



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.

### Valley ANR TRAINING OCTOBER 2020

DAY	DATE	TIME	LOCATION	FOCUS
<b>Week 23 (High)- Total Hours: 12.75-19.5</b>				
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 MIKEY
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	
<b>Week 24 (Recovery)-Total Hours:</b>				
Mon	10/5	OYO	OYO	Strength/Classic Roller ski
Tue	10/6	3:00	Crevasse	Core/ Running/ Bounding SRL
Wed	10/7	OYO	OYO	Distance Run Lv1 90-120min
Thu	10/8	3:30	PHS	Strength/skate Distance MIKEY
Fri	10/9	3:00	GPRA	Skate Distance/ Speeds STAN
Sat	10/10	OYO	CHS	OD rollerski w/30 DP and 30 min NO Poles
Sun	10/11	OFF	OFF	
<b>Week 25 (Low)- Total Hours</b>				
Mon	10/12	3:00	CHS	Run Lv 3 intervals/ Strength (4-5 X 6-8 min on time)
Tue	10/13	3:00	Trunk Road	Core/Classic Specific Strength/ Speeds Starts SRL
Wed	10/14	OYO	OYO	Distance Ski or run Lv1 90-120 min
Thu	10/15	3:30	PHS	Strength/Skate Distance MIKEY
Fri	10/16	3:00	PHS	Classic ski DP Intervals lv4 (short 30-60sec on 90-120sec off) STAN
Sat	10/17	OYO	OYO	OD ski or Hike 90-180min
Sun	10/18	OFF	OFF	
<b>Week 26 (Medium)- Total Hours:</b>				
Mon	10/19	2:30	OYO	Distance Ski/ or run with 6x10 sec pick ups (90-120min)
Tue	10/20	3:00	PHS	Strength/ running with poles STAN
Wed	10/21	3:00	GPRA	Skate Lv 3 Intervals SRL
Thu	10/22	3:30	PHS	Strength/classic distance MIKEY
Fri	10/23	3:00	Crevasse	Bounding Intervals Lv3/Lv4 (4-6 min on time) SRL
Sat	10/24	OYO	OYO	OD Roller Ski 30min no pole (90-180min)
Sun	10/25	OFF	OFF	
<b>Week 27 (High)- Total Hours:</b>				
Mon	10/26	OYO	OYO	Distance Run or ski OYO
Tue	10/27	3:00	CHS	Distance ski classic/ SRL
Wed	10/28	3:00	Trunk Road	Classic Intervals Double Pole Intervals STAN
Thu	10/29	3:30	PHS	Strength/Run MIKEY
Fri	10/30	3:30	PHS	Skate distance- Transition work/pick ups STAN
Sat	10/31	OYO	OYO	OD Ski or Hike/Run 1.5hrs-3hrs
Sun	11/1	OFF	OFF	
<b>Week 28 (Recovery)- Total Hours:</b>				
Mon	11/2	3:00	Arctic Valley	Arctic Valley TT
Tue	11/3	3:00	GPRA	Skate distance day/Core SRL
Wed	11/4	OYO	OYO	Easy distance run or roller ski (90-120min)
Thu	11/5	3:30	PHS	Strength Test? MIKEY
Fri	11/6	3:00	Trunk Road	classic roll specific strength/ Classic roll STAN
Sat	11/7	OYO	OYO	Hatcher pass ski if snow or OD roller ski or run(1.5-3hrs)
Sun	11/8	OFF	OFF	