

# KD PROGRAM

## TRAINING PLAN

SEPTEMBER 2010

Updated: 19-Aug-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	
	Wednesday	1					
	Thursday	2					
	Friday	3					
	Saturday	4					
	Sunday	5					
	Monday	6					
	Tuesday	7					
	Wednesday	8					
	Thursday	9					
	Friday	10					
SEPTEMBER 2010	Saturday	11	9:00am South Calgary Hall	NASA Equipment Swap/Garage Sale, 9am - 1pm at South Calgary Community Hall			Watch Website - Coaches on hand to help with equipment selection
	Sunday	12	12:30pm Altadore Gym Club	Gymnastics (12:30 - 2:00pm)			Parent meeting during gymnastics session
	Monday	13					
	Tuesday	14					
	Wednesday	15	6:00pm Edworthy Park	Dryland - outdoors at Edworthy Park (6:30 - 8:30pm)			Warm-up, agility, coordination and team-building
	Thursday	16					
	Friday	17					
	Saturday	18	9:00am Nakiska	NASA Nakiska Hill Clean-Up, 9am - 2pm at the ski hill - meet at the coaches hut			Dress to hike up the hill, bring work gloves, lunch and water
	Sunday	19	12:30pm Altadore Gym Club	Gymnastics			
	Monday	20					
	Tuesday	21					
	Wednesday	22	6:00pm Edworthy Park	Dryland			Warm-up, agility, stamina (LSD run), relay races
	Thursday	23					
	Friday	24					
	Saturday	25	9:30am Kananaskis	KD Hike in Kananaskis - Location TBA			Bring lunch, snacks, water, extra clothes, bug spray, etc - full day hike
	Sunday	26	12:30pm Altadore Gym Club	Gymnastics			
	Monday	27					
	Tuesday	28					
	Wednesday	29	6:00pm Edworthy Park	Dryland - Bring Bikes			Bike Ride to Bowness Park (city trails) - 2 hours
	Thursday	30					