

Ski MK Race Team Monthly Training Plan										
Month: August 2016										
Day/date	Sunday 31/07	Tuesday 02/08	Sunday 7/08	Tuesday 9/08	Sunday 14/08	Tuesday 16/08	Sunday 21/08	Tuesday 23/08	Sunday 28/08	Tuesday 30/08
Monthly session number	1	2	3	4	5	6	7	8	9	
Minis U10/U12	GS	Brushes	GS	GS	Starts/Combi	Brushes	GS	GS		
Summary / Theme	Tuesday= SL/GS starting to develop movement patterns in the various phases of the turn/ 2nd hour free ski drills to develop and enhance these movements/ Video feedback									
	Sunday= GS starting to develop movement patterns in the various phases of the turn/ 2nd hour free ski drills to develop and enhance these movements/ Video feedback									
Children U14/U16	SL	SL	Start Tests/Bump	Start Tests/Bumps	Agility/Foot Speed	GS	Agilty/SL	GS	SL	
Summary / Theme	Tuesday= Continue theme of movement in motion for first part of month moving into agility and decision training in latter half									
	Sunday= Continue theme of movement in motion for first part of month moving into agility and decision training in latter half+Start tests									
Junior & Senior 16 +	SL	Brushes	SL	GS	Starts/Combi	Brushes	SL	GS		
Summary / Theme	Tuesday= Enhancing line and movement patterns in GS or brush sets/ GS or brush sets will be used to promote training objectives (30 mins free ski technical programme from 8pm)									
	Sunday= Enhancing line and movement patterns in SL/ Specific SL sets will be used to promote training objectives (30 mins free ski technical programme from 9am)									
Tuesday Notes:										
Sunday Notes:										