

# HOW TO COMPLETE YOUR TRAINING CALENDAR

The purpose of this activity is to compare how your training now, in the pre-competitive season, compares to training immediately before an important competition, and to communicate ALL aspects of your training with your coaching team. Your coaching team includes your primary coach, specialty coaches, off-ice trainers and instructors, etc.

- 1) First, identify a major competition this season. 2015-16 qualifying competitions are listed at the bottom of the calendar. Put this date on the bottom two week calendar and fill in the surrounding dates.
- 2) Next, fill in the dates for the current two week period in the top two week calendar.
- 3) Being as specific as possible, fill in your on-ice schedule for each day.
- 4) Fill in ALL off-ice training, including (but not limited to) dance classes, choreography, group exercise classes, etc. and try to be specific about what the classes entail.
- 5) Be sure to add any non-negotiables like other sports activities (i.e. swim team, cross country) vacations, graduations, school finals, etc. that will occupy significant portions of your time and effort.
- 6) Share your completed calendar with your coach and all other members of your training team. One way to do this is to take a photo with your phone and text it to them.

## 2016 REGIONAL FIGURE SKATING CHAMPIONSHIPS

EVENT	DATES
North Atlantic	Oct. 3-6
Southwestern	Oct. 3-6
Central Pacific	Oct. 3-6
South Atlantic	Oct. 10-13
Northwest Pacific	Oct. 10-13
Upper Great Lakes	Oct. 10-13
Southwest Pacific	Oct. 17-20
New England	Oct. 17-20
Eastern Great Lakes	Oct. 17-20

## 2016 SECTIONAL FIGURE SKATING CHAMPIONSHIPS

EVENT	DATES
Eastern	Nov. 18-22
Midwestern	Nov. 18-22
Pacific Coast	Nov. 18-22

May 2015							June 2015							July 2015							August 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	1	2	3	4	1	2	3	4							1
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
24	25	26	27	28	29	30	28	29	30	26	27	28	29	30	31	23	24	25	26	27	28	29	30	31			
September 2015							October 2015							November 2015							December 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12		
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31										

MONTH: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTH: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

HOW DOES THIS TWO WEEK SLICE FIT INTO YOUR **OVERALL TRAINING PLAN?**

## QUESTION: IS MORE TRAINING BETTER?

### LISTEN TO YOUR BODY!

- Too much VOLUME or INTENSITY without adequate RECOVERY increases your overuse injury risk.
- Address small injuries sooner rather than later – before they turn into serious issues. Boot problem/hot spots fall under this category!
- Coaches should foster an open communication environment where athletes can tell you about a nagging injury without fear of losing ice/lesson time or respect.
- You can't "cram" fitness. Physical conditioning must be advanced gradually and balanced with on-ice skills practice.

## ADDITIONAL POINTS TO DISCUSS WITH YOUR COACHES

### DOES THE VOLUME AND INTENSITY OF YOUR TRAINING REFLECT WHERE YOU ARE IN THE TRAINING CALENDAR?

In the preparatory and pre-competition season, the volume can be higher and the intensity or performance quality may be lower. Why? In the competition season, especially immediately before a competition, your volume should be significantly lower with the emphasis on training intensity and performance.

### WHAT IS THE PURPOSE OF EACH COMPETITION THAT YOU ENTER THROUGHOUT THE SEASON?

You should be able to state your mastery goals for each competition.

### ARE THERE REDUNDANCIES IN YOUR TRAINING CALENDAR?

Example: doing a lengthy off-ice jumping class after several freestyle sessions spent jumping the same day. There may be an excellent purpose for each type of training, but the scheduling may be counter-productive.

### DO YOU DO A DAILY DYNAMIC OFF-ICE WARM UP BEFORE TRAINING?

Running from the car to the ice with skates on is not preparing your body to move the way it needs to move during a skating session.

### DO YOU HAVE STRUCTURED RECOVERY (INCLUDING NUTRITION) ON YOUR TRAINING CALENDAR?

Running out the door immediately after training does not leave your body appropriate recovery time. Not eating at all during the training day will not provide your muscles with fuel to perform.

### HOW DOES YOUR OFF-ICE TRAINING IMPROVE YOUR ATHLETIC ABILITIES, THEREFORE HELPING YOU TO ACCOMPLISH THE ON-ICE GOALS YOU AND YOUR COACH HAVE IDENTIFIED?

Does your training reflect the seasonal goals you have identified? Does it address the athletic strengths and weaknesses identified in your S.T.A.R.S. testing and by your coaching team?

## 3 IDENTICAL TRIPLETS: DOROTHY, INA & DENISE WITH 3 DIFFERENT OFF-ICE TRAINING MAPS



### MAP #1: THE "INSANITY WORKOUT"

High intensity! Lots of impact! Train like a maniac right up to the day of competition and treat competition as a "rest day" and then go right back to INSANITY after the competition.

### MAP #2: THE "LOW AND SLOW WORKOUT"

Start off-ice training well into the season and without increasing intensity much throughout the season. Take the whole week prior to a competition off, because you don't want to be "tired." A month before Regionals (or another critical competition), "kick it into high gear." Take an extended break after your last competition of the season because you don't need to work hard or be fit in the off season.

### MAP #3: THE "GOLDILOCKS WORKOUT"

Not too much, not too little, it's just right! Training gradually progresses throughout the season, tapers before important competition(s), and cycles up and down between competitions.

### TAKE A LOOK AT THE ABOVE TRAINING MAPS AND ANSWER THE FOLLOWING QUESTIONS:

- Which triplet is the most likely to be best physically conditioned for competition? Why?
- Which triplet is most likely to be the least prepared? Who is likely to be poorly conditioned? Who might be overtrained or mentally fried? Why?
- Which triplet would be at the highest risk of developing an overuse injury? Which one would be the least at risk for overuse injury? Why?