



EAGLE RIVER ANR TRAINING AUGUST 2019

DAY	DATE	TIME	LOCATION	FOCUS
Week 1				
Mon	7/29	12-1:30	CHS	Run/Playground Strength
Tue	7/30	12-1:30	CHS	Skate Rollerski
Thu	8/1	12-1:30	CHS	Run/Spent, Core
Week 2				
Mon	8/5	12-1:30	CHS	Skate Roll Pick ups
Tue	8/6	12-1:30	CHS	Classic Roll- Double Pole Work
Thu	8/8	12-1:30	CHS	Running intervals, Core
Week 3				
Mon	8/12	12-1:30	CHS	Run/Spent
Tue	8/13	12-1:30	CHS	Distance Skate Rollerski
Thu	8/15	12-1:30	CHS	Running Intervals
Week 4				
Mon	8/19	12-1:30	CHS	Game Day