**WEEK 6 (Jan 4th)**

Start of in person training! We can’t wait to see all of you!

A note on in person practices:

* Masks must be worn at all times when we are together. Make sure you bring at least one with your to practice or more than one if you want to switch to a dry one during skiing (buffs don’t count)
* We will always be social distant at practice - no closer than 6ft to each other at any given time
* Please arrive on time - meaning ready to ski at the time indicated. If you are late, we cannot hold the whole team for you so please be on time.
* There are no indoor facilities at ski venues, so bring warm clothing. We can store equipment and clothing on the bus trailer (even if you get dropped off, you can store your equipment there)

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| **Day** | **Location** | **Time** | **Practice Plan** |
| **Monday** | [Como Park Golf Course](https://www.google.com/maps/place/Como+Park+Golf+Course/@44.984169,-93.1483257,17z/data=!3m1!4b1!4m5!3m4!1s0x52b32b0532a16adb:0x3877ab635d424fe1!8m2!3d44.984169!4d-93.146137) (park in clubhouse parking lot) | Returning skiers arrive at 5:30 to get uniforms  New skiers arrive at 5:45 to get uniforms  Practice from 6:00-7:30pm  ***Note - there is no bus today because of short notice with ordering one. If you cannot get a ride to practice, do the workout on your own or easy run for 60min.*** | Warm-up and Racesuit Distribution:  After you get your uniform/warmup, begin workout.  Bring $75 uniform deposit check   * Returning skiers arrive at 5:30 to get uniforms * New skiers arrive at 5:45 to get uniforms   New skiers: Skate ski technique instruction (break into small groups)  Experienced skiers: Skate ski with 2x15min no pole skate followed by 4x10sec L5 speeds |
| **Tuesday** | [Elm Creek Park Reserve](https://www.google.com/maps/place/Elm+Creek+Park+Reserve/@45.1382288,-93.455477,14z/data=!4m8!1m2!2m1!1selm+creek+park+reserve!3m4!1s0x52b338a96a5420db:0xe918882e272cded5!8m2!3d45.1382288!4d-93.4379675) (park at Chalet) | Practice time  6:15-7:45  Bus leaves MV at 5:45, returns 8:15pm | **Meet by ski racks at 6:15 if you need kick wax applied to your skis (if you don’t have skins or fish scales)**  New skiers: Classic ski technique instruction  Experienced skiers:  20 minute warmup  4x6min L3 no pole striding  20 minute cold down |
| **Wednesday** | Shakeout Run + Virtual strength | 3:30 - easy jog  4:00 - [meet online](https://meet.google.com/sya-pdft-yfy) | Go for a 30-40min easy jog  Meet online at 4pm for virtual strength (click the link to join) |
| **Thursday** | Easy jog on your own  Team Info Meeting | No group practice - go running own your own  Meeting online for 5-7pm drug meeting | 45-60min run plus stretching  5-7pm info meeting: Link will be sent out |
| **Friday** | [Elm Creek Park Reserve](https://www.google.com/maps/place/Elm+Creek+Park+Reserve/@45.1382288,-93.455477,14z/data=!4m8!1m2!2m1!1selm+creek+park+reserve!3m4!1s0x52b338a96a5420db:0xe918882e272cded5!8m2!3d45.1382288!4d-93.4379675) (park at Chalet) | Practice time:  6:15-7:45pm  Bus leaves MV 5:45, returns 8:15pm | New skiers: Skate ski technique instruction + 1x2.5k “hot lap”  Experienced skiers:  Race day warmup routine  2x2.5k “hot laps”  4x15-20sec speeds  10min cool down |
| **Saturday** | [Battle Creek Recreation Center](https://www.google.com/maps/place/Battle+Creek+Recreation+Center/@44.9385111,-93.0149606,17z/data=!3m1!4b1!4m5!3m4!1s0x87f7d674767c24ef:0x9db8bdf01c8f4425!8m2!3d44.9385111!4d-93.0127719) | Practice time:  9:00-10:30am  Bus leaves MV 8:30, returns 11:00 | Meet in front of Rec Center if you need kick wax applied  New skiers or bus riders: 1.25 hour easy classic ski  Experienced skiers or people who can stay longer: 2hour classic ski |