



Summer Training Offerings

Description: Crested Butte Nordic Team's summer training is designed to offer a structured, focused training group environment with an emphasis on fun and exploration. Summer training is designed to help athletes improve their general fitness through a variety of dryland activities – including, but not limited to, roller skiing, running, mountain biking, strength, and plyometric games (aka speedball) – and to provide an introduction to year-round, periodized training models for endurance performance. Coaches will work with athletes on ski-specific goals, in technique and intensity sessions, and on helping athletes chase their goals in a variety of sports and disciplines in an individualized way. Typical training sessions include running intervals, rollerski agility obstacle courses, or an adventure run/bike in the Elk Mountains. We try to individualize and offer small group offerings specific to the goals of our athletes in skiing and in their other Fall sports as well, including differentiating workouts to give them the best preparation to live a year-round, endurance lifestyle!

Beyond offered training sessions as outlined above, there is the possibility that CBNT may offer additional, or change days, on training sessions, to accommodate plans to do long, fun, training adventures, at no additional cost beyond program fees (ex. Changing Friday practice to Saturday to run a big loop in Lake City, doing a long combo run/bike through the Elk Mountains etc...).

Requirements: Athletes should have some background in Nordic skiing, and a base fitness level that allows them to run for at least one hour non-stop. Owning rollerskis is recommended, but **not** required (CBNT can loan pairs). Athletes should be prepared to bring a positive attitude, an ability to be dynamic with practice plans, and a willingness to have fun at each training session!

Schedule on next page



CBNT Training Options (Second Year U14+) Offerings (Birth year 2011 or earlier)

Monday, June 10th – Friday, August 9th (10 weeks)

Coaches: Ben Theyerl (CBNT Comp Coach), Spencer WareJoncas (Western Coach), Lily Bates (CBNT Coach). Occasional guests too!

Up to 6 sessions/week option

\$750

****Exact training times subject to change based on training plan****

Mondays, **2** sessions 9am – 11:00 am, 3:30pm–5:30pm – **1** ski/run session, **1** strength session.

Tuesdays, **0** sessions. Off day.

Wednesdays, **2** sessions 9am – 11:00 am, 3:30pm–5:30pm – **1** ski/run session, **1** strength session.

Thursdays, **1** session, 8 am – 10 am – ski specific training.

Fridays, **1** session, 8 am – 12 pm – Adventure day.

Up to 4 sessions/week option

\$550

(you choose which four sessions you will attend)

Mondays, **2** sessions 9am – 11:00 am, 3:30pm–5:30pm – **1** ski/run session, **1** strength session.

Tuesdays, **0** sessions. Off day.

Wednesdays, **2** sessions 9am – 11:00 am, 3:30pm–5:30pm – **1** ski/run session, **1** strength session.

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