

Ski MK Race Team Monthly Training Plan									
Month: October 2016									
Day/date	Sunday 2/10	Tuesday 04/10	Sunday 8/10	Tuesday 11/10	Sunday 16/10	Tuesday 18/10	Sunday 23/10	Tuesday 25/10	Sunday 30/10
Monthly session number	1	2	3	4	5	6	7	8	9
Minis U10/U12	GS	Brushes	GS	GS	Internal Race	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	Starts/SL	GS	Start Tests/SL	Start Tests/GS	Internal Race	GS	SL	GS	SL
Summary / Theme	Tuesday= Appying our work on line and movement in motion to develop speed. Develop Gate clearance and line versatility in GS								
	Sunday= Appying our work on line and movement in motion to develop speed in SL								
Junior & Senior 16 +	SL	Brushes	SL	GS	Internal Race	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:									