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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |  |
| 27  Easy ski or run 45 min (2001 & Older)  -----------------------------------  Easy ski or run 45min (2002-2006) | 28  2 hours  Easy intensity | 29  Easy Ski 90min or off depending on feel (2001 & Older)  -----------------------------------  Easy Ski 60min or off depending on feel(2002-2006) | 30  **Off training** | Dec 1st  **Canmore**  **Training Day**  Race prep and review courses | 2  **Canmore**  **Interval Start Free**  **Other skiers**  Short Intensity  Easy warm up 30min  - 4 x 2mins with 3 min rest in between (could also be done as a fun 2-3 person relay with other skiers)  - Easy 20min cool down | 3  **Canmore**  **Mass start Classic**  **Other skiers**  Continuous ski 60 min + 15min Core/strength (60 seconds each of situps, leg raises, pushups, front bridge, burpees x 3) | 2001 & Older:10.5  2002-2004:9.5 |
| 4  Off | 5  Strength on skis (skate)   * Easy ski 20 min * Rotate between 5min legs only and 5min arms only (double pole) x 2 (20min total)   Easy cool down 20min | 6  Easy Ski 90min or off depending on feel (2001 & Older)  -----------------------------------  Easy Ski 60min or off depending on feel(2002-2006) | 7  Travel to Fort Smith | 8  AWG Trials | 9  AWG Trials | 10  Off |  |