

2015 Mansfield Nordic Thanksgiving Camp



**MANSFIELD
NORDIC CLUB**

Wednesday, November 25

Afternoon Arrive at Craftsbury and check into rooms

- 3:00 Welcome meeting and camp overview - show up dressed and ready to ski
- 3:15 Skate Drills - warm-up and focus on basic on-snow fundamentals
- 3:30 Skate ski - relaxed distance skate ski getting comfortable on snow
- 5:00 Group ski game: sprints and tag
- 5:30 Dinner
- 7:30 Detailed camp overview, training overview, and goal setting
- 8:00 Ski Film
- 9:30 Lights out

Thursday, November 26 - THANKSGIVING

- 7:30 Morning jog and light strength
- 7:45 Breakfast
- 9:00 Classic wax lesson
- 9:30 Classic Drills - warm-up and focus on classic fundamentals
- 10:00 Classic ski - relaxed distance classic ski with no-pole technique work
- 11:00 Classic starts: transition from striding to double-pole kick to double-pole
- 12:00 Lunch
- 1:00 Nap, read, or watch Thanksgiving football
- 3:00 Skate warm-up
- 3:15 Skate agility course: work on cornering, accelerating, and skiing in a pack
- 4:00 Traditional Thanksgiving football game with a twist -- on skis! (bring rock skis)
- 6:30 Thanksgiving Dinner!
- 8:00 Ski Race Footage
- 9:30 Lights out

Friday, November 27

- 7:30 Morning jog and light strength
- 7:45 Breakfast
- 9:30 Classic Drills - warm-up and focus on upper body power
- 10:15 Classic ski - relaxed distance ski with upper body strength focus
- 11:00 Drop-in speeds - focus on getting forward in Double Pol
- 12:00 Lunch
- 1:00 Nap, read, relax - Garrott available for individual questions
- 3:30 Strength Discussion: "Ain't nuttin' but a peanut"-Staying focused & having fun
- 4:00 Strength in the gym
- 5:30 Dinner
- 7:30 Olympic Dreams: Garrott shares his Olympic experience and journey there
- 8:30 Open questions and discussion
- 9:30 Lights out

Saturday, November 28

- 7:30 Morning jog and stretching
- 7:45 Breakfast
- 9:00 Skate warm-up
- 9:30 Skate Level 3 intervals: work on technique and pacing
- 10:30 Relaxed distance skate
- 12:00 Lunch
- 1:00 Nap, read, relax - Garrott available for individual questions
- 3:30 Classic specific strength: build ski specific upper body strength
- 4:30 Ski games
- 5:30 Dinner
- 7:30 Movie Night - TB
- 9:30 Lights out

Sunday, November 29

- 7:30 Morning jog and stretch
- 7:45 Breakfast and pack
- 9:00 Relaxed, long distance "Skiathlon" - classic and skate combination workout
- 12:00 Lunch
- 1:00 Depart after a full, fun weekend of Thanksgiving training, ready to fly!