



EAGLE RIVER ANR TRAINING JUNE 2019

DAY	DATE	TIME	LOCATION	FOCUS
Week 1				
Mon	5/27	12-1:30	CHS	No Practice
Tue	5/28	12-1:30	CHS	Run/ plyos/ core
Thu	5/30	12-1:30	CHS	Skate Rollerski
Week 2				
Mon	6/3	12-1:30	CHS	Skate Rollerski
Tue	6/4	12-1:30	CHS	Clasic Rollerski
Thu	6/6	12-1:30	CHS	Run- Intervals
Week 3				
Mon	6/10	12-1:30	CHS	run/plyos
Tue	6/11	12-1:30	CHS	Skate Rollerski
Thu	6/13	12-1:30	CHS	run with poles
Week 4				
Mon	6/17	12-1:30	CHS	Run Intervals
Tue	6/18	12-1:30	CHS	Classic Rollerski
Thu	6/20	12-1:30	CHS	Skate Rollerski agility
week 5				
Mon	6/24	12-1:30	CHS	Classic Rollerski
Tue	6/25	12-1:30	CHS	Run/plyo
Thu	6/27	12-1:30		NO PRACTICE