



# **Competition-Coaching Introduction Advanced (T2T)**

## **Step 11:**

# **From YTP to Practice Plan**



**Reference Material  
for Dryland Workshop**



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The aim of this section is to provide a general guide on how to translate your YTP, into workable daily practice plans. To start this process you will need your completed YTP, an athlete profile sheet and blank seasonal, weekly and daily plan templates (provided in the appendix).

### 11.1 Translation of YTP to Seasonal Plan

Think of your seasonal plan as detailed YTP with expanded sections and information to help guide your weekly planning process. The differences between a YTP and a seasonal plan can be found in **figure 1**. In general seasonal plans provide more information and direction to build weekly training plans and include more of objectives and training goals of the athlete in question.

An example of General Preparation phase season plan can be found in **figure 2** (*Note: Red indicates priority 1, Blue priority 2, Green priority 3 in terms of training focus*). Looking down the left hand side of this table we can see many of the elements of a standard YTP, however within the table each section has been expanded upon providing more detail to the coach as to how each area will be executed in the weekly and daily plans.

When creating a seasonal plan one of the biggest question coaches have is the length of time needed to train each element of athletic abilities to optimize improvements. Training an athletic ability too long will lead to stagnation and decrease the amount of adaptation seen in the athlete. Too little training in these areas will lead to unrealized gains and limited improvement in the athletic ability. To see planning guidelines to optimize improvement or maintenance of various athletic abilities please review **figure 3**.

Figure 1: Comparison of YTP to Seasonal Plan

	<b>YTP</b>	<b>Seasonal Plan</b>
<b>Period</b>	Same in Both	Same in Both
<b>Month</b>	Same in Both	Same in Both
<b>Specific/Non Specific</b>	Same in Both	Same in Both
<b>Aerobic Capacity and threshold(ZONE 1-2)</b>	Details the priority of these athletic abilities at a given point in the season with no distinction between zone 1 and zone 2	Total max volume and mode of individual training sessions for each of zone 1 and zone 2 intensities
<b>Anaerobic Threshold and Aerobic Power (MAS, Race etc) (ZONE 3-4)</b>	Details the priority for each of these training intensities at a given point in the season	Volume and frequency of zone 3-4 training
<b>Anaerobic Alactatic (SPEED)</b>	Details the priority of this athletic ability at a given point in the season	Volume and frequency of speed work
<b>Alactic Sprint</b>	Details the priority of this athletic ability at a given point in the season	Volume and frequency of sprint work
<b>Strength</b>	Details the priority of this athletic ability at a given point in the season	Type of strength training, volume and frequency of strength training
<b>Specific (Endurance) Strength</b>	Not Generally found in a YTP	Guideline of strength on rollerskis/skis performed in a given period
<b>Competitions</b>	Denotes when competitions occur	Gives specifics on the type of competition
<b>Mental Skill</b>	Details the priority of this athletic ability at a given point in the season	Provides examples of specific mental skills targeted in this period
<b>Weekly training hours</b>	Same in both	Same in both
<b># Team Practices this week</b>	Not included	Denotes number of group training sessions in a week
<b>Med/Physio Assessments</b>	Denotes when monitoring will occur	Specifies the type of monitoring that will occur.
<b>Monitoring</b>	Denotes when monitoring will occur	Specifies the type of monitoring that will occur.
<b>Flexibility</b>	Details the priority of this athletic ability at a given point in the season	Provides details of volume, frequency and type of flexibility tailored to individual athlete's needs
<b>Technique focus</b>	Details the priority of this athletic ability at a given point in the season	Provides examples of specific technique focus in this period
<b>Mental Focus</b>	Details the priority of this athletic ability at a given point in the season	Workouts that should be prioritized in the training week
<b>Camps/Special Events</b>	Denotes when camps and special events will occur	Specifies location and dates of camps and special activities
<b>Key workouts this week</b>	Not Included	Provides focus and prioritized sessions for the week
<b>Notes</b>	Not Included	Provides additional information in regard to how a specific session should be performed

