

KD PROGRAM

TRAINING PLAN

JANUARY 2011

Updated: 23-Dec-10



← 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	
Saturday	1					
Sunday	2 8:45am	Nakiska	SL TFS	SL Gates	Cool Down/Stretching	Race Skis
Monday	3					
Tuesday	4					
Wednesday	5 6:30pm	COP	SL Drill Courses			Race Skis
Thursday	6					
Friday	7					
Saturday	8 8:45am	Nakiska	GS TFS	GS Drill Courses	Cool Down/Stretching	Race Skis
Sunday	9 8:45am	Nakiska	GS TFS	GS Gates	Cool Down/Stretching	Race Skis
Monday	10					
Tuesday	11					
Wednesday	12 6:30pm	COP	SL Drill Courses			Race Skis
Thursday	13					
Friday	14					
Saturday	15 8:45am	Sunshine	GS TFS	AMS	AMS	Race Skis and All Mountain Skis
Sunday	16 8:45am	Sunshine	GS TFS	AMS	AMS	Race Skis and All Mountain Skis
Monday	17					
Tuesday	18					
Wednesday	19 6:30pm	COP	SL Gates			Race Skis
Thursday	20					
Friday	21					
Saturday	22 8:45am	Nakiska	GS TFS	GS Gates	Cool Down/Stretching	Race Skis
Sunday	23 8:45am	Nakiska	GS TFS	GS Gates - Coaches Cup	Cool Down/Stretching	Race Skis
Monday	24					
Tuesday	25					
Wednesday	26 6:30pm	COP	SL Gates			Race Skis
Thursday	27					
Friday	28					
Saturday	29 TBA	Jasper	Jasper Provincial Races - GS and SL			Race Skis
Sunday	30		Watch www.skiNASA.org for trip sheet and sign-up link			Race Skis
Monday	31					

JANUARY 2011

|