

2022-23

	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 2007-08) and U18 (born 2005-06) and older	U16 (born 2007-08) and U18 (born 2005-06) and older				
GROUP SESSIONS	~130 coached group sessions (training, camps, races) from May to March	~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 2008's				
RACING	Supported at up to 15 winter races	Supported at all races appropriate for development				
FEE	\$2,165	\$2,795				
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				
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				
		Athletes are expected to attend a minimum of 3 training camps (2008'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.

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.

- Supplementary strength training sessions
- Sport psychology
- Nutrition
- Option for monitoring of strain and recovery
- Additional individual meetings with coach
- Individualized training plan
- Comprehensive ski fleet testing

[APPLY HERE](#)