

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

Week: February 6th-12th

Date	Day	Location	Training Focus	TIME
Banff Film Festival Sunday-Monday-Tuesday (February 5th-7th) nights at the Egyptian				
Please arrive at 5:30/5:45 to sell tickets, films start at 7PM				
6-Dec	MONDAY	OFF	rest	
7-Dec	TUESDAY	Fort Boise	Run and Strength	
COMP		BRING: Running shoes, court shoes, water	Run and Strength	3:45 PM
COMP-DEVO		BRING: Running shoes, court shoes, water	Run and Strength	3:45 PM
8-Dec	WEDNESDAY	Bogus Offices	Classic Intervals	3:45 PM
COMP		BRING: Classic skis, water, snack, change of clothes	5-8x 1 minute "peaking" intervals	
9-Dec	THURSDAY	Bogus Offices	Skate	3:45 PM
COMP		BRING: Skate skis, water, snack, change of clothes	Mixed skate speeds and video review	
COMP -DEVO		BRING: Skate skis, water, snack, change of clothes	Skate relays and a game	
10-Dec	FRIDAY	Bogus Offices		
COMP			Depart for McCall	8:30 AM
11-Dec	SATURDAY	Bogus Offices		
COMP-DEVO			Depart for McCall, back by 5PM (or earlier)	6:00 AM
COMP-DEVO			Payment due for Western States Trip	
12-Dec	SUNDAY	Bogus Offices	Classic Distance	
COMP-DEVO		BRING: Classic skis, water, snack, change of clothes	Classic distance ski with pick ups	11:00 AM

Comp Volume Training: Low

450 Hour Plan: 7 hours

400 Hour Plan: 6 hours