

KD PROGRAM
TRAINING PLAN

OCTOBER 2010

Updated: 01-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	
	Friday	1					
	Saturday	2 10:00am	Canmore Nordic Centre	Biking at the Canmore Nordic Centre (3 hours)			Meet at the daylodge at 10am - bikes and helmets required
	Sunday	3 12:30pm	Altadore Gym Club	Gymnastics			
	Monday	4					
	Tuesday	5					
	Wednesday	6 6:30pm	Wildwood School	Dryland - move indoors to Wildwood School Gymnasium - sessions now 6:30pm - 8:30pm			Warm-up, fitness testing, goal setting - team standards and rules
	Thursday	7					
	Friday	8					
	Saturday	9					No Training or Gymnastics on Thanksgiving Weekend
	Sunday	10					
	Monday	11					
	Tuesday	12					
OCTOBER 2010	Wednesday	13 6:30pm	Wildwood School	Dryland			Warm-up, coordination and balance circuits, team games
	Thursday	14					
	Friday	15					
	Saturday	16 2:00pm	Olympic Oval	Skating	***Nutrition Seminar for Parents while the athletes are skating - see web		Hockey skates and helmets required (rentals are available)
	Sunday	17 12:30pm	Altadore Gym Club	Gymnastics			
	Monday	18					
	Tuesday	19					
	Wednesday	20 6:30pm	Wildwood School	Dryland			Warm-up, agility and lateral quickness, beep test
	Thursday	21					
	Friday	22					
	Saturday	23 TBA	Eau Claire Market	Halloween Howl Road Race - see website for details			Join the NASA team in the Halloween Howl Road Race (optional)
	Sunday	24 12:30pm	Altadore Gym Club	Gymnastics			Final session of Gymnastics
	Monday	25					
	Tuesday	26					
	Wednesday	27 6:30pm	Wildwood School	Dryland			Warm-up, coordination, crunches and push-ups, flexibility
Thursday	28						
Friday	29						
Saturday	30					No Training on Halloween Weekend	
Sunday	31						