

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

Week:February 13-19th

Date	Day	Location	Training Focus	TIME
13-Feb	MONDAY	OFF	rest	
14-Feb	TUESDAY	Bogus Offices	Classic Intensity	
COMP		BRING: Classic skis, Water, Snack, Change of clothes	4x4 min L4 intervals	3:45 PM
COMP-DEVO		BRING:	5-6x 1 min tune up intervals	3:45 PM
15-Feb	WEDNESDAY	Fort Boise	Run and Strength	3:45 PM
COMP		BRING: Running shoes, court shoes, water	Run and Strength	
16-Feb	THURSDAY	Bogus Offices	Skate	3:45 PM
COMP		BRING: Skate skis, water, snack, change of clothes	L3 or speeds and technique	
16-Feb	THURSDAY	3322 Crane Creek (waxing) / Bogus Offices Depart		
COMP -DEVO			3-5PM Waxing available for Western States and Van leaves at 7:30PM	
17-Feb	FRIDAY		On Your Own	
COMP			On your own 1.5 hours L1 ski, run or bike	3:45 PM
18-Feb	SATURDAY	Bogus Offices	Training	
COMP		BRING: Classic Skis, Water, Change of Clothes, Snack	Long, easy classic ski	8:30 AM
19-Feb	SUNDAY	Bogus Offices		
COMP		BRING: Skate Skis, Water, Change of Clothes, Snack	Skate, agility, games, jumps?	11:00 AM
COMP-DEVO		BRING:	Estimated return time for Western States Trip	11:00 PM

Comp Volume Training: Moderate/High for JN Skiers

450 Hour Plan: 10 hours

400 Hour Plan: 9 hours