



## EAGLE RIVER ANR TRAINING October 2019

DAY	DATE	TIME	LOCATION	FOCUS
<b>Week 1</b>				
Tue	12/3	4:15-5:45	CHS	Running intervals
Thu	12/5	4:15-5:45	CHS	Running and circuit Relay
<b>Week 2</b>				
Tue	12/10	4:15-5:45	CHS	Distance ski or run
Thu	12/12	4:15-5:45	CHS	Intervals run or ski
<b>Week 3</b>				
Tue	12/17	4:15-5:45	CHS	Run or ski and Core
Thu	12/19	4:15-5:45	CHS	Ski and game day