

Ski MK Race Team Monthly Training Plan							
Month: September 2016							
Day/date	Sunday 4/09	Tuesday 06/09	Sunday 11/09	Tuesday 13/09	Sunday 18/09	Tuesday 20/09	Sunday 25/09
Monthly session number	1	2	3	4	5	6	7
Minis U10/U12	GS	Brushes	GS	GS	Starts/Combi	Brushes	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						
	y= 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 fe						
Children U14/U16	SL	GS	SL	GS	Starts/Combi	GS	Agility/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(bushes) and decision training in latter half+Start tests						
Junior & Senior 16 +	SL	Brushes	SL	GS	Starts/Combi	Brushes	SL
Summary / Theme	hancing 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 programm day= Enhancing line and movement patterns in SL/ Specific SL sets will be used to promote training objectives (30 mins free ski technical programme from 9						
Tuesday Notes:							
Sunday Notes:							