

NGI/MINI MEISTERS PROGRAM - SUNDAYS

TRAINING PLAN

JANUARY 2011

Updated: 01-Jan-11



← 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					
Monday	3					
Tuesday	4					
Wednesday	5					
Thursday	6					
Friday	7					
Saturday	8					
Sunday	9 9:00am	Nakiska	TFS and Drills	TFS and Drills	Cool Down and Stretch	First day, meet at base for 9am start, finished at 3pm
Monday	10					
Tuesday	11					
Wednesday	12 6:30pm	COP	Greener Gates (optional add-on)			
Thursday	13					
Friday	14					
Saturday	15					
Sunday	16 9:00am	Nakiska	TFS and Drills	AMS	AMS	
Monday	17					
Tuesday	18					
Wednesday	19 6:30pm	COP	Greener Gates (optional add-on)			
Thursday	20					
Friday	21 9:00am	Nakiska	I Ski U Ski for Parents - See Website for Details and Registration (optional add-on)			
Saturday	22					
Sunday	23 9:00am	Nakiska	Drill Courses	GS Gates - Coaches Cup	AMS	
Monday	24					
Tuesday	25					
Wednesday	26 6:30pm	COP	Greener Gates (optional add-on)			
Thursday	27					
Friday	28					
Saturday	29					
Sunday	30 9:00am	Nakiska	TFS and Drills	SL Drill Courses	AMS	
Monday	31					

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