

## BOW HIGH SCHOOL: 2018-2019 NORDIC SEASON TRAINING CONTRACT

Athlete Name:			Starting Group (Gold/Blue/Falcon):		
Pre-Existing Practice Day Conflicts (not to exceed 10% of practice days):					
Pre-Existing Race Conflicts (not to exceed 4 races):			Initials:	Athlete:	Parent/Guardian:
Coach Approved Alternate Workout Days/Missed Races:			Initials: Coach:	Athlete:	Parent/Guardian:

KEY: LIGHT GRAY w/Black Text-Practice Days (P-all, G-Gold, B-Blue, F-Falcon); DARK GRAY w/White Text-Race Days (F=Freestyle, C=Classical); WHITE w/Black Text-REST DAY, HOLIDAY, or Individual Workout (I); #-Other Races of Potential Interest;

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 0: Strength/Endurance	12/2	12/3 P: 3:15-5:00PM	12/4 B/F: 3:15-5:00PM	12/5 P: 3:15-5:00PM	12/6 P: 3:15-5:00PM	12/7 P: 3:15-5:00PM	12/8
Week 1: Strength/Endurance	12/9 REST DAY #Quarry Rd[F]	12/10 P: 3:15-5:00PM	12/11 B/F: 3:15-5:00PM	12/12 P: 3:15-5:00PM	12/13 Timed Mile P: 3:15-5:00PM	12/14 P: 3:15-5:00PM	12/15 #Craftsbury[C]
Week 2: Strength/Endurance	12/16 REST DAY #Craftsbury[F]	12/17 P: 3:15-5:00PM	12/18 B/F: 3:15-5:00PM	12/19 P: 3:15-5:00PM	12/20 Medals Test P: 3:15-5:00PM	12/21 G/B: 3:15-5:00PM	12/22 #EC-Craftsbury[C]
Week 3: Strength/Endurance	12/23 #EC-Craftsbury[F]	12/24 HOLIDAY Individual	12/25 HOLIDAY	12/26 Individual	12/27 Individual	12/28 P: 9:00-11:00AM	12/29 P: 9:00-11:00AM
Week 4: Skate Technique	12/30 REST DAY	12/31 HOLIDAY Individual	1/1 HOLIDAY	1/2 P: 3:15-5:00PM	1/3 P: 3:15-5:00PM	1/4 P: 3:15-5:00PM	1/5 #Gunstock[F]
Week 5: Classical Technique	1/6 REST DAY	1/7 P: 3:15-5:00PM	1/8 P: 3:15-5:00PM	1/9 @14:30[F] Waterville	1/10 P: 3:15-5:00PM	1/11 YOGA P: 3:15-5:00PM	1/12 @10:30[C] ConVal
Week 6: Skate Technique	1/13 REST DAY #Stowe Derby	1/14 P: 3:15-5:00PM	1/15 @14:30[F] WMRHS	1/16 P: 3:15-5:00PM	1/17 P: 3:15-5:00PM	1/18 YOGA P: 3:15-5:00PM	1/19 Plainfield
Week 7: Classical Technique	1/20 REST DAY	1/21 #Geshmossel[C]	1/22 Midterms P: 2:00-4:00PM	1/23 Midterms P: 2:00-4:00PM	1/24 Midterms P: 2:00-4:00PM	1/25 Midterms P: 1:30-3:30PM	1/26 @10:30[F] NHNCA(Holderness)
Week 8: Classical Technique	1/27 REST DAY	1/28 P: 3:15-5:00PM	1/29 P: 3:15-5:00PM	1/30 @14:30[C] Gunstock(Biathlon)	1/31 P: 3:15-5:00PM	2/1 YOGA P: 3:15-5:00PM	2/2 #Craftsbury[C]
Week 9: Skate Technique	2/3 REST DAY #Craftsbury[F]	2/4 P: 3:15-5:00PM	2/5 @15:00[F] Proctor Academy	2/6 P: 3:15-5:00PM	2/7 P: 3:15-5:00PM	2/8 YOGA P: 3:15-5:00PM	2/9 @10:30[C] NHNCA(No. Conway)
Week 10: Skate Interval	2/10 REST DAY #GS Biathlon[F]	2/11 P: 3:15-5:00PM	2/12 P: 3:15-5:00PM	2/13 P: 3:15-5:00PM	2/14 P: 3:15-5:00PM	2/15 @15:30[F] Bow	2/16
Week 11: Classical Interval	2/17 REST DAY #Rikert Skiathlon	2/18 P: 3:15-5:00PM	2/19 @15:30[C] Concord Area	2/20 @14:30[F] TBA	2/21 P: 3:15-5:00PM	2/22 End of Seasn P: 3:15-5:00PM	2/23 #EC-Dublin[FS]
Week 12: Tuning	2/24 REST DAY #EC-Holderness[C]	2/25 Individual	2/26 F: TBD	2/27 Individual	2/28 F: TBD	3/1 F: TBD	3/2 #MT Wash Cup[F]
Week 13: Tuning	3/3 REST DAY #BW Marathon[C]	3/4 P: 3:15-5:00PM	3/5 @10:00 States (Gunstock)	3/6	3/7	3/8	3/9 #Craftsbury[F]