

2021-22 LEARN TO COMPETE STREAMS FOR CROSS COUNTRY & BIATHLON

	MULTI If you are a MULTISPORT ATHLETE	PRIMO If your goal is to perform well PROVINCIALY	SUPREMO If your goal is to perform well NATIONALLY
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	Intermediary program for athletes that have chosen xc skiing or biathlon as a main sport. The program will help athletes perform well provincially and finish in the top half of their field at the Nationals. This stream is also a good transitional option for those considering Supremo in the future	Advanced program for athletes that have decided to <i>go for it</i> and do well nationally such as win a medal at the Nationals, make the National Junior Team, or World Junior Team. Team size will be limited. Athletes considering this stream must discuss the eligibility criteria below with Rachel or Alain prior to signing up: <u>Performance:</u> - Consistently on podium provincially - Perform well nationally <u>Training:</u> - Meet the completed training volume prescribed - Strong work ethic - Highly motivated - Remarkable ability to focus during training sessions - Great attention to details - Positive mindset - Superior mental toughness - Regularly maintain a training log with personal post-workout comments
AGE	Born 2007-2006-2005-2004	Born 2007-2006-2005-2004	Born 2005-2004 and older. Could accept a 2006 born athlete if space permits, above eligibility is met, and with coach approval
GROUP SESSIONS	~140 coached group sessions (training, camps, races) from July to March (Multis are invited to the May-June testing days). Biathletes: shooting sessions might be separate from Primo/Supremo	~200 coached group sessions (training, camps, races) from May to March	~255 coached group sessions (training, camps, races) from May to March. Also includes occasional small group/individual sessions, scatt training...
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 2007's	Up to 5 training camps in spring/summer/fall
RACING	Mainly provincial with some national level races. Supported at up to 15 winter races, not including AB Winter Games	Provincial and national level races	Mostly national with some provincial level races. We are planning an international XC racing trip for Supremo athletes who are born in 2004-05 and selected based on a pre-determined criteria announced in the summer
FEE	\$2,095	\$2,695	\$2,995
WHAT'S INCLUDED	Coach feedback at training sessions 1 Individual meeting with coach/yr Training guidelines - age based recommendations Training Peaks basic account linked to coach account Flex testing and kick zone marking on classic skis	Coach feedback at training sessions 4 Individual meetings with coach/yr Semi-individualized training program Training Peaks basic account linked to coach account Flex testing and kick zone marking on classic skis Group strength training sessions ~ 40 sessions Group mental training	Coach feedback at training sessions 8-10 Individual meetings with coach/yr Individualized training program in collaboration with athlete input and feedback Training Peaks premium account linked to coach account tracking fitness improvement, access to upcoming planning activities, coach feedback... Comprehensive ski fleet testing including athlete Skilog Group strength training sessions ~ 80 sessions Group and individual mental training Use of a Supremo monitoring system that measures recovery and strain (possible extra cost) Gap analysis - bi-annual assessment of physical, mental, technical, tactical, and shooting skills resulting in a personalized improvement plan Help with finding ski equipment sponsor
COMMITMENT	Train between 400 and 450 hours per year Always trying their best Attends as many training sessions as possible Athlete must inform coach if they will not be at the session and reason why	Train between 450 and 525 hours per year (as per semi-individualized training plan) Always trying their best Minimum attendance of 75% of team sessions Athlete must inform coach if they will not be at a group session and reason why. Athletes are expected to communicate training adjustments Athletes are expected to attend a minimum of 3 training camps (2007'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, weekly entries on Training Peaks (Saturdays) Practice recovery techniques	Train between 500 and 600 hours per year (as per individualized training plan) Always trying their best Athletes are expected to attend all team sessions Athlete must inform coach if they will not be at a group session and reason why. Athletes are expected to communicate training adjustments Athletes are expected to attend training camps Committed to developing aerobic endurance during the summer months with high volume & low intensity training Ski and/or biathlon single sport focus Sep-March Use a properly functioning heart rate monitor (watch and chest strap) every session Highly motivated. Must complete training outside of team sessions, on average 2+ times per week Regularly maintain a training log, bi-weekly entries on Training Peaks with regular personal post-workout comments (Wed & Sat) Practice recovery techniques Uses a Supremo monitoring system (possible extra cost) Take part in Supremo sponsors functions Biathlon specific: Record shooting data + dryfiring

ANNUAL VOLUME	PACE %	TRAINING VOLUME TARGETS - LC PRIMO				TRAINING VOLUME TARGETS - LC SUPREMO		
		450	475	500	525	500	550	600
Hours Completed May 1 - July 1	+ 5.1 %	79 hrs	83 hrs	88 hrs	92 hrs	88 hrs	97 hrs	105 hrs
Hours Completed May 1 - Sep 1	+17.4 %	178 hrs	188 hrs	198 hrs	208hrs	198 hrs	218 hrs	237 hrs
Hours Completed May 1 - Nov 1	+11.5 %	253 hrs	267 hrs	281 hrs	295 hrs	281 hrs	309 hrs	337 hrs
Hours Completed May 1 - Jan 1	+10.6 %	334 hrs	353 hrs	371 hrs	390 hrs	371 hrs	408 hrs	445 hrs