

ASJNC TRAINING SCHEDULE: 2009-10

July - August

Date	7/20		7/27		8/3		8/10		8/17		8/24	
Training week	39608		39609		39610		39611		9		9	
Week Load	JUMP FOCUS/INTERVALS		JUMP FOCUS		JUMP FOCUS		MODERATE		MODERATE		VOLUME	
Short overview (coach's notes)	Core workout WTP Plyos Core strength Jumping	Recovery Flexibility High Int. (3-5) Cardio Volume (hours) 4	Core workout WTP Plyos Jumping	Recovery Flexibility High Int. (3-5) Cardio Hours 4	Core workout WTP Plyos Jumping	Recovery Flexibility High Int. (3-5) Cardio Hours 6	Core workout WTP Plyos Jumping	Recovery Flexibility High Int. (3-5) Cardio Hours 8	Core workout WTP Plyos Other Jumping	Recovery Flexibility High Int. (3-5) UB strength Volume 8	Core workout WTP Plyos Other Jumping	Recovery Flexibility High Int. (3-5) UB strength Volume (hours) 10
Monday	20-Jul	Park City Springer Tournee	27-Jul	Drive back	03-Aug	Long weekend - OFF	10-Aug	Europe or Calgary	17-Aug	Europe or Calgary Training	24-Aug	Return to Calgary
Tuesday	21-Jul	Park City Springer Tournee	28-Jul	Calgary 9:00 - 3:00 Springer Tournee Training	04-Aug	9:00 - 3:00 Training - COP Pack equipment	11-Aug	Europe / Calgary Buckle Series 5 Jump and race	18-Aug	Europe / Calgary	25-Aug	OFF
Wednesday	22-Jul	Park City Springer Tournee	29-Jul	Calgary 9:00 - 3:00 Springer Tournee Training	05-Aug	Europe Youth Cup Continental Cup/ L Aug 6 - 23 See separate schedule	12-Aug	Europe / Calgary	19-Aug	Europe or Calgary	26-Aug	Individual Training Week
Thursday	23-Jul	Park City Springer Tournee COMP	30-Jul	Calgary TBC Springer Tournee COMP	06-Aug	Europe / Calgary	13-Aug	Europe or Calgary	20-Aug	Europe or Calgary	27-Aug	Individual Training Week
Friday	24-Jul	Park City Springer Tournee COMP	31-Jul	Calgary TBC Springer Tournee COMP	07-Aug	Europe / Calgary	14-Aug	Europe or Calgary	21-Aug	Europe or Calgary	28-Aug	Individual Training Week
Saturday	25-Jul	Park City Springer Tournee COMP	01-Aug	Calgary TBC Springer Tournee COMP	08-Aug	Europe / Calgary	15-Aug	Europe / Calgary	22-Aug	Europe or Calgary	29-Aug	Individual Training Week
Sunday	26-Jul	Park City Springer Tournee COMP	02-Aug	Long weekend - OFF	09-Aug	Europe / Calgary	16-Aug	Europe / Calgary	23-Aug	Europe or Calgary	30-Aug	Individual Training Week