



Athletes need to bring all modes of training equipment to each session (rollerskis, skate and classic, running shoes and bounding poles). Athletes must have the correct attire for the weather with a dry shirt to change into after training, and a bright top for rollerskiing. The total hours next to each week is a range from beginners to our elite athletes. You should try and stay with in that range every week. A more detail hour schedule can be found in the training plan hours document for the yearly break down of what your training hours should look like for each hour plan. If you have questions please reach out to a coach.

EAGLE RIVER ANR TRAINING SEPTEMBER 2020

DAY	DATE	TIME	LOCATION	FOCUS
Week 19 (High)- Total Hours: 12.25-17.5				
Mon	8/31	2:30	CHS	Distance Skate Ski (20-30min no pole) /Strength(bring back pack)
Tue	9/1	2:30	CHS	Run/ Spenst
Wed	9/2	3:00	Loretta French	Classic DP and Strength (Bring weighted back pack)
Thu	9/3	2:30	Arctic Valley	Lv3 ski walking/bounding
Fri	9/4	OYO	OYO	Distance ski bike or run w/core
Sat	9/5	OYO	OYO	OD ski, hike, run 30-60min no poles
Sun	9/6	OFF	OFF	
Week 20 (Recovery)-Total Hours: 6.75-11				
Mon	9/7	2:30	OYO	Distance roller ski or run - Labor Day No Practice
Tue	9/8	3:00	CHS	Skate intervals Lv3 /Strength (valley Comes to Eagle River)
Wed	9/9	3:00	Trunk Road	Classic specific strength/distance
Thu	9/10	2:30	CHS	Spent/Run/Strength
Fri	9/11	OYO	OYO	Distance ski, bike, run (include 6-8 10 sec pick ups)
Sat	9/12	OYO	OYO	OD SKI, Hike, Run or Palmer Invite
Sun	9/13	OFF	OFF	
Week 21 (Low)- Total Hours: 8.5-13				
Mon	9/14	3:00	CHS	Birchwood Classic TT/ Strength (valley Joins)
Tue	9/15	3:00	Palmer High School	Double pole resistance bands/Strength, Pick ups
Wed	9/16	2:30	Mi 7 out ER Road/Clemens Cir	Skate Ski V2 focus distance ski
Thu	9/17	2:30	CHS	Running Intervals Lv3
Fri	9/18	2:30	OYO	Distance ski 30 min no poles, 15-20min core/ strength
Sat	9/19	OYO	OYO	OD Distance ski bike run
Sun	9/20	OFF	OFF	
Week 22 (Medium)- Total Hours: 10.5-16				
Mon	9/21	2:30	CHS	Classic distance /Strength
Tue	9/22	2:30	CHS	Distance run/ spenst/core (SRL to Valley)
Wed	9/23	OYO	OYO	Distance ski bike run
Wed	9/23	3:00	Palmer High School	Classic distance /Strength (Stan to Valley Practice)
Thu	9/24	2:30	Arctic Valley	Bounding/ski Lv 4 intervals (5 min total- 2min lv3 +3minLv4 / Strength)
Fri	9/25	3:00	Roe Way	Skate intervals (group sprints) (Valley joins)
Sat	9/26	OYO	OYO	Distance ski bike run 6-8 x 10-15 sec pick ups
Sun	9/27	OFF	OFF	
Week 23 (High)- Total Hours: 12.75-19.5				
Mon	9/28	3:00	Eklutna	Classic specific strength distance ski (valley Joins)
Tue	9/29	2:30	CHS	Distance Run/ Strength (Stan to valley)
Wed	9/30	OYO	OYO	Distance ski, bike, run w/a couple pick ups
Thu	10/1	2:30	CHS	Classic intervals lv3
Fri	10/2	2:30	CHS	Skate distance ski, no pole work/Strength (SRL to Valley)
Sat	10/3	OYO	OYO	OD ski bike run
Sun	10/4	OFF	OFF	