

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Training and events plan – September</h1>						
		1	2	3	4	5
<b>6 Easy</b>	7 (ice 7-8pm) Alex-Anick  Introduction talk Skill – Gliding 2 x 8, 7, 6 (41 laps - 65%)	8 (ice 8-9pm) Tony - Guy Introduction talk Skill – Gliding and stability 2 x 5, 8, 5, 3 (65% -42 laps)	9	10 Pacers or Dryland  Balance, agility and stability – Circuit 1 – agility and stability)	11	12 Dryland  Endurance - (1 hour bike at 20km, or 25 min run – zone )
<b>13 Medium</b>	14 (ice 7-8pm) Anick-Alex  WU – 2 x 7 skate only straights Skill – agility drill basics 2 x 5,7,5,7(48 laps)	15 (ice 8-9pm) Guy - Tony  WU – Agility games Skill - agility drill basics 2x 5,5,4,4 (36 laps)	16	17 Pacers or  Dryland – Circuit 2 – speed and aerobic)	18	19 Dryland  5 sprints – 10 sec, one per minute + 1 hour bike at 20km, or 25 min run)
<b>20 Hard</b>	21 (ice 7-8pm) To – Tony - Alex <b>Parent info night</b>  WU – agility games Skill - corners 2 x (8, 7, 6 ) (42 laps)	22 (ice 8-9pm) Guy  WU – 2x 5 skate only corners as excels Skill – corners 1 x 8,7,6,5,4,3,2,1 (36 laps)	23	24 Pacers or  Dryland - Circuit 3 - strength)	25	26 Dryland  10 sprints – 10 sec, one per minute Endurance - (1 hour bike at 20km, or 25 min run – zone )
<b>27 Easy - Med</b>	28 (ice 7-8pm) Alex – Anick  WU – corner games Skill – starts in prep for comp. 2 x 6,5,4,3 (36 laps)	29 (ice 8-9pm) Tony - Guy WU – Race WU <b>Benchmarking 1 – v. jump, Flying laps, 500m, half lap</b> 1 x (8,6,4) 18 laps) Relays	30			

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<h1>Training and events plan – October</h1>						
				1 Dryland – circuit 2 (speed and aerobic)	2 travel to Belleville	3 Eastern Regional meet #1 – Belleville  Follow race WU procedure
4	5 (ice 7-8pm) Anick- Tony  Post race discussion WU games with starts Skill – basic track patterns	6 (ice 8-9pm) Guy  WU- 2 x 7 with 2 track patterns Skill track patterns - defensive	7	8 Pacers or Dryland	9	10 Dryland
11	12 (ice 7-8pm) Tony- Alex  WU – 2 x 7 with Skill passing - inside	13 (ice 8-9pm) Guy  WU – 2 x 7 outside Skill – passing outside	14	15 Pacers or Dryland	16	17 Dryland or  Ontario Cup 1 – Gloucester (entry standards)
18  Ontario Cup 1 – Gloucester (entry standards)	19 (ice 7-8pm) Alex – Anick  Skill – decision drills	20 (ice 8-9pm) Tony-Guy  Skill - relays	21	22 Pacers or Dryland	23	24  Eastern Regional Meet #2 Ottawa Pacers
25	26 (ice 7-8pm) Anick- Tony <b>Parent info(7:30-8)</b> <b>Skater Nutrition</b> <b>8-8:30</b>  Skill - relay	27 (ice 8-9pm) Guy  Skill	28	29 Pacers or Dryland	30	31 Dryland  <b>Nutrition workshop</b> <b>– 1.5 hrs afternoon</b> <b>(comp A and B)</b>

