running shoes, warm layers, water	Strength Outside followed by Run, Drills and a Game	3:00 PM
COMP-DEVO		Bring: Running shoes, warm layers, water	Run Drills and a Game	3:45 PM
21-Dec	WEDNESDAY	Bogus Offices	Running or Skiing Adventure at Banner Ridge	
COMP		Rock skis (Classic recommended), Running Shoes and dry clothes	Investigate skiing at Banner Ridge or run at altitude as a back up	1:00 PM
COMP-DEVO		Rock skis (Classic recommended), Running Shoes and dry clothes	Investigate skiing at Banner Ridge or run at altitude as a back up	1:00 PM

Comp Volume Training: Moderate/Low

450 Hour Plan: 8 hours

400 Hour Plan: 7 hours

Happy Holidays!

Next Organized Practice: Wednesday December 28th

Comp Training Guidelines

Try and get on snow if possible! Over the next 2 weeks the goal is to spend a lot of time on snow (if possible) and to get in the normal rhythm of doing some intensity ever 2-3 days (3-4x8-10min L3 or 4-6x4min L4). In addition to these sessions you can log distance, do various speeds (10-20x10-15 seconds) and specific strength (arms or legs only distance or speeds).

Comp-Devo Training Guidelines

Try and get on snow if possible! The same guidelines as normal apply to quantity of training with activity 4-6 days/week and 320-480 minutes/week for J3's to J2s. If you can't make it to snow I would recommend sessions similar to our normal Thursday Run/Agility/Light Strength sessions. If on snow, try and do some speeds (10-15 seconds long) and maybe some harder effort sections like 2 minutes on, 2 minutes off or ski the uphills "hard" and rest on the flats and downs.