



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	Back to School 12.00	Back to School 12.00	Back to School 12.00	Back to School 12.00	Back to School 12.00		
13:15							
14:00							
14.45	Pick up 14.45	Pick up 07.30	Pick up 07.30	Pick up 07.30	Pick up 07.30		
15:30	Physical Training	Physical Training	Physical Training	Physical Training	Physical Training		
16:15	Video Analyse	Video Analyse	Video Analyse	Video Analyse	Video Analyse		
17:05	Back to School 12.00	Back to School 12.00	Back to School 12.00	Back to School 12.00	Back to School 12.00		
17:45	Ski Tuning	Ski Tuning	Ski Tuning	Ski Tuning	Ski Tuning		