Figure 2: example of seasonal plan

General Preparation			
Period	May	June	July
Month			
Specific/Non Specific	<p><b>20% specific:</b> 2-3 sessions of rollerskiing, 1-2 of ski bounding max this month; Rollerskiing focus on double poling</p> <p><b>80% non-specific:</b> Most workouts done running and cycling building up capacity. Emphasis on longer road bike rides.</p>	<p><b>30% specific</b> 4 sessions of rollerskiing and 1-2 sessions of ski bounding</p> <p><b>70% non-specific:</b> Mix of cycling and running. Add in paddling workouts if available</p>	<p><b>40% specific:</b> 4-5 rollerskiing session and 2-3 ski bounding sessions</p> <p><b>60% non-specific:</b> Increase running volume; can do some longer bike rides</p>
Aerobic Capacity (ZONE 1)	Up to 2hrs 30min varying modes	Up to 3hrs Start to build up trail running volume to 1.5hrs	3.5hr bike and rollerskis this block, up to 2hrs trail running (mix of hiking and running)
Aerobic Threshold (ZONE 2)	1-2 sessions per week of 30-35min per session	1-2 sessions per week up to 40min per session	0-1 session per week up to 45min
Anaerobic Treshold and Aerobic Power (MAS, Race etc)(ZONE 3-4)	0-1 session per week 20-25min per session (rest and work)	0-1 session per week 20 to 30min per session	1-2 session per week non specific
Anaerobic Alactatic (SPEED)	1-2 mini sessions as warm up	2 sessions as warm up, one stand alone	3 sessions as warm up
Alactic Sprint	1 session combined with aerobic power	2 sessions combined with aerobic power	
Strength	Anatomic Prep phase 2x 1hr per week, plus 2x20min core and posture sessions	Hypertrophy routine	Max strength
Specific (Endurance) Strength	1 session of 30min per week of LO, DP. Build to 45min	1-2 sessions build to 50min	Build to 1hr can do shorter (30-45min) as hill repeats
Competitions	1-2 Orienteering races this month	5 peaks running race	Spartan Race
		Rollerski Time Trial	Sprint Time Trial

Mental Skill	Goal setting and interval plan execution				Relaxation and Activation drills during practice	Camp goal setting	Review race plans for Time Trial	Imagery before races and intervals			
	13	14	15	17				15	20	8	18
<b>Weekly training hours</b>	13	14	15	8	17	20	8	18	16	22	8
<b># Team Practices this week</b>	3	2	4	2	3	4	2	3	3	5	2
<b>Med/Physio Assessments</b>		Doctors check up						Physio check up			
<b>Monitoring</b>	HRV	HRV	Sub max treadmill, HRV	Performance testing at lab, HRV	HRV, Lactates during intervals	HRV	Sub max treadmill, HRV	HRV, Lactates during intervals	HRV	HRV Latates	Sub max treadmill, HRV
<b>Flexibility</b>	Introduce dynamic stretching routine	Stretching at 2 practice per week	Stretching at 2 practice per week	Stretching at 2 practice per week	Introduce new dynamic routine	Dynamic and static (cool down) stretching at practice	Dynamic and static (cool down) stretching at practice	New Physio routines	Physio routines included with strength sessions	Physio routines included with strength sessions	Physio routines included with strength sessions
<b>Technique focus</b>	Return to rollerskiing, balance and agility exercises				Double pole and legs only technique and drills. Focus on technique fundamentals.		Individual video technique work. Film at all rollerski practices.				
<b>Mental Focus</b>	Goal setting, both seasonal and for practices. Practice goal sheet used at 4 practices this month.				Technique visualization drills used as part of all interval sets this month		Focus drills. Especially switching focus drill used on long skis 3 times per month.				

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<b>Camps/Special Events</b>	Goal setting with coach	Ski with L2C	Hiking Weekend			Tremblant Training Camp Team meeting for race season planning	Ski with L2C	Physio Check up	Placid training camp	Ski with L2C	
<b>Key workouts this week</b>	Orienteering Race goal setting , New strength in gym	Tempo Run, Interval plan execution	Big Road ride to Mt Hood	Long hike	Long trail run	New gym routine, 5 peaks race	Uphill ski striding intervals, long double pole session	Spartan race	Uphill running threshold	Two 3hrs + rollerskis	Sprint time Trial workout
<b>Notes</b>	6 Week block focusing on return to training and aerobic endurance training					6 week block with lots of running and ski striding – Ana. Threshold focus					



## **Explaining the Seasonal Plan (figure 2)**

To illustrate how the example of seasonal plan (Figure 2) was created we can work down the left hand column of the season plan examining each row individually.

