



CCBC Teck Regional dryland camp Prince George, September 20th – 22nd, 2019

Friday September 20th

- 5:30 pm Coaches Meeting, upstairs of the cross-country tech building
- 6:00 pm Team meeting and icebreaker games, ultimate or soccer
- 6:30 pm Core strength session
- 7:30 pm Group session on training plans by Maria Lundgren, CCBC
- 9:00 pm Lights out, bed time

Saturday September 21st

- 7:00 am Wake up and activation
- 7:30 am Breakfast
- 8:30 am Departure to roller ski
- 9:00 am Roller ski (skate + classic poles) technique focus with double poling, 2 hours
- 12:30 pm Lunch at Otway
- 1:15 pm – 2:00 pm **Rest time** (mandatory lay down or nap time)
- 3:30 pm Ski striding session at Otway, 1.5 hour
- 5:00 pm – 6:30 pm Dinner prep and dinner
- 6:30pm Special guest talk by Nutritionist Lindsay Van Der Meer
- 7:30pm Fun evening activity, TBC
- 9:00 pm Lights out, bed time

Sunday September 22nd

- 7:00 am Wake up and activation
- 7:30 am Breakfast
- 8:30 am Departure to team hike/run, 2-3 hours
- 1:00 pm Lunch and clean up at Otway, camp debrief
- 2:00 pm *** Camp ends, pick up ***