

CMRC Daily Planning

OVERVIEW

The purpose of this document is to provide an overview of a CMRC Training Session. While this will be the general overview the specific details will be completed by the athletes' regular coach and will vary based on the proximity to specific events.

PHASES	NOTES
<u>ARRIVAL</u> 10 MINS PRIOR TO START OF SESSION	<ul style="list-style-type: none">- Check in with athlete notice board- Prepare for the session
<u>ON-SNOW WARM UP</u> 10 MINS	<ul style="list-style-type: none">- Meet Warm Up Coach (Front of Shack)- Dynamic stretching
SKIING WARM-UP (30MINS) 2- RUNS	<ul style="list-style-type: none">- Complete warm up runs on specific focus areas.
TRAINING ENVIRONMENT MEETING (5MINS)	<ul style="list-style-type: none">- Meet coaches at training environment- Review purpose and focus of courses/free skiing
GATE TRAINING U10-U12 50% OF REMAINING TIME U14+ 75% OF REMAINING TIME	<ul style="list-style-type: none">- Focused training in the learning environment
TECHNICAL FREE SKIING U10-U12 50% OF REMAINING TIME U14+ 25% OF REMAINING TIME	<ul style="list-style-type: none">- Focused technical free skiing during the session based on the overall focus.
COOL DOWN AND WRAP UP (5-10MINS)	<ul style="list-style-type: none">- Cool Down runs- Review of the Focus and Results.