Volkswagen National Ski Team Outline Programme 2008-09

NEW ZEALAND SKI TEAM

	May	June	July	August	September	October	November	December	January	February	March	April
1	Active Rest: Home	Rest	Strength & Conditioning Camp Qtown	Travel	Race Nationals	Strength & Conditioning Block Home	Strength & Conditioning Block Europe Base	Winter Training & Competiton	Rest	Winter Training & Competition	Winter Training & Competition	Travel Home
2				Tech Qtown					Winter Training & Competition			
3		Strength & Conditioning Camp Qtown			Tech							Active Rest: Home
4				Race Wanaka	Race ANC							
5												
6					Travel							
7		Rest			Speed Mt Hutt							
8		Travel		Rest		Rest	Rest					
9	Strength & Conditioning Camp Auckland	Technical Training Mt Hutt	Strength & Conditioning Camp Qtown		Race ANC							
10				Tech Qtown								
11							Glacier Tech Camp					
12						Travel						
13			Rest		Speed Training Mt Hutt	North Island Tech Camp						
14	Strength & Conditioning Block: Home											
15			Technical Training Qtown									
16												
17				Travel				Rest				
18				ANC Series Hotham		Travel to Europe	Rest					
19												
20		Travel										
21		Strength & Conditioning Camp Qtown			Rest	Glacier Tech Camp	Winter Training & Competition					
22												
23				Travel								
24				Tech Qtown	Strength & Conditioning Block Home							
25												
26												
27			Travel									
28			Speed Training Mt Hutt									
29				Rest		Rest						
30				Race Nationals								
31												
Phase												
Active Rest												
Foundation												
Preparation												
High Performance												