

Athlete: Example  
 Period: School Holidays training on glacier or winter snow  
 Note: This program was well conscience in collaboration with the school

## TRAINING TIMETABLE



Time / period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:45	Pick up 07.30	Pick up 07.30	Pick up 07.30	Pick up 07.30	Pick up 07.30		
08:25	Ski Training	Ski Training	Ski Training	Ski Training	Ski Training		
09:15	Ski Training	Ski Training	Ski Training	Ski Training	Ski Training		
09:55	Ski Training	Ski Training	Ski Training	Ski Training	Ski Training		
10:55	Ski Training	Ski Training	Ski Training	Ski Training	Ski Training		
11:35	Ski Training	Ski Training	Ski Training	Ski Training	Ski Training		
13:15	Lunch at the Skiresort	Lunch at the Skiresort	Lunch at the Skiresort	Lunch at the Skiresort	Lunch at the Skiresort		
14:00	Ski Training	Ski Training	Ski Training	Ski Training	Ski Training		
14.45	Ski Training	Ski Training	Ski Training	Ski Training	Ski Training		
15:30	Video Analyse	Video Analyse	Video Analyse	Video Analyse	Video Analyse		
16:15	Ski Tuning	Ski Tuning	Ski Tuning	Ski Tuning	Ski Tuning		
17:05							
17:45							

