

ASJNC TRAINING SCHEDULE: 2009-10

June - July

Date	5/8		6/15		6/22		6/29		7/6		7/13	
Training week	7		8		9		10		11		12	
Week Load	COMP WEEK		VOLUME		JUMP FOCUS		VOLUME		VOLUME		JUMP FOCUS	
Short overview (coach's notes)	Core workout WTP Plyos 1 Core strength 1 Jumping 4	Recovery Flexibility 1.5 High Int. (3-5) Cardio 4 Volume (hours) 5.5	Core workout WTP Plyos 1 Core strength 1 Jumping 4	Recovery Flexibility 1 High Int. (3-5) UB strength Volume (hours) 7.5	Core workout WTP Plyos 1 Core strength 1 Jumping 4	Recovery Flexibility 1.5 High Int. (3-5) Cardio 4 Volume (hours) 5.5	Core workout WTP Plyos 1 Core strength 1 Jumping 4	Recovery Flexibility 1.5 High Int. (3-5) Cardio 4.5 Hours 8	Core workout WTP Plyos 1 Other Jumping 9	Recovery Flexibility High Int. (3-5) UB strength Volume 9	Core workout WTP Plyos 1 Other Jumping 12	Recovery Flexibility High Int. (3-5) UB strength Volume (hours) 12
Monday	08-Jun	Bowness Park	15-Jun	Bowness Park	22-Jun	Bowness Park	29-Jun		06-Jul	ASJNC 5 day Training Camp Location options: 1. Whitefish, Mo 2. Bow Valley campground Coach - Jason Myslicki	13-Jul	
6 - 8:30		Light Aerobic training 1.5 Co-ordination 0.5 Games 0.5	6 - 8:30	Aerobic training 1.5 Co-ordination 0.5 Games 0.5	6 - 8:30	Aerobic training 1.5 Co-ordination 0.5 Games 0.5		individual training			9:00 - 3:00	Training - COP Coach - Dominik Bafia
	6:30 - 7:30	Parents meeting, SJC										
Tuesday	09-Jun	SJC	16-Jun	SJC	23-Jun	SJC	30-Jun		07-Jul	Training Camp activities: Cross training Roller skiing Kayak, mountain biking Coach - Jason Myslicki	14-Jul	
6 - 8:30	5:30 - 8:30	Waxing 0.5 Warmup 0.5 Buckle Series Jump 2 k 63 / 38 1.5	6 - 8:30	Speed training 0.25 Jumping 1 Circuit training 0.5 Core / Flexibility 0.5	5:30 - 8:30	Waxing 0.5 Warmup 0.5 Buckle Series Jump 3 k 63 / 38 1.5		individual training			9:00 - 3:00	Training - COP Buckle Series 5 Jump and race Coach - Dominik Bafia
Wednesday	10-Jun	COP - Bowness	17-Jun	SJC	24-Jun	COP - Bowness	01-Jul		08-Jul	Training Camp Slick: wants to invite families to join for this week Coach - Jason Myslicki	15-Jul	
6 - 8:30	6:00 Race Prep 6:45 Buckle Running Race 1 7:30 Biking at Bowness Pk (bring bikes)	6 - 8:30	Plyometrics 0.25 Jumping 1.5 Game 0.25 Balance / Flexibility 0.25	6 - 8:30	Race Prep Buckle Running Race 1.5 Biking at Bowness Pk (bring bikes) 1		individual training				9:00 - 3:00	Training - COP Coach - Dominik Bafia
Thursday	11-Jun	SJC	18-Jun	SJC	25-Jun	Meet at the SJC	02-Jul		09-Jul	Training Camp Coach - Jason Myslicki	16-Jul	
6 - 8:30		Speed training 0.25 Jumping 1 Core / Flexibility 0.5	6 - 8:30	Speed training 0.25 Jumping 1 Circuit training 0.5 Core / Flexibility 0.5	6 - 8:30	Flyer Distribution 2.5 Bottle drive		individual training			9:00 - 3:00	Training - COP Coach - Dominik Bafia
Friday	12-Jun	OFF	19-Jun	OFF	26-Jun	OFF	03-Jul		10-Jul	Training Camp Coach - Jason Myslicki	17-Jul	
								individual training			9:00 - 3:00	Training - COP Coach - Dominik Bafia
Saturday	13-Jun	AGM Altius Open	20-Jun	SJC - Talisman C	27-Jun	Meet at the SJC	04-Jul		11-Jul		18-Jul	
	8:30 AGM 10:00 K 63 12:00 K 38 2:00 PM Races, Nordic Slopes	9:00 - 11:00 Ski Jumping 12 - 3 pm Testing Talisman P / up from Talisman C			9:00 - 3:00 Bottle drive 6 Athletes: all Parents: Greg Maciejewski Michael Maurer							
Sunday	14-Jun	OFF	21-Jun	OFF	28-Jun		05-Jul	OFF	12-Jul		19-Jul	OFF