**Specific vs Non-Specific:** For cross country skiing 'specific' training includes rollerskiing, ski-striding and skiing (full body aerobic activities that closely resemble skiing). The values in this column are usually expressed as percentages of specific work to non-specific work and are taken directly from the YTP. When using these percentages to help plan practices, count the number of workouts being completed in each mode of training. For arguments sake let's say there are 20 workouts in a month. If 20% of these workouts are intended to be 'specific' the athlete should be completing 4 workouts for the month as ski-striding, rollerskiing or ski sessions. As best as possible this should also represent about 20% of total training volume for the month as well. This section of the seasonal plan should provide a guide for scheduling ski specific workouts throughout the year. Remember that the type of exercise completed as specific training should reflect the level of athlete that you are working with. For example, in May or June a rollerski session for a T2T athlete could be focused on balance and agility sessions, whereas a L2C athlete would be completing an interval session.

**Aerobic Capacity (Zone 1):** This section provides a guideline for the maximum duration of any one aerobic capacity (zone 1) training session. When building a training program remember that training should provide new and varied stimulus to ensure maximum adaptation. In our seasonal plan template we can see that the volume of aerobic training gradually increases from cycle to cycle providing challenging stimulus to the athlete. Determining this value should be a reflection of the athlete profile, specifically their training history.

**Aerobic Threshold (Zone 2):** Number of sessions per week and durations of aerobic threshold training completed in the cycle. Zone 2 sessions should be used essentially for detailed technical work at speeds closer to race pace. Zone 1 intensity usually does not allow generating the necessary power, tempo and range of motion for an optimal technical performance in all regards. Too much training in zone 2 can be very detrimental though as it is quite harder than zone 1 to sustain and can therefore impair an athlete's capacity to recover from the week's hardest training sessions (strength, MAS, etc).

**Anaerobic threshold and Aerobic Power (Zone 3-4):** Number of sessions per week and durations of anaerobic threshold or aerobic power training completed in the cycle (both considered high intensity workouts). Note that Anaerobic threshold training increases in late June and July to prepare for the increased focus on Aerobic Power in the next period. Within the general preparation period, aerobic endurance and anaerobic threshold are each emphasized for 6 weeks providing new training stimulus while giving the athlete enough time to see significant improvement. This follows the guidelines recommended in figure 2. When determining intensity volume in a training program a good rule of thumb is that intensity volume should not exceed 10% of total training volume.

**Anaerobic Alactic (Speed):** One of the greatest problems facing coaches when creating training plans is trying to fit all the athletic abilities in to the program given the time constraints. To help with this process coaches should attempt to combine athletic abilities into practices if they are complementary. In this case the alactic energy system (short 10 sec sprints with full

recovery) can be used as a warm up for aerobic interval sets or incorporated into longer aerobic capacity workouts.

**Alactic Sprint:** During T2T, the primary goal of sprint training is to improve muscular power and coordination. During the growth spurt, which typically lasts 2 years, the anaerobic energy systems mature but can be very easily overloaded by sprinting efforts lasting longer than 15 seconds. Therefore, sprint training efforts during T2T should last less than 15 seconds and should allow enough recovery between repetitions to keep lactate below 2.5 mM at all times during the workout. The focus should be on developing excellent technique at maximal power outputs so that peak acceleration can eventually be reached by the end of the repetition.

**Strength:** Weight routine laid out in strength phases. Weight routines do tend to cycle quickly as muscle adaptation tends to be faster than cardio adaptation. Full strength training programs for T2T athletes are covered in section 8.

**Specific Endurance Strength:** Refers to strength on skis/rollerskis. As with other abilities this area should be built upon gradually to allow for adaptation. The frequency and range of time spent completing these workouts is described in this section.

**Competitions:** Off-season competition is an important part of any training program. These competitions should follow the same specific/non-specific break down described earlier and should replace a regularly scheduled intensity session. Coaches are encouraged to look for fun and challenge racing events in the region to fill out this section.

**Mental Skills:** While not specifically mentioned in figure 2, mental skills are an important part of any training program. In this section of the season plan coaches should establish areas of mental training that they will be focusing on during each cycle of the training period. As with physical skills, mental training needs to be targeted 2-3 times a week in order for athletes to see improvement. These sessions should be incorporated into regular practice sessions.

