



EAGLE RIVER ANR TRAINING AUGUST 2019

DAY	DATE	TIME	LOCATION	FOCUS
Medium Hour Week				
Mon	7/29	9:30	Arctic Valley	Arctic Valley Time Trial
Tue	7/30	9:30	CHS	Strength Test/ Skate Rollerski
Wed	7/31	OYO		Distance Run or Rollerski
Thu	8/1	9:30	CHS	Run/Spent/Strength
Fri	8/2	10:30	CHS	Classic Rollerski lv3 Intervals
Sat	8/3	OYO		OD Run or Hike
Sun	8/4	OFF		
High Hour Week				
Mon	8/5	9:30	CHS	Classic Distance/Specific Strength/pick ups
Tue	8/6	9:30	CHS	Strength/Spent
Wed	8/7	OYO		Run or Rollerski or ASD ORIENTEERING
Thu	8/8	9:00	Mile High	Skate Rollerski lv3 Intervals
Fri	8/9	10:30	CHS	Strength/Running with poles
Sat	8/10	OYO	TBD	Potential ANR group hike- more info to come
Sun	8/11	OFF		
Recovery Hour Week				
Mon	8/12	9:30	CHS	Distance Run/Spent/core
Tue	8/13	9:30	CHS	Strength/classic rollerski with speeds
Wed	8/14	OYO		Distance Run or Ski
Thu	8/15	9:00	Hatcher Pass	Skate Distance/ No Pole focus
Fri	8/16	TBA	CHS	Strength/ Running Intervals /Battle of the Bridge
Sat	8/17	OYO		OD Classic Roll 30min double pole only
Sun	8/18	OFF		
Low Hour Week				
Mon	8/19	9:00	Arctic valley	Bounding w/poles, Core
Tue	8/20	4:00	CHS	Strength/Classic Roll School Starts- Note Time Change
Wed	8/21	4:00	CHS	Intervals skate Lv4 terrace lane
Thu	8/22	4:00	CHS	Strength/Distance Run
Fri	8/23	OYO		Hike, Bike, or Rollerski and Core
Sat	8/24	OYO		Run w/6x20sec Lv3-4 pick ups or Tsalteshi Invite
Sun	8/25	OFF		
Medium Hour Week				
Mon	8/26	4:00	CHS	Strength/ Spent
Tue	8/27	4:00	6 Mi Hill Eagle River Rd	Classic Intervals Lv3
Wed	8/28	4:00	CHS	Strength/ Skate ski with starts
Thu	8/29	4:00	CHS	lv 4 Intervals running
Fri	8/30	OYO		Rollerski, Bike, Run and Core
Sat	8/31	OYO		XC Bartlett or OD Rollerski
Sun	9/1	OFF		