

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

Week: January 3rd-8th

Date	Day	Location	Training Focus	TIME
3-Jan	Tuesday	OFF	rest	
4-Jan	WEDNESDAY	Fort Boise	Run and strength	3:45 PM
COMP		BRING: Running Shoes, Court Shoes, water	45 Minute Run and Strength in the gym with Luke	
5-Jan	THURSDAY	Camelsback Park	L3 Classic Rollerski in "The Bowl"	3:45 PM
COMP		BRING: Classic Rollerskis, Water, Helmet	3x12min L3 with a van shuttle back down	
5-Jan	THURSDAY	Fort Boise	Run/Agility/Strenth/Game	3:45 PM
COMP-DEVO		BRING: Running Shoes, Court Shoes, Water	Run/Agility/Strenth/Game	
6-Jan	FRIDAY	3322 Crane Creek Rd	Waxing available (but not required) + on your own 30 minute run	
COMP &		BRING: Classic Skis	Waxing available in Nicks Garage, reccomended OYO 30min run	3:30-5:30 PM
COMP-DEVO		BRING: Classic Skis	Waxing available in Nicks Garage, reccomended OYO 30min run	3:30-5:30 PM
7-Jan	SATURDAY	Bogus Offices	Sun Valley day/overnight Trip	
COMP-DEVO		BRING: Skate and Classic skis, \$\$, Lunch/snacks	3k or 7.5k classic race and distance ski in afternoon	6:30 AM
COMP		BRING: Skate and Classic skis, \$\$, Lunch/snacks	7.5k individual start classic race and distance ski in afternoon	6:30 AM
8-Jan	SUNDAY		Ski in Sun Valley Return to Boise	
COMP			Ski in Sun Valley Return to Boise or OYO workout	
COMP-DEVO			Ski in Sun Valley Return to Boise or OYO workout	

Comp Volume Training: LOW

450 Hour Plan: 7 hours

400 Hour Plan: 6-7 hours