**Weekly Training Hours:** The breakdown of how the hours are distributed per week. See section 10 for more information on how to periodize weekly training hours. The example in Figure 2 shows a traditional four-week loading pattern with 3 weeks building and 1 week recovery.

**Team Practices Per Week:** This section will be dictated by the program offerings of your club, but knowing when there will be available practice times will help you to plan workouts. Target key workouts that you want to complete in a team setting every week and ensure that these workouts occur on one of your practice days. Note that training camps offer additional practice times.

**Medical and physio. assessments:** scheduling of general check-ups by physician and physiotherapist to assess the general health of the athletes and identify potential issues that will require specific actions built into the seasonal and yearly training plans.

**Monitoring:** What monitoring tools will be used during this week. This should include daily monitoring activities as well as more extensive monitoring techniques including lactates, lab

tests and physio. sessions. Filling out this section will help to ensure athletes have regular testing scheduled throughout the training season.

**Flexibility:** Provides details of duration, frequency and types of flexibility. The seasonal plan should differentiate between stretching routines for normal maintenance of flexibility and recovery (common to the whole team) and specific stretching routines designed to address individual athletes' specific deficiencies.

**Technique Focus:** It is important to sequence technique emphasis and drills appropriately in order to optimize the athletes' technique acquisition and consolidation. In the example above for the gen. prep. period, the progressive return to ski specific modes of training in May and June and specific balance drills will prepare the athletes for more specific technique work isolating parts of the body (upper vs lower body) and then work on individual weaknesses.

**Mental Focus:** Mental training is unfortunately often neglected in an athlete's overall training plan, especially with younger athletes. T2T athletes' YTP and seasonal plans should include specific guidelines of mental training that is adapted for that stage of development. In the example above, athletes should logically start with setting goals for the year and the period but also for most training sessions. Then specific mental training drills like visualization and focus can be incorporated to improve the athletes' capacity to optimize each training sessions, in particular for sessions with emphasis on technique and high intensity.

**Camps and Special Events:** There is a large section on training camp in section 6. General rule of thumb is to place training camps on high volume weeks with significant rest following the camp. If there are events you want your athletes to attend outside of regular practice they must be given advanced warning and these events should be schedule as part of their program. In this example the athletes have a meetings with the coach, skiing sessions with the older athletes of the club and a physio. session slotted into their seasonal plan.

**Key Workouts:** What are the most important workouts of the week? By answering this question in advance of making your weekly plan you are making your decision making process easier for weekly planning. You know where to place your key workouts relative to rest and what elements of the training plan can be rescheduled if needed.

**Notes:** General comments to remind you of your training focus for this block.

### **Guidelines of workloads required for significant improvements**

When planning workouts it is important to schedule the correct amount of time and frequency so that athletes realize gains. As developing training plans is often a juggling act of different training objectives, it is important for coaches to have a clear understanding of how much training time is required in each athletic ability so see significant improvement. The following table is a guideline for coaches to use when trying to determine how often they should schedule a given athletic ability into their training program to realize improvement in the skills and abilities of their athletes.

Figure 3: Frequency and duration needed for improvements of athletic abilities

Athletic Ability	Training Objective	Number of Weeks Required for Significant Improvement	Training Frequency	Training Time (Minutes)	
				Minimum:	Up to:
<b>Technique</b>	Initiation	1-2; variable	3 or +	30	60
	Acquisition	4-6	3 or +	30	60-90
	Consolidation	3-4	2 or +	20	60-90
	Refinement	Variable; probably several months or more	2-3 or +	??; most likely at least 20-30	60-90
<b>Tactics</b>	Acquisition	4-6	2	20	45
	Consolidation	Variable; 3-4	2	20	45-60
	Decision-making	??; probably several	2	??	??
<b>Aerobic Endurance</b>	Development	6	2-3	20-30	60-75
	Maintenance	<i>Not applicable</i>	1	20-25	60-75
<b>Aerobic Power</b>	Development	6	2-3	20	55-60
	Maintenance	<i>Not applicable</i>	1	12-15	55-60
<b>Speed</b>	Development	4	2-3	15	45-50
	Maintenance	<i>Not applicable</i>	1	10	45-50
<b>Speed-Endurance</b>	Development	4	2-3	18-20	45-50
	Maintenance	<i>Not applicable</i>	1		45-50
<b>Maximum Strength</b>	Development	<i>Seeking systematic development of this athletic ability in young athletes is NOT recommended</i>			
	Maintenance				
<b>Strength-Endurance</b>	Development	4-5	2	10	30-35
	Maintenance	<i>Not applicable</i>	1	10	30-35
<b>Speed-Strength</b>	Development	4-5	2	5	12
	Maintenance	<i>Not applicable</i>	1	5	12
<b>Flexibility</b>	Development	3-5	2-3 or +	12-15	50-55
	Maintenance	<i>Not applicable</i>	1	5-8	50-55
<b>Motor Abilities (agility, balance, coordination)</b>	Development	??; probably several	2-3 or +	??; probably at least 10-15	??; probably 20-45
	Maintenance	<i>Not applicable</i>	??; probably at least one	??; probably at least 10-15	??; probably 20-45

