

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

Week: January 9-15th

Date	Day	Location	Training Focus	TIME
9-Jan	MONDAY	OFF	rest	
10-Jan	TUESDAY	Municipal Park	Double Pole Rollerski	
COMP		BRING: Rollerskis, water, helmet	L3 double pole intervals	3:45 PM
COMP-DEVO		Bring: RUNNING SHOES, rollerskis, helmet	Double pole rollerski drills and then game on foot	3:45 PM
11-Jan	WEDNESDAY	Fort Boise	Run and Strength	3:45 PM
COMP		BRING: Running Shoes, Court Shoes, Water	45 minute run and strength	
12-Jan	Thursday	Fort Boise		
COMP &			Comp depart for WY from Bogus Offices	3:45 PM
COMP-DEVO		BRING: Running Shoes, Water, Court Shoes	Comp-Devo run/game/light strength at Fort Boise	3:45 PM
13-Jan	Friday	OFF		
14-Jan	SATURDAY	Bogus Offices	Skate Ski at Bogus Basin	
COMP-DEVO		BRING: Skate skis, water, change of clothes	~25 skate speeds at Bogus Basin	9:30 AM
15-Jan	SUNDAY	Camelsback Park	Skate intervals at Bogus Basin	11:00 AM
COMP-DEVO		BRING: Skate Skis, Change of Clothes, Water	4x2-4 minute skate intervals at Bogus Basin	

Comp Volume Training: Moderate/Low

450 Hour Plan: 7 hours

400 Hour Plan: 6 hours

