



## **FIS Update January 17th, 2024**

We will be offering training this week from Thursday to Sunday. For the athletes heading to Kimberly this will be optional. We encourage this group to consider school and to look at what day/days will serve them well on all fronts. We will be on the road for 16 days, so it is important that athletes leave well rested and prepared for a long stretch. Load management on projects such as this is essential to success so we will monitor and manage this on an individual level. Given all the snow that has fallen we are choosing to go with SL training tomorrow for our first day back on the race centre. On Friday and Saturday, we will have GS training and switching back to SL on Sunday to finish off the weekend. Laurance, Ryan and myself will be heading Kimberly for the speed project. Matou and Marie will be looking after training here in Whistler.

### **Training Schedule**

#### **Thursday Jan 18<sup>th</sup>- SL training 5.0 to Finish**

- 8:05am arrive at Fitz Chair for 8:15am load
- 8:45am inspection/warm up runs above and below course
- 9:15am 1<sup>st</sup> run
- 11am 30min break and reset course
- 11:30am inspection
- 1:30pm last run followed by possible free ski laps
- 2:30pm dryland balance, core agility in studio

#### **Friday Jan 19<sup>th</sup>- GS training Johnny's start to finish**

- 8:05am arrive at Fitz Chair for 8:15am load
- 8:45am inspection/warm up runs above and below course
- 9:15am 1<sup>st</sup> run
- 11am 30min break and reset course
- 11:30am inspection
- 1:30pm last run followed by possible free ski laps
- 2:30pm dryland in gym for a lift for athletes not going to Kimberly. Athletes going to Kimberly will do a light spin and stretch

#### **Saturday Jan 20<sup>th</sup>- GS training, Bench to 5.0**

- 7:35am arrive at Fitz Chair for 7:45am load

- 8:15am inspection/warm up runs above and below course
- 8:35am 1<sup>st</sup> run
- 11am 30min break and reset course
- 11:30am inspection
- 1:30pm last run followed by possible free ski laps
- 2:30pm dryland in gym for a circuit workout for athletes not going to Kimberly. Athletes going to Kimberly will do a light spin and stretch

**Sunday Jan 21<sup>st</sup>- SL training Bench to 5.0**

- 7:35am arrive at Fitz Chair for 7:45am load
- 8:15am inspection/warm up runs above and below course
- 8:35am 1<sup>st</sup> run
- 11am 30min break and reset course
- 11:30am inspection
- 1:30pm last run followed by possible free ski laps
- 2:30pm dryland at the clubhouse TBD

If you have any questions or concerns, please feel free to reach out to me.

Sincerely,

**Brad Eades**

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*"Change your thoughts, and you change your world." — Norman Vincent Peale*