□ **\*\*NOTE:** This table is a generic non-sport specific example of training prescriptions. Do not hesitate to adjust the number of sets or repetitions if workouts seem too easy or too hard.

## 11.2 Building a Weekly Training Plan

Every coach has a weekly training template that they prefer to use when constructing their training programs. The example used in this section is only one of many ways to set up a weekly training plan. Using the information provided in the seasonal training plan (**Figure 2**), this section will explain constructing a weekly training plan. **Week 3 of the seasonal plan will be used.** Blank Seasonal Plans and Weekly Training Templates can be found in the appendix.

**Step 1a:** Establish hours break down for the week, looking at the seasonal plan we can see that there are 12 hours scheduled for this week. As T2T athletes will have more time to train during the weekend. Larger volume days will be placed on Saturday and Sunday. Friday will be a relatively easier day to allow for rest going into the weekend. Monday will also be relatively easy providing rest coming off the previous weekend's training. Tuesday, Wednesday, Thursday will therefore constitute the remainder of significant training volume. Hour breakdown highlighted in **yellow** in Figure 4.

**Step 1b** Incorporate key workouts into the training schedule. As hours and recovery should be slotted around these workouts, they should be the first training considerations as part of the training week. According to our seasonal plan the key workouts for this week are a long bike ride and sub max threshold. The sub max is a testing workout and will be placed on Tuesday so the athlete isn't carrying too much fatigue from the training week. The long bike ride will be placed on Sunday where there are able to complete large training volume. Key workouts are highlighted in **green** in Figure 4.

**How to read the program:** **M** = Mode of training (run, bike, ski, weights etc), **Z** = Zone (zone 1, zone 4 etc), **TWT** = Total Workout Time (how long the workout should take including intervals and warm up), **Int** = Intervals ( eg 4 x5min), **SS** = Specific Strength (Legs only, Single Stick or Double Pole), **R** = Rest (rest time between intervals), **WU** = Warm Up, **CU** =Cool Down.

Figure 4: Weekly training plan with training hours and key workouts.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week of:</b> May 22 <b>Hours:</b> 12 AM		<b>M:</b> Run Treadmill <b>Int:</b> 1x20min <b>Z:</b> 3 (in to 4 at the end of test) <b>TWT:</b> 1hr 15 Running with lactates on the treadmill					<b>M:</b> Bike <b>Z:</b> 1 <b>TWT:</b> 2hr30min Long bike ride up Mt. Hood today. Make sure you stay in zone.
PM/Alternate		<b>M:</b> Choice <b>Z:</b> 1 <b>TWT:</b> 45min Easy afternoon recovery workout					
Daily Hours	<b>1.0</b>	<b>2</b>	<b>1.5</b>	<b>1.5</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>
Notes		Make sure you come to the treadmill test having done at least 30 min of easy running.					Goal of the workout is to keep pedaling the whole way. Breaks should be kept to a minimum.

**Step 2:** Place additional athletic abilities into the table, starting with intensities. As a good rule of thumb aerobic intervals should be placed 48hrs apart and anaerobic intervals 72hr apart to ensure full recovery. Looking at the seasonal plan the objective of this cycle is to focus on aerobic threshold training 1-2 times a week. We shall place an additional intensity on Saturday, meeting the training objective and ensuring proper rest. Strength training can also be slotted in at this point; again with significant rest between bouts. Strength is quite easy at the start of the season so these sessions will be placed on easier days (Monday and Friday). Changes highlighted in Figure 5.

