

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

Week: Jan 23rd-29th

Date	Day	Location	Training Focus	TIME
23-Jan	MONDAY	OFF	rest	
24-Jan	TUESDAY	Bogus Offices	Classic	
COMP		BRING: Classic skis, water, snack, change of clothes	3x8min L3 classic intervals	3:45 PM
COMP-DEVO		BRING: Classic skis, water, snack, change of clothes	Striding technique drills and speeds	3:45 PM
25-Jan	WEDNESDAY	Fort Boise	Run and Strength	3:45 PM
COMP		BRING: Running shoes, court shoes, water	Run and Strength	
26-Jan	THURSDAY	Bogus Offices	Depart For Soldier Hollow	8:30 AM
COMP			Depart For Soldier Hollow, preview courses in afternoon	
26-Jan	THURSDAY	Bogus Offices	Skating	3:45 PM
COMP -DEVO		BRING: Skate skis, water, snack, change of clothes	Focus on transitions and no pole skating	
28-Jan	SATURDAY	Bogus Offices	Classic intervals	
COMP-DEVO		BRING: Classic skis, water, snack, change of clothes	Classic intervals	8:30 AM
COMP			Return from Soldier Hollow	
29-Jan	SUNDAY	Location	Clinic	
COMP		BRING: Skate and Classic skis, water, LUNCH, change of clothes	Assist with clinic	8:30 AM
COMP-DEVO		BRING: Skate and Classic skis, water, LUNCH, change of clothes	Assist with clinic	8:30 AM

**Comp Volume Training: Low**

450 Hour Plan: 7 hours

400 Hour Plan: 6 hours