

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		ADULT SKI TRAINING GROUP 9:00am-11:00am, Sept 14-March 15	PC - Cross Country 9:00am-11:00am	PC - Biathlon 9:00am-11:00am	PC - Cross Country & Biathlon 9:00am-11:00am	PC - Biathlon 9:00am-11:00am
PM						
4:30						
5:00						
5:30	TRACK ATTACK, Sept 13-March 21	T1/T2	T3/LC/PC - Cross Country & Biathlon	T1/T2	TRACK ATTACK, Sept 13-March 21	T3/LC/PC - Cross Country & Biathlon 9:00am-11:00am
6:00	INTRO TO TRACK ATTACK, Sept 13-March 21 (no sessions on Oct 25, Nov 1, 8, 15)	T3/LC/PC - Biathlon	T3/LC/PC - Cross Country	T3/LC - Biathlon	INTRO TO TRACK ATTACK, STARTING NOV 25	TRACK ATTACK (about twice/month), Sept 18+, 9:30am-11:00am
6:30						
7:00						
7:30						
8:00						
8:30						

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**OTHER PROGRAMS:** Self Directed Skiers: Personalized year-round training program for men and women age 20 and over that are interested in racing. More details at [www.canmorenordic.com](http://www.canmorenordic.com)

More details at: [www.canmorenordic.com](http://www.canmorenordic.com)