Figure 5: Addition of intervals and strength workouts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week of:</b> May 22	<b>M:</b> May Weight routine AA.	<b>M:</b> Run Treadmill <b>Int:</b> 1x20min <b>Z:</b> 3 (in to 4 at the end of test) <b>TWT:</b> 1hr 15			<b>M:</b> May Weight routine AA.	<b>M:</b> Skiwalk <b>Z:</b> 3	<b>M:</b> Bike <b>Z:</b> 1
<b>Hours:</b> 12	<b>TWT:</b> 1hr	Running with lactates on the treadmill			<b>TWT:</b> 1hr	<b>TWT:</b> 1hr30min <b>Int:</b> 1x 20min Skiwalking/ bounding set on trail #2	<b>TWT:</b> 2hr30min Long bike ride up Mt. Hood today. Make sure you stay in zone.
PM/Alternate		<b>M:</b> Choice <b>Z:</b> 1					
		<b>TWT:</b> 45min Easy afternoon recovery workout					
Daily Hours	1.0	2	1.5	1.5	1.5	2.0	2.5
Notes	Focus on proper form. Keep an eye on the rest between sets, the workout is more effective using the correct work to rest ratio.	Make sure you come to the treadmill test having done at least 30 min of easy running.			Focus on proper form. Keep an eye on the rest between sets, the workout is more effective using the correct work to rest ratio.		Goal of the workout is to keep pedaling the whole way. Breaks should be kept to a minimum.

**Step 3:** Add in auxiliary/low priority workouts. In this case core and posture routines, strength on skis, any anaerobic alactic or anaerobic lactate workouts that need to be added. Mental training should also be considered at this point and incorporated with key workouts. Workouts added in this section should not be throwaway training just because they are the final step of the process. They must effect a change in the athlete and be beneficial to their training goals. New sections highlighted in fig 6.

Figure 6: Addition of auxiliary workouts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week of:</b> May 22 <b>Hours:</b> 12 AM	<b>M:</b> May Weight routine AA. <b>TWT:</b> 1hr	<b>M:</b> Run Treadmill <b>Int:</b> 1x20min <b>Z:</b> 3 (in to 4 at the end of test) <b>TWT:</b> 1hr 15 Running with lactates on the treadmill	<b>M:</b> Rollerski <b>Z:</b> 1 <b>SS:</b> 20min of double pole. <b>TWT:</b> 1hr Double pole on the flats working on turn over and glide	<b>M:</b> Bike <b>Z:</b> 1.5 <b>TWT:</b> 1hr Make sure bike is in good working order for your weekend ride. Dial in your riding position.	<b>M:</b> May Weight routine AA. <b>TWT:</b> 1hr	<b>M:</b> Skiwalk <b>Z:</b> 3 <b>TWT:</b> 1hr30min <b>Int:</b> 1x 20min Skiwalking/bounding set on trail #2. Warm up with 7 x10sec sprints with 3min rest.	<b>M:</b> Bike <b>Z:</b> 1 <b>TWT:</b> 2hr30min Long bike ride up Mt. Hood today. Make sure you stay in zone.
PM/Alternate		<b>M:</b> Choice <b>Z:</b> 1 <b>TWT:</b> 45min Easy afternoon recovery workout	<b>M:</b> Core and Posture strength routine <b>TWT:</b> 30min		<b>M:</b> Choice <b>Z:</b> 1 <b>TWT:</b> 30min Easy afternoon recovery workout	<b>M:</b> Core and Posture strength routine <b>TWT:</b> 30min	
Daily Hours	<b>1.0</b>	<b>2</b>	<b>1.5</b>	<b>1.5</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>
Notes	Focus on proper form. Keep an eye on the rest between sets, the workout is more effective using the correct work to rest ratio.	Make sure you come to the treadmill test having done at least 30 min of easy running.	Review technique pointers before heading out to rollerski.	During your ride switch focus from internal to external cues every five minutes. Goal is to improve focus ability.	Focus on proper form. Keep an eye on the rest between sets, the workout is more effective using the correct work to rest ratio.	Fill out workout goal setting sheet before you come to practice today. Before you start your workout tell the coach your goals and what you are focusing on.	Goal of the workout is to keep pedaling the whole way. Breaks should be kept to a minimum.



