

	MULTI 3 SESSIONS A WEEK ON AVERAGE	PRIMO 4 SESSIONS A WEEK ON AVERAGE
DESCRIPTION	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	This program is designed for athletes that have chosen xc skiing or biathlon as a main sport. The program provides the opportunity to race well and finish in the top half of their field at Nationals -> U18 Primo athletes (and older) can apply to the Team Trail Sports Development. See details below
AGE	U16 (born 2009-10) and U18 (born 2007-08) and older	U16 (born 2009-10) and U18 (born 2007-08) and older
GROUP SESSIONS	~130 coached group sessions (training, camps, races) from May to March. See below for specific training days.	~190 coached group sessions (training, camps, races) from May to March
TRAINING CAMPS	Up to 3 training camps in spring/summer/fall. No Haig camp	Up to 4 training camps in spring/summer/fall. No Haig camp for 2009's
RACING	Supported at up to 15 winter races	Supported at all races appropriate for development
FEE	\$2,390	\$2,975
WHAT'S INCLUDED	Coach feedback at training sessions	Coach feedback at training sessions
	1 Individual meeting with coach/yr	4 Individual meetings with coach/yr
	Weekly training guidelines	Semi-individualized training program
	Training Peaks basic account linked to coach account	Training Peaks basic account linked to coach account
	Flex testing and kick zone marking on classic skis	Flex testing and kick zone marking on classic skis
		Group strength training sessions ~ 45 sessions
		Occasional sport topic discussions/presentations
EXPECTATIONS	Train at least 365 hours per year (average 1hr per day)	Train between 450 and 525 hours/year (as per semi-individualized plan)
	Always trying their best	Always trying their best
	Attends as many training sessions as possible	Athletes are expected to attend 75% of team sessions
	Athlete must inform coach if they will not be at the session and reason why	Athlete must inform coach if they will not be at a group session and reason why. Athletes are expected to communicate training adjustments
	Current Plan: Cross Country Set Schedule: Spring: Wednesday PM Summer: Tuesday AM, Wednesday AM, Thursday AM Fall/Winter: Wednesday PM, Thursday PM, Saturday AM	Athletes are expected to attend a minimum of 3 training camps (2009's -> no Haig camp)
		Committed to developing aerobic endurance during the summer months with high volume & low intensity training
		Ski and/or biathlon single sport focus Nov-March
		Use a properly functioning heart rate monitor (watch and chest strap) every session
		Highly motivated. Willing to train outside of team sessions, on average twice per week
		Regularly maintain a training log, Sunday entries on Training Peaks
	Practice recovery techniques	

		TRAINING VOLUME TARGETS (HOURS) - PRIMO				
	ANNUAL VOLUME	PACE %	450	475	500	525
	Hours Completed May 1 - July 1	+ 5.1 %	79	83	88	92
	Hours Completed May 1 - Sep 1	+15.2 %	173	182	192	202
	Hours Completed May 1 - Nov 1	+10.2 %	248	262	276	289
	Hours Completed May 1 - Jan 1	+9.0 %	327	345	363	382

TEAM TRAIL SPORTS DEVELOPMENT:

Additional personalized services to compliment the Primo program. This add-on program is for U18 Primo athletes (and older), that are wanting to dedicate extra efforts in certain areas of their development to help them reach higher levels in cross country or biathlon. The cost is \$445 for the year in addition to the Primo base fee.

Athletes applying to Team Trail Sports Development must be willing to train 6 days a week (occasionally twice a day), and regularly maintain a training log with personal post-workout comments. Those selected to the team will be considered based on their professionalism in training, work ethic, good communication, and positive mindset. The number of athletes accepted in this program is limited.

The Team Trail Sport Development services will focus on the areas of development listed below. Athletes must complete the application with a relevant development plan.

All TTS-Dev athletes will Receive:

- Supplementary strength training sessions
- Individualized training plan
- Additional individual meetings with coach

Based on individual needs, athletes can choose 1 of the following:

- Individual nutrition counselling
- Individual sport psychology session
- Comprehensive ski fleet testing

[**APPLY HERE**](#)