

Paskapoo Alpine Racing Team
 Training Update April - August 2008

K1 program

Website: www.paskapoo.org

Hotline: (403) 245-4586



T= training (discipline), D= Days on snow, TFS=Technical Free Skiing, ABC's= Agility, Balance, Coordination & Speed, PLY=Plyometrics, SS=Steady State, AMS= All Mountain Skills, HP=Home Program, LSD=Long Slow Distance

September to August		← Training Details →						
	Date	Start time	Location	Session 1	T	Session 2	T	Dryland / Comments
	Tuesday	1						
	Wednesday	2						
	Thursday	3						
	Friday	4						
	Saturday	5						
	Sunday	6						
	Monday	7						
	Tuesday	8						
	Wednesday	9						
	Thursday	10						
	Friday	11 8:00am	Nakiska	Ski Testing	TFS	Ski Testing	TFS	Ski Testing at Nakiska April 11 and 12
	Saturday	12 8:00am	Nakiska	Ski Testing	TFS	Ski Testing	TFS	Head, Fischer and Volkl
	Sunday	13 8:00am	Sunshine	Tech Freeskiing	TFS	Tech Freeskiing	TFS	
	Monday	14						
	Tuesday	15						
	Wednesday	16 6:00pm	Edworthy			Dryland	D	
	Thursday	17						
	Friday	18						
	Saturday	19 8:00am	Sunshine	Ski Testing	TFS	Ski Testing	TFS	Ski Testing - Rossi and Stockli
	Sunday	20 8:00am	Sunshine	Tech Freeskiing	TFS	Tech Freeskiing	TFS	Ski Testing and Kinder Cup (individual registration)
	Monday	21						
	Tuesday	22						
	Wednesday	23 6:00pm	TBA			Dryland	D	
	Thursday	24						
	Friday	25						
	Saturday	26 8:00am	Sunshine	Tech Freeskiing	TFS	Tech Freeskiing	TFS	Spring Camp #1 at Sunshine
	Sunday	27 8:00am	Sunshine	Tech Freeskiing	TFS	Tech Freeskiing	TFS	
	Monday	28						
	Tuesday	29						
	Wednesday	30 6:00pm	TBA			Dryland	D	

APRIL

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Date	Start time	Location	Session 1	T	Session 2	T	Dryland / Comments
Thursday	1						
Friday	2						
Saturday	3 8:00am	Sunshine	Tech Freeskiing	TFS	Tech Freeskiing	TFS	Spring Camp #2 at Sunshine
Sunday	4 8:00am	Sunshine	Tech Freeskiing	TFS	Tech Freeskiing	TFS	
Monday	5 6:00pm				Dryland	D	
Tuesday	6						
Wednesday	7 6:00pm				Dryland	D	
Thursday	8						
Friday	9						
Saturday	10 8:00am	Sunshine	Tech Freeskiing	TFS	Tech Freeskiing	TFS	Spring Camp #3 (1 day) at Sunshine
Sunday	11 8:30am	Downtown	Mother's Day Run and Walk			D	Confirmation/Registration forms due by April 27th
Monday	12 6:00pm				Dryland	D	
Tuesday	13						
Wednesday	14 6:00pm				Dryland	D	
Thursday	15						
Friday	16						
Saturday	17						OFF; May long weekend
Sunday	18						
Monday	19						
Tuesday	20						
Wednesday	21 6:00pm				Dryland	D	
Thursday	22						
Friday	23						
Saturday	24 10:00am		Club Hike - Kananaskis Country			D	Family Hiking Day with the Skimeisters
Sunday	25						
Monday	26 6:00pm				Dryland	D	
Tuesday	27						
Wednesday	28 6:00pm				Dryland	D	
Thursday	29						
Friday	30						
Saturday	31 8:00am					D	Dryland Camp #1 - Plans TBA

Dryland Camp #1

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Date	Start time	Location	Session 1	T	Session 2	T	Dryland / Comments	
JUNE	Sunday 1	8:00am			Dryland Camp #1			
	Monday 2	6:00pm			Dryland	D		
	Tuesday 3							
	Wednesday 4	6:00pm			Dryland	D		
	Thursday 5							
	Friday 6							
	Saturday 7							
	Sunday 8							
	Monday 9	6:00pm			Dryland	D		
	Tuesday 10							
	Wednesday 11	6:00pm			Dryland	D		
	Thursday 12							
	Friday 13							
	Saturday 14			Dryland Camp #2				Dryland Camp - location TBA
	Sunday 15							
	Monday 16	6:00pm			Dryland	D		
	Tuesday 17							
	Wednesday 18	6:00pm			Dryland	D		
	Thursday 19							
	Friday 20							
	Saturday 21	8:00am		Fitness Testing	D	Fitness Testing	D	Fitness Testing - location TBA
	Sunday 22							
	Monday 23	6:00pm			Dryland	D		
	Tuesday 24							
	Wednesday 25	6:00pm			Dryland	D		
	Thursday 26							
	Friday 27							
	Saturday 28	TBA	Parker's R	Parker's Ridge Camp				Parker's ridge camp - June 28 - 30
	Sunday 29	TBA	Parker's R					Skiing and dryland
	Monday 30	TBA	Parker's R					

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Tuesday	1						
Wednesday	2						
Thursday	3						
Friday	4						
Saturday	5						
Sunday	6						
Monday	7	6:00pm			Dryland	D	
Tuesday	8						
Wednesday	9	6:00pm			Dryland	D	
Thursday	10						
Friday	11						
Saturday	12						
Sunday	13						
Monday	14	6:00pm			Dryland	D	
Tuesday	15						
Wednesday	16	6:00pm			Dryland	D	
Thursday	17						
Friday	18						
Saturday	19						
Sunday	20						
Monday	21	6:00pm			Dryland	D	
Tuesday	22						
Wednesday	23	6:00pm			Dryland	D	
Thursday	24						
Friday	25						
Saturday	26						
Sunday	27						
Monday	28	6:00pm			Dryland	D	
Tuesday	29						
Wednesday	30	6:00pm			Dryland	D	
Thursday	31						

JULY

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	Date	Start time	Location	Session 1	T	Session 2	T	Dryland / Comments
	Friday	1						
	Saturday	2						
	Sunday	3						
	Monday	4						No Dryland - August Long Weekend
	Tuesday	5						
	Wednesday	6	6:00pm			Dryland	D	
	Thursday	7						
	Friday	8						
	Saturday	9						
	Sunday	10						
	Monday	11	6:00pm			Dryland	D	
	Tuesday	12						
	Wednesday	13	6:00pm			Dryland	D	
	Thursday	14						
	Friday	15						
	Saturday	16						
	Sunday	17						
	Monday	18	6:00pm			Dryland	D	
	Tuesday	19						
	Wednesday	20	6:00pm			Dryland	D	
	Thursday	21						
	Friday	22						
	Saturday	23						
	Sunday	24						
	Monday	25	6:00pm			Dryland	D	
	Tuesday	26						
	Wednesday	27	6:00pm			Dryland	D	
	Thursday	28						
	Friday	29						
	Saturday	30	8:00am	Fitness Testing	D	Fitness Testing	D	Fitness Testing - Location TBA
	Sunday	31						

AUGUST