

## NST 2019-20 Training Schedule

April 11, 2019

### Training Camp Plan 2019-2020

<b>Canmore AB</b>	<b>June 25 – July 9</b>	<b>WC, SR Dev, JR Dev, Invites</b>
Focus: Speed, volume, physiological and athlete technique testing		
Junior Dev athletes will join the camp July 2. Physiological and technique testing.		
<b>Norway</b>	<b>August 3 - 15</b>	<b>JR Dev, Invites</b>
Focus: International training and competition experience		
Training with international juniors.		
<b>Tremblant QC</b>	<b>August 19-31</b>	<b>WC, SR Dev</b>
Focus: Technique, volume and increase training intensity		
Volume focus, introducing intensity		
<b>Thunder Bay ON</b>	<b>September 24-Oct 6</b>	<b>WC, SR Dev</b>
Focus: Refining technique and increased intensity		
Less volume, increase training intensity, more focus on hard sessions. Technique efficiency at all speeds and stages of fatigue.		
<b>Canmore AB</b>	<b>Oct 23 – Oct 31 Optional Team Training</b>	<b>All NST Optional</b>
Team and individual athlete training sessions with NST coaches.		
<b>Canmore AB</b>	<b>Nov 1 – Nov 16</b>	<b>All NST, Invites</b>
Focus: Technique, pacing and controlled intensity. Athlete testing		
Athlete testing and medical evaluations. Back on snow technique. Big volume with less intensity but some sessions off snow to not over do it. Building up for the first test race. At the end of the camp a test race with video analysis and evaluation.		
<b>Frozen Thunder</b>		
Canmore	Nov 13-14 (TBC)	All NST
First season race		

*Schedule is subject to change*

<http://ccski.com/National-Ski-Team/Selection-Criteria/NST-2019-20-Training-Schedule.aspx#.XLElpjBKjRY>