



## BC Team, Alberta Team, NC Dev & Swedish Team Whistler Fall Camp, Sept 14<sup>th</sup>-19<sup>th</sup>, 2022

### Wednesday Sept 14<sup>th</sup>

3:00 PM	Arrive at Whistler Athlete Centre for check-in
3:00 PM	<b>BC Team Treadmill testing</b> (see attached list)
4:00 PM	Leave athlete Centre for classic rs w/ DP focus (90min)
6:30 PM	*** Supper ***
7:15 PM	Coaches Meeting – Fishbowl -upstairs in High-Performance Centre)
8:00 PM	Team Meeting – HUB (upstairs in High-Performance Centre)

### Thursday Sept 15<sup>th</sup>

7:00 - 7:30 AM	* Breakfast *
8:00 AM	<b>BC Team treadmill testing</b> Leave for Olympic Park
8:00 AM	Leave athlete Centre for Skate rs w/ technique focus w/ sprints (120)
12:00 -12:30 PM	**Lunch**
4:00 PM	Run (60) and team games (soccer, volleyball, basketball)
6:00 - 6:30 PM	*** Supper ***
7:15 PM	Coaches Meeting – Fishbowl -upstairs in High-Performance Centre)
8:00 PM	Team Meeting – HUB (upstairs in High-Performance Centre)

### Friday Sept 16<sup>th</sup>

**\*\*Medical screening – BC team athletes (schedule to be posted)**

7:00 - 7:30 AM	* Breakfast *
8:00 AM	<b>Leave for Testing DP 2000m and critical speed test (150)</b>
12:00 PM	**Lunch**
12:00 -12:30 PM	Strength testing (groups posted times)
4:00 PM	Run to lake (90)
6:00 - 6:30 PM	*** Supper ***
7:15 PM	Coaches Meeting – Fishbowl -upstairs in High-Performance Centre)
8:00 PM	Team Meeting – HUB (Nutrition)

## Saturday, Sept 17<sup>th</sup>

**\*\*Medical screening – BC team athletes (schedule to be posted)**

7:00 - 7:30 AM	* Breakfast *
8:00 AM	Distance Run (glacier lake or black tusk (240))
12:00 - 12:30 PM	**Lunch**
4:00 PM	Town visit
6:00 - 6:30 PM	*** Supper ***
	School and recovery afternoon
7:15 PM	Coaches Meeting – Fishbowl -upstairs in High-Performance Centre)
8:00 PM	Team Meeting – HUB (Nutrition)

## Sunday Sept 18<sup>th</sup>

7:00 - 7:30 AM	* Breakfast *
9:00 AM	Race (mass start)
8:00 AM	Distance ski (180)
12:00 - 12:30 PM	**Lunch**
4:00 PM	TBD
6:00 - 6:30 PM	*** Supper ***
7:15 PM	Coaches Meeting – Fishbowl -upstairs in High-Performance Centre)
8:00 PM	Team Meeting – HUB (Shelbi – mental performance)

## Monday Sept 19<sup>th</sup>

7:00 AM	* Breakfast *
8:00 AM	Distance ski (180)
11:00 AM	**Lunch, Pack and Leave