

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

Week: January 30th-February-4th

Date	Day	Location	Training Focus	TIME
30-Jan	MONDAY	OFF	rest	
31-Jan	TUESDAY	Bogus Offices	Classic	
COMP		BRING: Classic skis, water, snack, change of clothes	30/30 L4 Intervals	3:45 PM
COMP-DEVO		BRING: Classic skis, water, snack, change of clothes	Mixed classic speeds	3:45 PM
1-Feb	WEDNESDAY	Fort Boise	Run and Strength	3:45 PM
COMP		BRING: Running shoes, court shoes, water	Run and Strength	
2-Feb	THURSDAY	Bogus Offices	Skate	3:45 PM
COMP		BRING: Skate skis, water, snack, change of clothes	JN skiers only L3, others day off or easy ski	
COMP -DEVO		BRING: Skate skis, water, snack, change of clothes	Cornering practice, flat and downhill slaloms	
3-Feb	FRIDAY	Bogus Offices	Skate Agility	
COMP		BRING: Skate skis, water, snack, change of clothes	Skate agility, corners and downhill	3:45 PM
4-Feb	SATURDAY	Bogus Offices	Team Sprint Showdown (skate)- Winners get brownies or Milk Shakes	
COMP-DEVO		BRING: Skate skis, water, snack, change of clothes	Paired with a comp skier for semis and finals of 3 laps each skier	8:30 AM
COMP		BRING: Skate skis, water, snack, change of clothes	paired with a C-D skier for semis and finals of 3 laps each skier	8:30 AM
4-Feb	SATURDAY	McCall JNQ Weekend (Feb 11th and 12th) Payment and Commitment Due!		
5-Feb	SUNDAY	Bogus Offices	Classic Distance	
COMP		BRING: Classic skis, water, snack, change of cloths	Distance ski (1-2 hours) with pick ups and a game?	11:00 AM
COMP-DEVO		BRING: Classic skis, water, snack, change of cloths	Tour of the lower loops and a game	11:00 AM
Banff Film Festival Sunday-Monday-Tuesday (February 5th-7th) nights at the Egyptian Films start at 7PM athletes are expected to show up early to sell raffle tickets				

Comp Volume Moderate/High volume

450 Hour Plan: 10 hours

400 Hour Plan: 8 hours