

4HCANSKI Middle School Racer Training Schedule

Workout weeks begin on Monday and end on Sunday. There are two total distance goals. Sweden is for those who have not been doing as much aerobic or strength training. Norway is for those who are experienced and have more base training in and plan to race a lot. These workouts are posted on the 4HCANSKI website and you will receive updates through email and the 4HCANSKI training group facebook page. Please contact your coaches if you cannot make practice or have any questions for us! Beth Reed (682-8385) or Matt Edmunds (373-5207).

Once we are on snow, practices will run from about 3:45 until 5:00 or 5:15.

Week of Dec. 12-18

Total Hours for Week: Sweden: 3 hours Norway: 5 hours

Tuesday, Dec. 12 Dryland Training 3:30-4:30 MS Bring running shoes.

Thursday, Dec. 14 Tentative ski on the hill at Mt. Ashwabay. Bring skis and running shoes.

Get out at least two other days and be active for 30-45 minutes. You can swim, run, play indoor soccer. Wii does not count!! You should do sit ups or planks for 1-2 minutes every day.

Week of Dec. 19-25

Total hours for the week: Sweden: 3.5 Norway: 5

Tuesday, Dec. 20 Dryland at the MS. Bring running shoes and poles.

No practice on Dec. 22

Get out at least two other days as above. There is skiable snow in Ironwood. Get out and ski if you can. There will be some opportunities to ski with other team members during break. Keep an eye on your email. Do the snow dance! Do abdominals everyday.

Week of Dec. 26-Jan. 1

Total hours for the week: Sweden: 5 hours Norway: 7 hours

This is the week to get slow easy distance in because you have time during vacation. This is also the week for our training camp and the first opportunity to race on Dec. 26th. This is not a recommended race or camp for beginners. Talk to a coach if you are interested and want to find out more.

Week of January 2-8

Total hours for the week: Sweden: 3 Norway: 4.5

Tuesday, Jan. 3 Classic ski at Mt. Ashwabay. No poles and one ski drills

Thursday, Jan. 5 skate ski at Hospital Trails. Double pole and no poles

Friday, Jan. 6 Mercer Skate Race (early release and we need drivers!)

Saturday, Jan. 7 **Telemarker Challenge Skate Race THIS IS THE RECOMMENDED RACE FOR MIDDLE SCHOOLERS THIS WEEK.**

Get one other day easy if you are not racing on Friday.

Week of January 9-15

Total Hours for the week: Sweden: 4 Norway: 6

Tuesday, Jan. 10 Skate technique at Ashwabay. Ski no poles, downhill

Thursday, Jan. 12 Classic technique at Ashland. Glide on one ski, timing

Saturday, Jan. 14 **Seeley Classic Race: we will coordinate rides**

Week of January 16-22

Total Hours for the week: Sweden: 3 Norway: 4.5

Tuesday, Jan. 17 Classic technique at Ashwabay. Relays and hills

Thursday, Jan. 19 Skate technique at Ashland. 2pole relays, follow the leader

Saturday or Sunday, Jan. 21 or 22 Community Ski Clinic. Racers are expected to help out and will have practice (time trial) afterward. Details to come.

Week of January 23-29

Total hours for the week: Sweden: 2.5 hours Norway: 4

Tuesday, Jan. 24 **Conference Meet at Hayward (classic technique)**

Thursday, Jan. 26 skate technique at Ashwabay. Double pole relays, helicopters

Saturday, Jan. 28 **Drummond Doughnut Ski.** This is a really fun race at Telemark with the Drummond team and LOTS of doughnuts.

Week of January 30-Feb. 5

Total hours for the week: Sweden: 4 hours Norway: 6

Tuesday, Jan. 31 Skate technique at Ashwabay. Vertical intervals

Thursday, Feb. 2 Classic Technique at Ashland. No poles and freeze tag

Saturday, Feb. 4 **Ashwabay Summit Race. This is a major fundraiser for our club and is a really fun race with all edible prizes!**

Week of Feb. 6-12

This is the week to cut back on hours and really sharpen your technique and quickness in preparation for the state championships. Sweden: 1.5 Norway: 2

Tuesday, Feb. 7 Skate technique at Ashwabay. Quick pick ups and glide

Thursday, Feb. 9 Classic technique at Ashland. Accelerations, one ski relays

Friday, Feb. 10th Leave for **Wisconsin Nordic State Championships**. Those who are not going should ski with a friend this weekend for 30 minutes to 1 hour.

Feb. 11, 12 **Nordic Championships in Minocqua Wisconsin**

Week of Feb. 13-19

Total hours for the week: Sweden: 4 Norway: 6

Tuesday, Feb. 14 Classic technique at Ashwabay. Hills

Thursday, Feb. 16 Skate technique at Ashland. V2, V2 alternate

Saturday, Feb. 18 **Book Across the Bay (evening)** Racers are expected to help out at the waxing clinic fundraiser and/or taking down the tent in Washburn. This is one of our major fundraisers.

Week of Feb. 20-26

Total hours for the week: Sweden: 3 Norway: 4.5

Tuesday, Feb. 21 Skate technique at Ashwabay. Tricks and hill tips

Thursday, Feb. 23 Classic technique at Ashland. Mass start races/double pole

Friday, Feb. 24 **Jr. Birke races at Telemark**

Week of Feb. 27-Mar. 4

We will be officially done with workouts but will meet at our regular time on **Tuesday, Feb. 28** for a ski on the ice (weather permitting) in Ashland.

Friday, March 2 **End of Year Shindig, Awards and Potluck at Mt. Ashwabay.** Don't miss this fun opportunity for ski cross, silly races, good foods, awards and a chance to meet all the other people involved in 4HCANSKI

Two Other Late Season Races to Do on Your Own or with Friends from the Club:

March 5th: Riverview Loppet in Brule, Wisconsin

March 13th : Great Bear Chase in Houghton, MI

March 20th: ABR Season Closer in Ironwood, MI