

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

Week: December 5-11

Date	Day	Location	Training Focus	TIME
5-Dec	MONDAY	OFF	rest	
6-Dec	TUESDAY	Municipal Park	Double Pole Rollerski	
COMP		BRING: Rollerskis, Skate Boots, Poles, Water	Distance Double Pole Rollerski with Pick ups	3:45 PM
COMP-DEVO		BRING: Rollerskis, Skate Boots, Poles, Water, Running shoes	Distance Rollerski then a game on foot	3:45 PM
7-Dec	WEDNESDAY	Fort Boise	Run and Strength	3:45 PM
COMP		BRING: Running Shoes, court shoes, Water	45 minute Run outside then strength outside or in the Rec Center Gym	
8-Dec	THURSDAY	Hillside Jr High Baseball Fields	L3 Skate Rollerski	3:45 PM
COMP		BRING: Skate Rollerskis, Helmet, Water	4x8-10min L3 skate	
8-Dec	Thursday	Fort Boise	Run. Game, Light Strength	3:45 PM
COMP -Devo		BRING: Running Shoes, Court Shoes, Water	Run and Game outside and light strength outside or in the Rec Center Gym	
9-Dec	FRIDAY	Municipal Park	Mixed Skate Speeds	
COMP		BRING: Skate Rollerskis, Helmet, Water	Mixed Skate Speeds	3:45 PM
10-Dec	SATURDAY	Camelsback Park	Bounding Technique and Intervals	
COMP-DEVO		BRING: Running Shoes, Water, Bounding Poles	Bounding Technique and Intervals	8:30 AM
11-Dec	SUNDAY	Camelsback Park	Distance Run, Stretching and Plyos	11:00 AM
COMP -Devo		Bring: Running Shoes, Water	Distance Run, Active Stretching and Plyos	

Comp Volume Training: Moderate

450 Hour Plan: 10 hours

400 Hour Plan: 9 hours

