

MRT J4 Training Plan

Season of 2009/2010



Day/Date	Morning	Afternoon
Saturday, Dec. 5 Free Ski Equipment	J4 Elites on snow training w/ Juniors	J4 Elites on snow training w/ Juniors
Sunday, Dec. 6 Slalom Skis	J4 Elites on snow training w/ Juniors Coaches Clinic in a.m.	J4 Elites on snow training w/ Juniors
Saturday, Dec. 12 GS Gear	All Mighty Mites on Snow-except INTRO-Directed Free Ski-BASICS	All Mighty Mites on Snow-except INTRO-Directed Free Ski-BASICS
Sunday, Dec. 13 GS Gear	Balance and Stance Drills	Elites and Devo J4,5, and 6's Free Ski Coaches Clinic in P.M.
Saturday, Dec. 19 Slalom Gear-J4's GS Gear-J5's and 6's	**J4's train w/ J-3's Slalom J5's and 6's-Mileage, Mileage-Directed free Skiing-Turn shape drills	**J4's train w/ J-3's Slalom J5's and 6's-Mileage, Mileage-Directed free Skiing-Turn shape drills
Sunday, Dec. 20 Slalom Gear-J4's GS Gear-J5's and 6's	**J4's train w/ J-3's Slalom J5's and 6's Easy GS Course w/ helper Gates	**J4's train w/ J-3's Slalom J5's and 6's Easy GS Course w/ helper Gates
Sunday, Dec. 27 Winter Camp	Free Ski and Directed Free Ski Drills	Turn Shape and Balance Drills with Brushes and Stubbies
Monday, Dec. 28 Winter Camp	Turn Shape and Balance Drills with Brushes and Stubbies	Balance Drills, jumps, stance oriented etc. Directed Free Skiing
Tuesday, Dec. 29 Winter Camp	Intro into GS course-Sections w/ helper gates	Full GS course w/ helper gates
Wednesday, Dec. 30 Winter Camp	Turn Shape Drills. SL Course Sections	SL Course w/ helper gates. Full Course
Saturday, Jan. 2 Slalom Gear	Turn Shape and Balance Drills with Brushes and Stubbies	Turn Shape and Balance Drills with Brushes and Stubbies
Sunday, Jan. 3 Slalom Gear	Slalom Stubbies Sections	Slalom Stubbies Sections
Saturday, Jan. 9 GS Gear	Prep for Kandahar-Kombi Course practice with MAC and CSRT	Prep for Kandahar-Kombi Course practice with MAC and CSRT
Sunday, Jan. 10	Kandahar-Run #1	Kandahar-Run #2
Saturday, Jan. 16 GS Gear	Directed Free Skiing and Drills. GS oriented. Focusing on fundamentals of stance and building angles. Corridor/ Side slips/hop turns etc.	Focus on STARTS Use wireless timing and practice starts through three gates. GS oriented. Experiment with styles. i.e. Polling only, skating, # of skates to find fastest style for each athlete.

Sunday, Jan. 17 Slalom Gear	More directed free skiing and focused drills. Slalom Oriented. Emphasis on angles, squared upper body, and hand position in preparation for afternoon training. Use stubbies and concentrate on inside line.	Intro to clearing... Start with stubbies focus on LINE. Set 3- 8 to 10 gate courses, one stubbie, one mixed, one all tall gates.
Saturday, Jan. 23 Slalom Gear	Prep for Diamond Dual Free Ski and drills. Slalom course with stubbies. Hairpin drills, flushes, focus on quickness, and anticipation.	Set Dual Slalom and run for fun.
Sunday, Jan 24	Diamond Dual Slalom Run 1	Diamond Dual Slalom Run 2
Saturday, Jan 30 GS Gear	Train GS -Focus on turn shape and line.	
Sunday, Jan. 31 GS Gear	Jump Training on Stadium-Skiers Right, Near Light Pole. Mix in GS training drills. Schlopy, handlebars, etc. X-Country Training for Sarich and Makinson Groups @ HRM	Jump Training on Stadium-Skiers Right, Near Light Pole. Mix in GS training drills. Schlopy, handlebars, etc. X-Country Training for Lisac Groups @ HRM
Friday, Feb. 5	Oregon 4-way-X Country	Oregon 4-way-Jumping
Saturday, Feb 6	Oregon 4-way-Slalom Run 1	Oregon 4-way-Slalom Run 2
Sunday, Feb 7	Oregon 4-way GS Run 1	Oregon 4-way-GS Run 2
Saturday, Feb 13	Train Slalom -Focus on hands and building angles.	Train slalom- Set full length w/ tall poles. Cycle in and out with drills. Video and review.
Sunday, Feb 14	Train GS -Full GS down Rams Head-Share w/ Cooper Spur in p.m.	GS Oriented Free Skiing. Focus on balanced athletic stance.
Monday, Feb 15	Directed Free Skiing and SL Training on Stadium	Free Skiing for afternoon.
Saturday, Feb 20	Run full GS down Stadium. Look for opportunities to run varied lines. Which is faster?	Buddy Werner Time Trial-GS Two Runs Timed
Sunday, Feb 21	Drills and directed free skiing. Concentrate on squaring body and angles. Creating edging early but patiently.	Train Slalom-Course sections, stubbies, mixed, and all tall. Review fundamentals w/ drills and free skiing.
Saturday, Feb 27	Meadows Challenge Slalom Run 1	Meadows Challenge Slalom Run2
Sunday, Feb 28	Meadows Challenge GS Run 1	Meadows Challenge GS Run 2