**Additional Pointers:** When constructing training plans ensure that every workout has a purpose. If you are trying to fill a program with hours to meet a weekly or monthly quota, your athlete will be training for the sake of training, rather than training to be faster. Consider instead giving the athlete longer single workouts, ski specific secondary workouts (e.g. legs only skiing) or a more even distribution of hours over the course of a month or period. Always consider an athlete's strengths and weaknesses when constructing a training plan. What are their goals for the season? What areas do they need to improve in to reach these goals? If you have an athlete who is weak in double pole they should be doubling poling more often than their teammates in order to close the gap. Do not churn out carbon copy training plans, aspire to have at least 2 workouts per week that has been specified for an athlete within the team training plan.

### 11.3 Creating a Practice Plan:

Now that your weekly plan has been created, practice plans are easy to complete. For this section we will be using the Saturday workout from the weekly plan in previous section and the following template for creating a practice plan.

Team/Program: \_\_\_\_\_ Date: \_\_\_\_\_

Location: \_\_\_\_\_ Time: \_\_\_\_\_ Duration: \_\_\_\_\_

Objective(s): \_\_\_\_\_

Equipment: \_\_\_\_\_

<b>Activities</b> Goals: Athletic abilities, type of effort, length, intensity, movements, etc.	<b>Key Points/Messages</b> Guidelines, Safety, mental strategies
<b>Introduction</b> (duration =     min)	
<b>General Warm-up</b> (duration =     min)  <b>Specific Warm-up</b> (duration =     min)	
<b>Main Part</b> (duration =     min)	
<b>Warm-down</b> (duration =     min)	
<b>Conclusion</b> (duration =     min)	

**Practice Plan Creation Step 1:** Transfer main elements from the weekly plan to the practice plan and add key points and messages for these sections. Additions highlighted.

<p style="text-align: center;"><b>Activities</b></p> <p>Goals: Athletic abilities, type of effort, length, intensity, movements, etc.</p>	<p style="text-align: center;"><b>Key Points/Messages</b></p> <p>Guidelines, Safety, mental strategies</p>
<p><b>Introduction</b> (duration = 5min)</p>	<p>Review goal setting sheet with athletes. Get individuals to speak to coaches about practice goals during general warm up.</p>
<p><b>General Warm-up</b> (duration =        min)</p> <p><b>Specific Warm-up</b> (duration = 21 min) 7 x10 seconds bounding sprints with 3min rest between each.</p>	<p>Bounding sprints should be completed on a steep section of trail. Easy jog or walk between each sprint. Remind athletes of goals</p>
<p><b>Main Part</b> (duration = 20min)</p> <p>.</p> <p>Zone 3 Ski-striding 1 x20min</p>	<p>Completed on rolling terrain. Athletes should run the flats, ski bound gradual uphill and ski stride steeper hills. Remind athletes of goals.</p>
<p><b>Warm-down</b> (duration =        min)</p>	
<p><b>Conclusion</b> (duration =        min)</p>	

**Practice Plan Creation Step 2:** Add Intro, conclusion, warm up, and cool down sections taking into consideration the major elements already added to the practice plan. This is also a good point to add any technique pointers you may want to cover during the practice. Additions are **highlighted**.

<p style="text-align: center;"><b>Activities</b></p> <p>Goals: Athletic abilities, type of effort, length, intensity, movements, etc.</p>	<p style="text-align: center;"><b>Key Points/Messages</b></p> <p>Guidelines, Safety, mental strategies</p>
<p><b>Introduction</b> (duration = 5min)</p> <p>Quick overview of workout and where the sprints and intervals will take place.</p>	<p>Review goal setting sheet with athletes. Get individuals to speak to coaches about practice goals during general warm up.</p>
<p><b>General Warm-up</b> (duration = 20 min)</p> <p><b>Specific Warm-up</b> (duration = 21 min) 7 x10 seconds bounding sprints with 3min rest between each.</p>	<p>Easy ski-striding on out and back or loop. Coaches to review technique with athletes. Key pointers: bounding off the ball of the foot and strong pole plant.</p> <p>Bounding sprints should be completed on a steep section of trail. Easy jog or walk between each sprint. Remind athletes of goals</p>
<p><b>Main Part</b> (duration = 20min)</p> <p>Zone 3 Ski-striding 1 x 20min</p>	<p>Completed on rolling terrain. Athletes should run the flats, ski bound gradual uphill and ski stride steeper hills. Remind athletes of goals.</p>
<p><b>Warm-down</b> (duration = 20 min)</p> <p>Just an easy recovery jog back to starting areas</p>	<p>Coaches chat with athletes about the workout, ask for feedback on goals.</p>
<p><b>Conclusion</b> (duration = 5min)</p> <p>Easy static stretching</p>	<p>Remind athletes of upcoming workouts and preparations they need to make.</p>

**Practice Plan Creation Step 3:** Choose a location time and equipment needed for athletes and coaches. Also reflect on the goals and objectives of the practice. Often the practice location will be selected with a particular workout in mind. Try to vary location often to give athletes new challenges and adventures. Fill out the remaining sections adding to practice plan if additional goals or objectives are added. Additions are **highlighted**.

