

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

Week: Feb 20-26th

Date	Day	Location	Training Focus	TIME
20-Feb	MONDAY	OFF	rest	
21-Feb	TUESDAY	Bogus Offices	Classic	
COMP		BRING: Classic skis, water, snack, change of clothes	Natural intervals?	3:45 PM
COMP-DEVO		BRING: Classic skis, water, snack, change of clothes	Kick Double Pole technique/speeds	3:45 PM
22-Feb	WEDNESDAY	Fort Boise	Run and Strength	3:45 PM
COMP		BRING: Running shoes, court shoes, water	Hopefully we won't have any run ins like last week	
23-Feb	THURSDAY	Bogus Offices	Skate	3:45 PM
COMP		BRING: Skate skis, water, snack, change of clothes	Skate distance ski	
COMP -DEVO		BRING: Skate rock skis, water, snack, change of clothes	Skate agility, build a jump and a game	
24-Feb	FRIDAY	Bogus Offices	Classic	
COMP		BRING:	Tour of lower loop and striding speeds	3:45 PM
25-Feb	SATURDAY	Bogus Offices	Mixed ages relay race	
COMP-DEVO		BRING: Skate skis, water, snack, change of clothes	Low key relay race for skiers of all ages	8:30 AM
COMP		BRING: Skate skis, water, snack, change of clothes	Low key relay race for skiers of all ages	8:30 AM
26-Feb	SUNDAY	Location	TEAM PICTURE and buddy ski day	
COMP		BRING: Skate Skis, TEAM HAT, Team jacket, snack, water	Team picture then ski with a younger member of the team	1:30 PM
COMP-DEVO		BRING: Skate Skis, TEAM HAT, Team jacket, snack, water	Team picture then ski with a team member of a different age	1:30 PM

Comp Volume Training: Low

450 Hour Plan: 7 hours

400 Hour Plan: 6 hours