

NAKISKA ALPINE SKI ASSOCIATION
TRAINING PLAN **JUNE AND JULY 2010**

KD PROGRAM Updated: 21-May-10



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

← Training Details →

Date	Start Time	Location	Session 1	Session 2	Session 3	Comments
Tuesday	1					
Wednesday	2 6:00pm	Edworthy Park	6:00 - 8:00pm KD Dryland (free, optional add-on) - Meet at Edworthy Park on Memorial Drive Side at 6pm			Running Shoes, athletic clothes, water bottle, outside - rain or shine
Thursday	3					
Friday	4					
Saturday	5					
Sunday	6					
Monday	7					
Tuesday	8					
Wednesday	9 6:00pm	Edworthy Park	6:00 - 8:00pm KD Dryland (free, optional add-on) - Meet at Edworthy Park on Memorial Drive Side at 6pm			Running Shoes, athletic clothes, water bottle, outside - rain or shine
Thursday	10					
Friday	11					
Saturday	12					
Sunday	13					
Monday	14					
Tuesday	15					
Wednesday	16 6:00pm	Edworthy Park	6:00 - 8:00pm KD Dryland (free, optional add-on) - Meet at Edworthy Park on Memorial Drive Side at 6pm			Running Shoes, athletic clothes, water bottle, outside - rain or shine
Thursday	17					
Friday	18					
Saturday	19					
Sunday	20					
Monday	21					
Tuesday	22					
Wednesday	23 6:00pm	Edworthy Park	6:00 - 8:00pm KD Dryland (free, optional add-on) - Meet at Edworthy Park on Memorial Drive Side at 6pm			Running Shoes, athletic clothes, water bottle, outside - rain or shine
Thursday	24					
Friday	25					
Saturday	26					
Sunday	27					
Monday	28					
Tuesday	29					
Wednesday	30					
Thursday	1					
Friday	2 7:00am	Parker Ridge	PARKER RIDGE HIKE AND SKI CAMP SEE WEBSITE FOR TRIP SHEET AND ONLINE SIGN-UP			Hike to Parker Ridge snowfield, skiing followed by dryland
Saturday	3 7:00am	Parker Ridge				Family camping weekend
Sunday	4 7:00am	Parker Ridge				FUN!
Monday	5					
Tuesday	6					
Wednesday	7					
Thursday	8					
Friday	9					
Saturday	10					
Sunday	11					
Monday	12 8:30am	Boot Camp	SUMMER BOOT CAMP SEE WEBSITE FOR INFO SHEET AND ONLINE SIGN-UP			Biking on city trails and team games at Fish Creek Park
Tuesday	13 8:30am	Boot Camp				Biking and Frisbee Golf at Canmore Nordic Centre
Wednesday	14 8:30am	Boot Camp				Hike in Kananaskis Country
Thursday	15 8:30am	Boot Camp				Ski Jumping at COP
Friday	16 8:30am	Boot Camp				NASA Triathlon, BBQ and team games at Fish Creek Park

JUNE 2010

JULY 2010