



## EAGLE RIVER ANR TRAINING JUNE 2019

DAY	DATE	TIME	LOCATION	FOCUS
<b>Low Hour Week</b>				
Mon	5/27	OYO	NO Practice	No Practice- Memorial Day
Tue	5/28	9:30	CHS	Strength/Plyos
Wed	5/29	OYO		Distance skate rollerski- 20-30min no poles (1-2hrs)
Thu	5/30	9:30	CHS	Easy Run with poles
Fri	5/31	9:30	CHS	Strength/ Classic roll
Sat	6/1	OYO		OD- Hike (1.5hrs- 3hrs)
Sun	6/2	OFF		
<b>Medium Hour Week</b>				
Mon	6/3	9:30	CHS	Strength/ Skate Intervals
Tue	6/4	9:30	CHS	Skate- V2 focus
Wed	6/5	OYO		Easy Distance run (1-2hrs)
Thu	6/6	9:30	CHS	Strength/ Running Interval- pyramid
<b>Fri</b>	<b>6/7</b>	<b>9:00</b>	<b>Little Mat Su Bridge</b>	<b>Classic- Double Pole (combined practice w/ Valley)</b>
Sat	6/8	OYO		OD Rollerski 1.5hrs-3hrs
Sun	6/9	OFF		
<b>High Hour Week</b>				
Mon	6/10	9:30	Arctic Valley	Time Trial
Tue	6/11	9:30	CHS	Strength Test/ Skate Roll
Wed	6/12	OYO		Easy run or Roll (1hr-2hr)
Thu	6/13	9:30	CHS	Strength/ Run with poles
Fri	6/14	9:30	Symphony Lake	Run/Hike
Sat	6/15	OYO		OD (1.5hr-3hr)
Sun	6/16	OFF		
<b>Recovery Week</b>				
Mon	6/17	9:30	CHS	Strength/ Bounding Intervals
Tue	6/18	9:30	Mile High	Classic Roll- striding
Wed	6/19	OYO		Easy Run or Roll (1hr-2hr)
Thu	6/20	9:30	CHS	Strength/ Skate roll agility
<b>Fri</b>	<b>6/21</b>	<b>9:00</b>	<b>GPRA</b>	<b>Government peak Run (combined practice w/ Valley)</b>
Sat	6/22	OYO		(Mayors Marathon Aid Station Volunteering) OD (1.5hr-2.5hr)
Sun	6/23	OFF		
<b>Low hour week</b>				
Mon	6/24	9:30	Eagle River Rd 6mi Hill	Classic Roll DP Lv3
Tue	6/25	9:30	CHS	strength/ Easy Run
Wed	6/26	OYO		Easy Run or Roll (1hr-2hr)
Thu	6/27		Girdwood Camp	
Fri	6/28		Girdwood Camp	
Sat	6/29		Girdwood Camp	
Sun	6/30		Girdwood Camp	