



EAGLE RIVER Middle School ANR TRAINING October 2020

DAY	DATE	TIME	LOCATION	FOCUS
Week 1				
Thu	10/8	4:15-5:30	CHS	Easy distance Run/ Core
Week 2				
Mon	10/12	4:15-5:30	CHS	Run/Spent/Core
Thu	10/15	4:15-5:30	CHS	Skate Rollerski
Week 3				
Mon	10/19	4:15-5:30	CHS	Running Intervals
Thu	10/22	4:15-5:30	CHS	Skate Rollerski- Balance Work
Week 4				
Mon	10/26	4:15-5:30	CHS	Classic rollerski/Core
Thu	10/29	4:15-5:30	CHS	Run/ Speed work/ Play ground strength (Costume Contest)
Week 5				
Mon	11/2	4:15-5:30	CHS	Running intervals
Thu	11/5	4:15-5:30	CHS	Run/Games
Week 6				
Mon	11/9	4:15-5:30	CHS	Skate Rollerski
Thu	11/12	4:15-5:30	CHS	Distnace Run/core