**Team/Program:** Mountain Nordic **Date:** May 27

**Location:** Waterville Trials **Time:** 9:00am **Duration:** 1 hr 30min

**Objective(s):** Ensure athletes are achieving their goals from goal setting sheet. Sprints should be of high quality, make sure the rest is easy between each. Watch for correct use of zones in zone 3 workout, athletes should be staying in zone.

**Equipment: Athletes:** Ski-striding poles, trail runners, water/food, completed practice goal sheet. **Coaches:** Ski-striding poles, cones, first aid kit, cell phone, water/food.

<b>Activities</b> <b>Goals:</b> Athletic abilities, type of effort, length, intensity, movements, etc.	<b>Key Points/Messages</b> Guidelines, Safety, mental strategies
<b>Introduction</b> (duration = 5min) Quick overview of workout and where the sprints and intervals will take place.	Review goal setting sheet with athletes. Get individuals to speak to coaches about practice goals during general warm up.
<b>General Warm-up</b> (duration = 20 min)  <b>Specific Warm-up</b> (duration = 21 min) 7 x10 seconds bounding sprints with 3min rest between each.	Easy ski-striding on out and back or loop. Coaches to review technique with athletes. Key pointers: bounding off the ball of the foot and strong pole plant.  Bounding sprints should be completed on a steep section of trail. Easy jog or walk between each sprint. Remind athletes of goals
<b>Main Part</b> (duration = 20min)  Zone 3 Ski-striding 1 x20min	Completed on rolling terrain. Athletes should run the flats, ski bound gradual uphills and ski stride steeper hills. <b>Stay in zone regardless of terrain, watch for use of HR monitors.</b> Remind athletes of goals.
<b>Warm-down</b> (duration = 20 min) Just an easy recovery jog back to starting areas	Coaches chat with athletes about the workout, ask for feedback on goals.
<b>Conclusion</b> (duration = 5min) Easy static stretching	Remind athletes of upcoming workouts and preparations they need to make.

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### Appendix 1: Weekly Training Template

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week of:							
Hours:							
AM							
PM/Alternate							
Daily Hours							
Notes							

**Appendix 2: Seasonal Plan Template**

**NB:** Please note seasonal training plans of your own design are encouraged. This template is only one example of how to create a seasonal.

- a) Provide on a separate document descriptions of all special events, training camps and competitions including goals and objectives of the activity.
- b) Ensure that frequency and duration of training sessions are included in the seasonal plan. Briefly explain why certain athletic abilities are being targeted in various periods of the seasonal plan. (see sample provided)
- c) Explain how mental training skills are incorporated into season and practice planning.

**PS:** Use as many sheets you need to plan for all the training periods of your program. At minimum there should be three distinct training phases targeting different skills and abilities: general preparation, specific preparation and competition phase.

Period		
Month		
Specific/Non Specific		
Aerobic Capacity (ZONE 1)		
Aerobic Threshold (ZONE 2)		
Anaerobic Threshold and Aerobic Power (MAS, Race etc) (ZONE 3-4)		
Anaerobic Alactatic (SPEED)		
Alactic Sprint		

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<b>Strength</b>			
<b>Specific (Endurance) Strength</b>			
<b>Competitions</b>			
<b>Mental Skill</b>			
<b>Weekly training hours</b>			
<b># Team Practices this week</b>			
<b>Med/Physio Assessments</b>			
<b>Monitoring</b>			
<b>Flexibility</b>			
<b>Technique focus</b>			
<b>Mental Focus</b>			
<b>Camps/Special Events</b>			
<b>Key workouts this week</b>			
<b>Notes</b>			



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## **REFERENCES**

Coaching Association of Canada, Design a Basic Sport Program Reference Material, version 1.4, 2007

### **Main writers**

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