

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

Week:December 28th- January 3rd

Date	Day	Location	Training Focus	TIME
28-Dec	Wednesday	Municipal Park	Skate Rollerski	3:00 PM
COMP		Bring: Helmet, Skate Rollerskis, Water	Skate agility and mixed speeds	
28-Dec	WEDNESDAY	Fort Boise	Run/Strength/Game	3:00 PM
Comp-Devo		Bring: Running shoes, court shoes, warm clothes	Run/Strength/Game at Fort Boise	
29-Dec	THURSDAY	Bogus Offices	Day Trip to McCall	
COMP		Bring:Skate and Classic Skis. Chage of clothes, Food and Water		8:30 AM
COMP-DEVO		Bring:Skate and Classic Skis. Chage of clothes, Food and Water		8:30 AM
30-Dec	FRIDAY	Fort Boise	Run and Strength	3:00 PM
COMP		Running shoes	Run and Strength	
31-Dec	SATURDAY	Bogus Offices	Day Trip to McCall	
COMP		BRING: Skate skis, change of clothes, food and water, \$25	"Scrimmage" 3/5km race with McCall Team and long ski	8:30 AM
COMP-DEVO		BRING: Skate skis, change of clothes, food and water, \$25	"Scrimmage" 3/5km race with McCall Team and/or long ski	8:30 AM
1-Jan	SUNDAY	Camelsback Park	Running, Bounding Speeds and Light Strength	
COMP &		BRING: Running Shoes, Warm Clothes and bounding poles	Running, Bounding Speeds and Light Strength	11:00 AM
COMP-DEVO		BRING: Running Shoes, Warm Clothes and bounding poles	Running, Bounding Speeds and Light Strength	11:00 AM
2-Jan	MONDAY	Municipal Park	Long Double Pole/Skate rollerski	
COMP-DEVO		BRING: Skate (or classic backup) rollerskis, helmet, poles, water	J2s 2 hours, J3s 1.5 hours	3:00 PM
COMP		BRING: Skate (or classic backup) rollerskis, helmet, poles, water	J1s 2+ hours	3:00 PM
3-Jan	TUESDAY	OFF	rest	

Comp Volume Training: HIGH

450 Hour Plan: 12 hours

400 Hour Plan: 10.5 hours