

**KD PROGRAM**  
**TRAINING PLAN**

**NOVEMBER 2010**

Updated: 22-Oct-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	Training Details			Comments
				Session 1	Session 2	Session 3	
	Monday	1					
	Tuesday	2					
	Wednesday	3 6:15pm	Wildwood School	Dryland			Warm-up, agility relays, soccer and ball control drills, core
	Thursday	4					
	Friday	5					
	Saturday	6 8:45am	Nakiska (tentative)	Tentative first day on snow (morning only) if Nakiska is open			Watch online calendar for updates on first day/Nakiska opening
	Sunday	7					
	Monday	8					
	Tuesday	9					
	Wednesday	10 6:30pm	Olympic Oval	Dryland - NOTE LOCATION CHANGE (to Olympic Oval) FOR NOV 10TH ONLY! 6:30 - 8:30pm Session			Nutrition Seminar for Parents at University while athletes are training
	Thursday	11					
	Friday	12					
	Saturday	13 8:45am	Nakiska (tentative)	TFS - find feet	TFS and Drills	Cool down and stretch	Skis TBA - tech freeskiing - find feet and balance
	Sunday	14 8:45am	Nakiska (tentative)	TFS - find feet	TFS and Drills	Cool down and stretch	Skis TBA (snow-dependent)
	Monday	15					
	Tuesday	16					
	Wednesday	17 6:15pm	Wildwood School	Dryland			Warm-up, circuits (agility, coordination, balance, strength)
	Thursday	18					
	Friday	19					
	Saturday	20 8:45am	Nakiska (tentative)	TFS - warm-up	TFS and Drills	Cool down and stretch	Skis TBA
	Sunday	21 8:45am	Nakiska (tentative)	TFS - warm-up	TFS and Drills	Cool down and stretch	Skis TBA
	Monday	22					
	Tuesday	23					
	Wednesday	24 6:15pm	Wildwood School	Dryland			Warm-up, fitness testing, team games, DRYLAND REPORT CARD HANDED OUT
	Thursday	25					
	Friday	26					
	Saturday	27 8:45am	Lake Louise (tentative)	TFS - warm-up	Watch Men's World Cup DH	AMS	Snow-dependent - training location to be confirmed
	Sunday	28 8:45am	Nakiska (tentative)	TFS - warm-up	TFS and Drills	Cool down and stretch	
	Monday	29					
	Tuesday	30					

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