



CCO Para Nordic Dryland Camp
 October 14 to 16, 2011
 Hosted by Walden Cross Country Fitness Club Para Nordic Programs

Friday October 14, 2011	Workout	Objective of the workout
8:30- 9:00	Arrive and get ready for an amazing weekend	Orientation of facility
9:00 – 9:30	Introductions and information about CCO Para Nordic Program	Meet old friends
9:30 – 10:30	Test run/ roller ski test	
10:30-10:45	break	
10:45 – 12:00	Recovery workouts for standing and sitting	Ski walk, ski erg, ball and other activities
12:00 – 1:00	Lunch	
1:00 – 1:30	Team building	
1:45 – 3:00	Strength session	Improve core strength awareness
3:00- 3:15	Snack	
3:15 – 3:45	Game	
4:00- 4:30	Recovery workout	Helping be prepared for tomorrow
4:30 – 5:00	Clean up for supper	
5:00 – 6:30	Supper	
6:30 – 7:30	Presentation	Racing events 2011-12

Saturday October 15, 2011	Workout	Objective of the workout
8:30- 8:50	Arrive and get ready	
8:50-9:30	Warm up and stretch	
9:30-10:30	Testing DP test	Everyone; will need to be flexible
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	Standing skiers
10:45 – 11:30	Sit skiers indoor session working on recovery	Outdoor and indoor recovery
11:30-12:00	Game out side	
12:00 -1:00	Lunch	Athletes clean up

1:00 – 1:30	discussion	How to move to the next level
1:45 to 2:15	Snack and travel to Delki	
2:30-3:45	Roller ski	Work on skills across the road
4:00- 4:30	game	
5:00 -6:00	Supper	
6:15 – 7:00	social	

Sunday October 16, 2011	Workout	Objective of the workout
8:30	Meet at Walden	
9:00 – 10:00	Upper body power where to find your potential power sit skiers	
8:45 to 11:30	Endurance workout with poles standing	
10: 30 – 12:30	Games and discussion on sit ski tactics for racing	
12:30 – 1:00pm	Lunch and talk over Mont Ste. Anne training camp	Camp picture