

KD PROGRAM

TRAINING PLAN

FEBRUARY 2011

Updated: 02-Feb-11



← Training Details →

SL = Slalom, GS = Giant Slalom, SG = Super Giant Slalom, DH = Downhill
 TFS = Technical Free Skiing, AMS = All Mountain Skills
 ABC's = Agility, Balance, Coordination & Speed, LSD = Long Slow Distance

	Date	Start Time	Location	Training Details			Comments
				Session 1	Session 2	Session 3	
	Tuesday	1					
	Wednesday	2 6:30pm	COP	Terrain Park			Twin Tips (if you have them) or race skis
	Thursday	3					
	Friday	4					
	Saturday	5 8:45am	Sunshine	AMS	AMS	AMS	All Mountain Skis
	Sunday	6 8:45am	Nakiska	SL TFS	SL Gates	Cool-down & Stretch	Race Skis
	Monday	7					
	Tuesday	8					
	Wednesday	9 6:30pm	COP	SL Gates			Race Skis
	Thursday	10					
	Friday	11					
	Saturday	12 8:45am	Nakiska	Kombi TFS	Kombi Gates - Coaches Cup	Coach-Parent Conferences	Mid-Season Reports Handed Out
	Sunday	13 8:45am	Nakiska	Kombi TFS	Kombi Gates - Coaches Cup	Coach-Parent Conferences	Mid-Season Reports Handed Out
	Monday	14					
	Tuesday	15					
	Wednesday	16 6:30pm	COP	SL Gates			Race Skis
	Thursday	17					
	Friday	18					
FEBRUARY 2011	Saturday	19 9:00am	Fernie	FERNIE FAMILY DAY WEEKEND ADD-ON FREESKIING CAMP See website for Trip Sheet and Complete Details (Training at Sunshine on Sat, Feb 19th for non-participating athletes)			All Mountain Skis
	Sunday	20 9:00am	Fernie				All Mountain Skis
	Monday	21 9:00am	Fernie				All Mountain Skis
	Tuesday	22					
	Wednesday	23 6:30pm	COP	SL Gates			Race Skis
	Thursday	24					
	Friday	25					
	Saturday	26 8:00am	Castle Mountain	CASTLE MOUNTAIN TERRAIN RACE WEEKEND - SEE WEBSITE FOR FULL DETAILS			All Mountain Skis
	Sunday	27 8:00am	Castle Mountain				Race Skis
	Monday	28					