

	<b>MULTI</b> 3 SESSIONS A WEEK ON AVERAGE	<b>PRIMO</b> 4 SESSIONS A WEEK ON AVERAGE
<b>DESCRIPTION</b>	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  <b>-&gt; U18 Primo athletes (and older) can apply to the Team Trail Sports Development. See details below</b>
<b>AGE</b>	U16 (born 2008-09) and U18 (born 2006-07) and older	U16 (born 2008-09) and U18 (born 2006-07) and older
<b>GROUP SESSIONS</b>	~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
<b>TRAINING CAMPS</b>	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
<b>RACING</b>	Supported at up to 15 winter races	Supported at all races appropriate for development
<b>FEE</b>	\$2,275	\$2,835
<b>WHAT'S INCLUDED</b>	Coach feedback at training sessions 1 Individual meeting with coach/yr Weekly training guidelines 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 ~ 45 sessions Occasional sport topic discussions/presentations
<b>EXPECTATIONS</b>	Train at least 365 hours per year (average 1hr per day) 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 Cross Country Set Schedule: Spring: Wednesday PM Summer: Tuesday AM, Wednesday AM, Thursday AM Fall/Winter: Wednesday PM, Thursday PM, Saturday AM Biathlon Set Schedule: Spring: Wednesday PM, Thursday PM*, occasional Saturday AM* Summer: Tuesday AM*, Wednesday AM*, Thursday AM Fall/Winter: Wednesday PM*, Thursday PM, Saturday AM* Shooting noted by* 1-2x per week, physical training 1x per week Note: Range Closure May to July	Train between 450 and 525 hours/year (as per semi-individualized plan) Always trying their best Athletes are expected to attend 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 (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 \$425 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\*\*](#)