

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i> SHS Winter Sports Night	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i> No Practice	<i>17</i> First Day of Practice Meet at 3:30 by Audi- torium Stairs Easy Run	<i>18</i> Practice at 12:30 Easy Run	<i>19</i> Practice at 12:30 Fitness Test Mile Run Max Pull-Ups/Sit-Ups	<i>20</i> No Practice	<i>21</i>
<i>22</i>	<i>23</i> No Practice	<i>24</i> No Practice	<i>25</i> No Practice	<i>26</i> No Practice	<i>27</i> No Practice	<i>28</i> Fundraiser at BBR Activity Center Turkey Trot Meet at 9:45
<i>29</i>	<i>30</i> No Practice					

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Intervals Running 3 min x 4; full recover Upper lvl. 2	2 Easy Run/ Rollerski?	3 Intervals Bounding 3 min x 4; full recover Upper lvl. 2	4 Strength/Games Leg Flexion Jumping	5 Optional Race MBSEF Double Pro- logue Register at MBSEF
6	7 No Practice	8 Intervals Running 4 min x 4; jog rest lower lvl. 3	9 Easy Run/ Rollerski?	10 Intervals Bounding 4 min x 4; jog rest Lower lvl. 3	11 Strength/Games Indoor Routine	12 Bachelor Skate -suggested for experi- enced skiers
13	14 No Practice	15 Intervals Running 3 min x 6; full recover Upper lvl. 3/lvl. 4	16 Easy Run/ Rollerski?	17 Intervals Bounding 3 min x 6; full recover Upper lvl. 3/lvl. 4	18 Strength/Games Flexion	19
20	21	22 Winter Break Go ski OYO or con- tact me to meet to ski	23 Winter Break Go ski OYO or con- tact me to meet to ski	24 Winter Break Go ski OYO or con- tact me to meet to ski	25	26 Rainbow Camp Mt. Bachelor
27 Rainbow Camp Mt. Bachelor	28	29 Winter Break Go ski OYO or con- tact me to meet to ski	30 Winter Break Go ski OYO or con- tact me to meet to ski	31 Winter Break Go ski OYO or con- tact me to meet to ski		

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Begin training on snow after school skate; intervals 4x4	6 Easy Run	7 Classic 4min x4 roll recover Mid lvl. 3	8 Strength/Games Wax Party	9 Teacup Classic Inter- val Start
10	11 Bingo/Fundraiser	12 Skate 2 min x 6; upper lvl. 3 Full recover	13 Easy Run	14 Classic 2 min x 6; upper lvl. 3 full recover	15 Strength/Games	16
17	18	19 Skate 2 min x 6; upper lvl 3 roll recover	20 Easy Run	21 Classic 2 min x 6; upper lvl 3 roll recover	22 Strength/Games Wax Party	23 XC Oregon Invite- Classic Interval Start 3x1k relay
24	25	26 Skate 8 min x 2 Lvl 3; 4 min. recover	27 Easy Run	28 Classic 8 min x 2 Lvl 3; 4 min. recover	29 Strength/Games Wax Party	30 Mt. Hood Meadows Pursuit
31						

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i> Skate 2 min x 6 lvl. 4/max	<i>3</i> Easy Run	<i>4</i> Classic 2 min x 6 lvl. 4/max	<i>5</i> Strength/Games Wax Party	<i>6</i> Sporthill Joint Race Skate Mass Start 3x1 K relay
<i>7</i>	<i>8</i>	<i>9</i> Skate 8 min x 2; lvl. 4/max Full recover	<i>10</i> Fitness Test 1 mile run Pull-ups/sit-ups	<i>11</i> Classic Easy Distance	<i>12</i> Strength/Games	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i> Skate Easy	<i>17</i> Easy Run Wax Party	<i>18</i> Hoodoo Night Race Skate Mass Start Sisters Hosts	<i>19</i> Strength/Games	<i>20</i> Meadows/Teacup Time trial
<i>21</i>	<i>22</i>	<i>23</i> Skate Easy	<i>24</i> Easy Run Pick-Ups	<i>25</i> Easy Run Pick-Ups Wax Party	<i>26</i> State Meet at Bachelor; 5k skate mass start Breakfast before meet?	<i>27</i> State Meet at Bachelor; 5k classic interval start; 3x1k relay (CL, FS, FS) Banquet at Pilot Butte MS
<i>28</i>	<i>29</i>				End of Season Party BBR Activity Center Potluck	