

# ASC Junior Training Schedule (Nordic)

## ASC NORDIC: Junior Training Schedule

\*Remember: Daily, Weekly, Monthly Training is through Auburn Ski Club.

\*All Camps and Trips are through Far West Nordic. [www.farwestnordic.org](http://www.farwestnordic.org)

Each website is unique even though we share similar info. Be sure to check both for updates.

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SUMMER EVENTS for your calendar:

19 September, Sunday: Big Blue Adventure Race. Rubicon Trail Run.

26 September, Sunday: Rep Sale 9am-1pm

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"The desire for safety stands against every great and noble enterprise". -Tacitus

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COMP Team:

\*Monday 6 September.

OFF

\*Tuesday, 7 September

Running. Intervals.

Meet at the HS at 3:15pm or at Donner Party Picnic Area off Hwy 89 North at 3:30pm. We will warm-up and then do; 2x4min, 5x30scd, 2x4min Lvl 4 Intervals with Equal rest. Bring plenty of H2o and snacks. Workout will be over at 5:15pm and back to the HS at 5:30pm.

\*Wednesday, 8 September

Strength.

Meet at Truckee HS at 4pm (New Time). Focus will be on the Core and Arms. Bring H2o and snacks. Workout will be back to HS at 6pm.

\*Thursday, 9 September

Ski Walking w Poles. Intervals.

Meet at the HS at 3:15pm or at Squaw Valley Parking Lot at 3:30pm. We will warm-up and then get right into the Intervals: 2,4,6min Level 3 with 3min rest followed by 3,2,1min Level 4 with equal rest. Bring plenty of H2O and snacks. Workout will be over at 5:30pm and back to HS at 6pm.

\*Friday, 10 September

Classic Rollerski. Dbl Pole.

Meet at Truckee HS at 3:15pm or at Kingvale Exit I-80 at 3:30pm. We will warm up, do 3 x 10scd dbl pole specific drills and then dbl pole only up towards Sugar Bowl. Bring plenty of H2O and snacks. Workout will be over at 5:30pm and

back to the HS at 6pm.

\*Sunday, 12 September

Hike/Run. Over Distance.

Meet at Truckee HS at 9am or Kings Beach Safeway at 9:20am. We will drive over to Mt Rose Trailhead and hike to the top. Be sure to bring water and snacks. Workout will be over at 1pm and back to HS at approx 2pm.

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TRUCKEE DEVO:

Please check the hotline 530-426-3313 x 4 to hear last minute workout updates.

Truckee Devo will be training: Mon & Weds, afternoons once school starts back and every Saturday morning.

\*Monday, 6 September

Labor Day. No Devo.

\*Wednesday, 1 September

!!!! UPDATED !!!!!!!

TRACK WORKOUT

Meet at the Truckee HS Track at 3:15pm.

We will warm-up and then do 8x100m sprints. Then we will meet the Comp team at 4pm for strength at ASC. Bring snacks and H2o. Workout will be done at 5:15pm and back to HS at 5:30pm.

\*Saturday, 4 September

Skate Rollerski. Blackwood Canyon.

Meet at HS at 9am or Blackwood Canyon at 9:40. We will work on technique and then rollerski up the canyon. Bring H2o, snacks, helmet, boots, and poles. We will be back at the HS at 12pm.

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