



Draw for athletes attending the camp: Skigo Elit Poles

NOD Midget Training Camp September 30 to October 2, 2011
 Hosted by Walden Cross Country Fitness Club Youth Programs

Friday September 30, 2011	Workout	Objective of the workout
8:30- 8:50	Arrive and get ready for an amazing weekend	Orientation of facility
8:50 – 9:00	Introductions	Meet new friends
9:00- 9:30	The importance of heart rate zones	
9:30- 10:15	Learn how to apply zone information to training	Improve ski walking in Z1, ski striding in Z3,etc
10:30- 10:50	Break and watch video of training session	
10:50 – 11:45	Games	To develop team work, improve starts, develop tactics for racing
11:45 -12:30	Lunch	
12:45-1:45	Strength session	Improve core strength awareness
1:45 to 2:15	Snack and travel to Delki	
2:30-3:45	Roller ski	Break into groups and work on Double Pole, how to ride roller skis
4:00- 4:30	Bucket ball	On the soccer field at Delki
4:30 – 5:00	Travel back to Walden	
5:30 – 6:30	Supper	
7:00- 7:30	Presentation	
7:30 – 8:15	Flashlight Orienteering	

Saturday October 1, 2011	Workout	Objective of the workout
8:30- 8:50	Arrive and get ready	
8:50-9:30	Warm up and stretch	Explanation of National strength test
9:30-10:30	National Strength test	
10:15-10:30	Snack and hydrate	
10:45 – 11:30	Once done their test go with group for a hike around walk 5km trail with poles	Lead by Walden Youth racers
11:30 – 12:00	Game capture the flag	

11:45 -1:00	Lunch	Athletes clean up
1:00 – 1:30	discussion	Why we do different activities and how to connect the dots from one training session to the next
1:45 to 2:15	Snack and travel to Delki	
2:30-3:45	Roller ski	Work on skills
4:00- 4:30	Soccer	On the soccer field at Delki
4:30 – 5:00	Travel back to Walden	
5:30 – 6:30	Supper	
7:00- 8:00	Bonfire and story telling	
8:00	Pick up by billets	

Sunday October 2, 2011	Workout	Objective of the workout
8:30	Arrive at trail head for Kilarney hike to the Crack	Distance workout ski poles, water and snacks
8:45 am	Group safety discussion, athlete count	Workout with new friends
12:30 – 1:00pm	Meet back in parking lot and wind up camp	Camp picture on top of crack