Saturday, March 6	Run full GS on Rams Head. Focus on pressing over the roll. Smooth carve on the delay, and line through the bottom.	Reset on Rams Head. Cycle with free runs and drills as well as running the course.
Sunday, March 7	GS Championships-Non Buddy Racers Step back to basic fundamental drills before moving to a stubbie course. Integrate tall gates throughout a.m.	GS Championships-Non Buddy Racers Continue integrating tall poles into course until whole course is tall. Run 2 runs of all tall.
Friday, March 12	Buddy Werner Championships	Buddy Werner Championships
Saturday, March 13	Buddy Werner Championships **non-Buddy participants: Train GS, full course, cycled with drills and free skiing.	Buddy Werner Championships **non-Buddy participants: Train GS, full course, cycled with drills and free skiing.
Sunday, March 14	Buddy Werner Championships **non-Buddy participants: Train SL, full course, cycled with drills and free skiing.	Buddy Werner Championships **non-Buddy participants: Train SL, full course, cycled with drills and free skiing.
Saturday, March 20	Train GS -Free ski drills, stubbie GS course, focus on upper body position and rolling skis edge to edge and early pressure.	Train GS -More free ski drills, stubbie GS course, focus on upper body position and rolling skis edge to edge and early pressure.
Sunday, March 21	Train SL -Set stubbies in sections, vertical combinations, flushes, rhythm. More free ski drills.	Train SL -Set full SL with stubbies. Rip it Up!!!
Monday, March 22	<i>Spring Break Camp</i>	<i>Spring Break Camp</i>
Tuesday, March 23	<i>Spring Break Camp</i>	<i>Spring Break Camp</i>
Wednesday, March 24	<i>Spring Break Camp</i>	<i>Spring Break Camp</i>
Thursday, March 25	<i>Spring Break Camp</i>	<i>Spring Break Camp</i>
Friday, March 26	<i>Spring Break Camp</i>	<i>Spring Break Camp</i>
Saturday, March 27	Spring Fest at Ski Bowl Combined Run #1-GS	Spring Fest at Ski Bowl Combined Run #2-SL
Sunday, March 28	Spring Fest at Ski Bowl Dual GS Run #1	Spring Fest at Ski Bowl Dual GS Run #2
Saturday, April 3	Train GS -Set open "Super G" style course and work on getting comfortable with speed.	Train GS -Free ski and focus on terrain changes at speed. Cycle in on course throughout afternoon.
Sunday, April 4	Train GS -Head to terrain parks and variable terrain. Focus on balanced body over rolls and "race jumps"	Train GS -Set GS course, work on line, especially on "blind rolls". Cycle in on course throughout afternoon with free skiing.

Saturday, April 10	Train GS/x-Country -Groups head to Nordic Center for x-country “skate”, training. Run open GS on Ladyslipper.	Train GS/x-Country -Groups head to Nordic Center for x-country “skate”, training. Run open GS on Ladyslipper.
Sunday, April 11	Easter Sunday-No Training	Easter Sunday-No Training
Saturday, April 17	Train Jumping and GS -Build jump on Upper Rams Head, Set open GS down stadium.	Train Jumping and GS -Build jump on Upper Rams Head, Set open GS down stadium.
Friday, April 23	May Day Race x-country race/jumping	May Day Race Jumping and training
Saturday, April 24	May Day Race Super G/GS	May Day Race Super G/GS
Sunday, April 25	May Day Race Super G/GS	May Day Race Super G/GS
Sunday, May 2	MRT FAMILY FUN DAY Dual Fun Race/BBQ and Awards	MRT FAMILY FUN DAY Dual Fun Race/BBQ and Awards
Saturday, May 29	Golden Rose-Timberline	Golden Rose-Timberline
Sunday, May 30	Golden Rose-Timberline	Golden Rose-Timberline