

## Walden Junior Development August Calendar 2011

Please be at the training by 6:15 pm or 9:15 am as training will start right at 6:30 pm and 9:30 am. Monday, Wednesday, Thursday, and Friday training is for the TTT and older group. LTT athletes are welcome on Saturdays if accompanied by a parent.

Date	Place	Time	What to bring
Tue Aug. 2/11	Canoe Club	6:00 pm	Towel, swim suit, running shoes, water bottle, pdf (lifejacket), canoe/kayak if you have one
Wed Aug. 3/11	Weights	9:00 am	Runners, water bottle, towel
Thu Aug. 4/11	Walden	4:00pm	Roller skis, helmet, poles, ski boots, safety vest, and water bottle
Fri Aug. 5/11	Weights	9:00 am	Runners, water bottle, towel
Sat Aug. 6/11	Laurentian trails	9:15 am	Runners, ski poles, water bottle, long sleeve shirt, bug repellent, hat, towel
Mon Aug. 8/11	Weights	9:00 am	Runners, water bottle towel
Tue Aug. 9/11	Walden bike SFC trails	6:15pm	mountain bike, helmet, water bottle, snack
Wed Aug. 10/11	Weights	9:00 am	Runners, water bottle towel
Thu Aug. 11/11	Delki	4:00 pm	runners, water bottle snack if still warm towel for water park
Fri Aug. 12/11	Off		
Sat Aug. 13/11	Walden	9:15 am	Bike check out SFC MTB course and/or endurance ski walk all of the 9km, ski poles, water, snack
Sun Aug. 14/11	Beaton	Arrive 9:30 am	<b>Must be registered ahead of time</b>
Mon Aug. 15/11	No weights	Off or easy recovery workout	
Tue Aug. 16/10	<b>Trail Run</b>	Register 6:00 to 6:30, run 6:45	Runners, water bottle, ski walking poles
Wed Aug. 17/11	Weights	9:00 am	Runners, towel, water bottle
Thu Aug.18/11	Delki	4:00 pm	Roller skis, helmet, poles, boots, safety vest, water bottle
Sat Aug. 20/11	off		
Sun Aug. 21/11	<b>SFC Mountain Bike event</b>		Contact Rob St. Marseille
Mon Aug. 22/11	No Weights	Off or easy recovery	
Tue Aug. 23/11	Laurentian	6:15 pm	Runners, ski poles, water bottle, swim suit, towel, long-sleeve shirt, bug spray
Wed Aug. 24/11	Weights	9:00 am	Runners, towel, water
Thu Aug. 25/11	Walden	4:00 pm	Roller skis, helmet, poles, boots, safety vest, water bottle
Sat Aug. 27 –	Youth racers -	7:00am	

Wed Aug 31	Hardwood camp	depart	
Sat Aug. 27/11	No formal training in town		
Mon Aug. 29/11	Weights	9:00 am	Runners, towel, water
Tue Aug. 30/11	Laurentian	6:15pm	Runners, ski poles, water bottle, swim suit, towel, long-sleeve shirt, bug spray
Wed Aug. 31/11	Weights	9:00 am	Runners, towel, water
Thu Sep. 1/11	Walden	4:000pm	Roller skis, helmet, poles, boots, safety vest, water bottle
Sat Sep.3/11	Family day		Have a great weekend