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<h1>Training and events plan – November</h1>						
1	2 (ice 7-8pm) Tony – Alex	3 (ice 8-9pm) Guy	4	5 Pacers or Dryland	6	7 Dryland or  Ontario Cup #2 – Cambridge (Entry Standards)
8  Ontario Cup #2 – Cambridge (Entry Standards)	9 (ice 7-8pm) Alex – Anick	10 (ice 8-9pm) Tony- Guy	11	12 Pacers or Dryland	13	14  Kingston Ladder meet (500m)
15	16 (ice 7-8pm) Anick- Tony  <b>Benchmarking– v jump, Flying laps, 500m</b>	17 (ice 8-9pm) Guy	18	19 Pacers or Dryland	20	21 Dryland
22	23 (ice 7-8pm) Tony- Alex	24 (ice 8-9pm) Guy	25	26 Pacers or Dryland	27	28  Eastern regional meet - Gloucester
29	30 (ice 7-8pm) Alex – Anick					

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<h1>Training and events plan - December</h1>						
		1 (ice 8-9pm) Tony-Guy	2	3 Pacers or Dryland	4	5 Dryland
6	7 (ice 7-8pm) Anick-Tony <b>Benchmarking- v jump, Flying laps, 500m</b>	8 (ice 8-9pm) Guy	9	10 Pacers or Dryland	11	12 Dryland or  Ontario Cup # 3 – Clarington (entry standards)
13  Ontario Cup # 3 – Clarington (entry standards)	14 (ice 7-8pm) Tony-Alex	15 (ice 8-9pm) Guy <b>Parent info night – re: LT</b>	16	17 Pacers or Dryland	18	19 Dryland
20	21 (ice 7-8pm) Alex - Anick	22 (ice 8-9pm) Guy	23	24	25	26
27	28	29	30 Long Track training  (am or pm)	31 Long Track training (am).  New years eve		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Training and events plan – January</h1>						
					1 Rest - New years day	2 Long track Camp – Ottawa Pacers
3 Long track Camp – Ottawa Pacers	4 (ice 7-8pm)	5 (ice 8-9pm)	6	7 Long Track training	8 Travel to SSM	9 Long Track meet - SSM
10 Long Track meet - SSM	11 (ice 7-8pm) – Rest for those returning from SSM	12 (ice 8-9pm)	13	14 Dry land or Long Track training	15	16 Eastern Regional meet #4 - Brockville
17	18 (ice 7-8pm)	19 (ice 8-9pm) or Long Track training	20	21 Long Track training	22	23 Long Track Provincials – Ottawa Pacers
24 Long Track Provincials – Ottawa Pacers 31	25 (ice 7-8pm)	26 (ice 8-9pm)	27	28 Pacers or Dryland	29	30 Dryland

# Training and events plan – February

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	1 (ice 7-8pm)	2 (ice 8-9pm)	3	4 Pacers or Dryland	5	6 Dryland
7	8 (ice 7-8pm)	9 (ice 8-9pm)	10	11 Pacers or Dryland	12	13 O-Cup #4 – Kitchener (entry standards)
14 O-Cup #4 – Kitchener (entry standards)	15 (ice 7-8pm)	16 (ice 8-9pm)	17	18 Pacers or Dryland	19	20 Eastern regional meet #5 - Peterborough
21	22 (ice 7-8pm)	23 (ice 8-9pm)	24	25 Pacers or Dryland	26	27 Dryland
28						

# Training and events plan – March

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	1 (ice 7-8pm)	2 (ice 8-9pm) <b>Final Benchmarking– v jump, Flying laps, 500m</b>	3	4 Pacers or Dryland	5	6 Dryland
7	8 (ice 7-8pm)	9 (ice 8-9pm)	10	11 Pacers or Dryland	12	13 Provincial Championships - Gloucester
14 Provincial Championships - Gloucester	15 (ice 7-8pm)	16 (ice 8-9pm)	17	18 Pacers or Dryland	19	20 Regional Championships - Newmarket
21 Regional Championships - Newmarket	22 (ice 7-8pm)	23 (ice 8-9pm)	24	25 Pacers or Dryland	26	27 Dryland
28	29 (ice 7-8pm)	30 (ice 8-9pm)				