

Cross Country Saskatchewan Spring 2010 Training Camp (Tentative Schedule)

Dates May 7,8,9 2010

Location – Saskatoon

The camp is intended for any potential Canada Winter Games Athlete and any other Cross country Saskatchewan athletes under 23 years old.

Registration Deadline: May 4, 2010

Please reply to :

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Friday May 7

6:00pm Registration

6:30 – 7:30pm Guest Speaker on Training zones

7:30 – 8:00pm Overview of weekend training

Saturday May 8

9:00am – 12:00pm Roller Skiing – Patience Lake road – Helmet and reflective vest mandatory.

12:00pm – 2:00pm Lunch/rest break

2:00pm – 5:00pm Concurrent Interactive sessions on Strength, Core, Agility

5:00 – 6:00 break

6:00 Supper at restaurant followed by presentation on Injury Prevention

Sunday May 9

8:30am meet and car pool to Blackstrap

9:00am to 12:00pm hill run with poles/mountain bike

12:00pm -go home and take Mom out for supper.

Items to bring

-Roller Skis and poles

-Helmet and reflective vest.

-trail running shoes and short poles to run with

-water bottle and holder

-lots of enthusiasm