

		MONDAY 24-Oct	TUESDAY 25-Oct	WEDNESDAY 26-Oct	THURSDAY 27-Oct	FRIDAY 28-Oct	SATURDAY 29-Oct	SUNDAY 30-Oct
Recovery	AM			Snow King. Strength		Off	Roller Ski Race. 9:30 departure.	
	PM	<b>Prep/Comp.</b> Snow King. Run. Plyos. Strength	<b>Prep/Comp.</b> Alpine Fields. Classic Striding and DP speeds.	<b>Prep/Comp.</b> 3:30- Resume/Bio. 4- Old Pass V1 Technique/Intervals	Rest/Recovery	<b>Prep/Comp.</b> Alpine Fields. 3:30 Resume/Bio 4- Trail Run. Agility & Games		Rest/Recovery
		31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov
Intensity/Test Week	AM	Last Test Week					Trail Creek Clean Up	
	PM	<b>Prep/Comp.</b> Costumes! 3000m time trial	<b>Prep/Comp.</b> Alpine Fields. 3:30 Skate Agility & Easy Distance.	<b>Prep/Comp.</b> Alpine Fields to Wilson. 3:30. Relaxing Breathing Techniques. 4- Double Pole Time Trial	<b>Comp.</b> Alpine Fields to Melody. 3:30. Classic stride technique drills.	<b>Prep/Comp.</b> Alpine Fields to Snow King. 3:30 Race Day Goals. 4- Hagen Running Time Trial.		Rest/Recovery
		7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov
Volume	AM	<b>Early Release Begins.</b> 3pm practice. Schedule subject to change if we have snow		Snow King. Strength				
	PM	<b>Prep/Comp.</b> Snow King. Ski Walk. Plyos. Strength	<b>Prep/Comp.</b> Alpine Fields. Skate Agility & Speed/Technique & Distance	<b>Prep/Comp.</b> Alpine Fields. . Distance Trail Run. Yoga & Guided Relaxation	<b>Comp.</b> Alpine Fields. Double Pole Distance	<b>Prep/Comp.</b> Black Canyon. Moose Hoof Intervals. Yoga & Self Guided Relaxation	Rest/Recovery	Recommended Training OYO
		14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
Recovery	AM			Snow King. Strength			Depart for West Yellowstone	
	PM	<b>Prep/Comp.</b> Snow King. Run. Plyos. Strength	<b>Prep/Comp.</b> Alpine Fields to TC 3- Moose Hoove Intervals	<b>Prep/Comp.</b> Alpine Fields. 3- Training Logs. Skate Agility/Games	Rest/Recovery	<b>Prep/Comp.</b> Alpine Fields. 3- Easy 45 minute run with core		West Camp