

2020-21 LEARN TO COMPETE STREAMS

PRIMO AND SUPREMO NEED TO FILL AN APPLICATION: zone4.ca/reg.asp?id=23620

Updated May 8, 2020

LEARN TO COMPETE <u>MULTI</u>	LEARN TO COMPETE <u>PRIMO</u>	LEARN TO COMPETE <u>SUPREMO</u>
--------------------------------------	--------------------------------------	--

Description:	Choose if you are a multisport athlete	Choose if your goal is to perform well provincially	Choose if your goal is to perform well nationally
	This program provides athletes the opportunity to develop their physical conditioning, ski technique, (biathlon shooting) in a training and racing environment. It is also aimed at athletes that are not ready/available to do more training with the club	Advanced program for athletes that have chosen xc skiing or biathlon as their main sport. The program may lead skiers to be selected to an Alberta Team or National Development stream	Advanced program for athletes that have decided to "go for it" and do well nationally such as win a medal at the Nationals, make the National Junior Team, World Junior Team

Age:	Born 2006-2005-2004-2003	Born 2006-2005-2004-2003	Born 2005-2004-2003 and older
-------------	--------------------------	--------------------------	-------------------------------

Training Sessions:	~130 coached group training sessions from May to March (average 2.7/week)	~195 205 coached group training sessions from May to March (average 4.1/week)	~215 225 coached group training sessions from May-March including occasional small group or individual sessions - technique, extra strength, scatt, etc. (average 4.5/week)
---------------------------	---	--	---

Training Camps (extra cost):	4 training camps in spring/summer/fall	5 training camps in spring/summer/fall. 4 camps for 2006's (no Haig camp) Vernon cancelled, summer camps are tentative. Fall camp??	5 training camps in spring/summer/fall
-------------------------------------	--	---	--

Racing:	Mainly provincial with some national level races - supported at up to 15 winter races	Provincial and national level races supported	Mostly national with some provincial level races. One international xc ski racing trip (or winter training camp if the international racing is not possible)
----------------	---	---	--

Fee:	\$2,095	\$2,795	\$2,995
-------------	---------	---------	---------

What's Included:	Coach feedback at training sessions	Coach feedback at training sessions	Coach feedback at training sessions
	± 5 Individual meetings/interactions with coach/yr	± 18 Individual meetings with coach/yr	± 24 Individual meetings with coach/yr
	Training guidelines - age based recommendations	Individualized training program	Individualized training program in collaboration with athlete input and feedback
	Group strength training sessions. Approximately 30 sessions Not at the BWTC for a while. Home strength for the spring and ??? -> plenty of it!	Group strength training sessions. Approximately 60 sessions	Group strength training sessions. Approximately 70 sessions
	Training Peaks basic account linked to coach account	Training Peaks basic account linked to coach account	Training Peaks premium accounts linked to coach account allowing for tracking fitness improvement, access to upcoming planning activities, and coach feedback
		Personalized physio assessment and conditioning plan	Personalized physio assessment and conditioning plan
		Ski fleet testing	Ski fleet testing
		Group mental training	Group and individual mental training
			International racing trip (if calendar allows) or winter training camp
			Regular use of Omega Wave monitoring system. Measures training functional state in combination with windows of trainability
		Gap analysis. Seasonal assessment of physical, mental, technical, and tactical skills resulting in a personalized improvement plan	

Expectations:	Train between 400 and 450 hours per year	Train between 450 and 525 hours per year (as per personalized training plan)	Train between 500 and 550 hours per year (as per personalized training plan)
	Always trying their best	Always trying their best	Always trying their best
	Attends as many training sessions as possible	Attendance at team training sessions (not including camps): July - November: Minimum of 3 sessions/week December - March: Minimum of 3 sessions/week	Attendance at team training sessions (not including camps): July - November: Minimum of 4 sessions/week December - March: Minimum of 3 sessions/week
		Committed to developing aerobic endurance during the summer months with high volume - low intensity training	Committed to developing aerobic endurance during the summer months with high volume - low intensity training
		Ski and/or biathlon single sport focus November-March.	Ski and/or biathlon single sport focus September-March.
		Attendance at 4 of 5 training camps (3 of 4 camps for 2006's - no Haig camp)	Attendance at 4 of 5 training camps
		Practice recovery techniques	Practice monitoring and recovery techniques
		Uses a heart rate monitor	Uses a heart rate monitor
		Highly motivated. Willing to train outside of team sessions, on average twice a week	Highly motivated. Must complete training outside of team sessions, 2+ times per week.
		Regularly maintain a training log, weekly entries on Training Peaks	Regularly maintain a training log, bi-weekly entries on Training Peaks
		Uses recovery practices after intensity training sessions	Uses recovery practices after intensity training sessions
			Biathlon specific: Record shooting data + dryfiring

Seasonal Training Targets:

	Yearly Training Progression LC PRIMO				Yearly Training Progression LC SUPREMO		
	450	475	500	525	500	525	550
MINIMUM EXPECTED TRAINING (HRS)							
Hours Completed - May 1st to July 1st	79 hrs	84 hrs	89 hrs	93 hrs	89 hrs	93 hrs	93 hrs
Hours Completed - May 1st to Sept 1st	178 hrs	188 hrs	198 hrs	208hrs	198 hrs	208hrs	212 hrs
Hours Completed - May 1st to Nov 1st	259 hrs	268 hrs	279 hrs	290 hrs	279 hrs	290 hrs	301 hrs
Hours Completed - May 1st to Jan 1st	340 hrs	353 hrs	367 hrs	380 hrs	367 hrs	380 hrs	397 hrs