

PLANNING GUIDELINES FOR TRAINING AND COMPETITION

Please note that this is a guideline that provides Volumes and Quantities associated with performance programs.
Programs of course must plan according to their individual demographics.

AGE RANGE LEVEL	5,6,7 E1	8,9,10 E2	11,12 K1	13,14 K2	15 J1	16 J1	17 J2	18,19 J2	20+ Senior
LTSD STAGE RANGE	Skier Essentials	Skier Essentials	Learn to Train	Learn to Race	Learn to Race Train to Race	Train to Race	Train to Race	Train to Race Train to Win	Train to Win
VOLUMES 1 day = approx. 40 mins ski time									
Target total ski days	47+	55+	75+	100+	115+	115+	127+	147+	130-165+
Non program weekend ski days	16								
Program weekend ski days	16	32	32	32	32	32	32	32	
Program week ski days		8	15	35	40	40	40	40-50	
Holidays	15	15	15	15	15	15	15	15	
Off season ski days*			10-15	13-18	23-28	23-28	30-40	45-55	40-50
Off hill activity days	320	310	290	220***	205***	205***	205***	150-185****	160****
TRAINING SPECIFICS 1 day = 5 hours 1 hour = 20%									
Free skiing	40%	40%	25%	20%	20%	15%	15%	15%	10%
Gate drills all terrain	25%	25%	25%	25%	20%	20%	15%	15%	10%
Technical free ski drills all terrain	15%	15%	25%	25%	20%	20%	20%	10%	10%
Scrimmage or Play racing	20%	20%	25%						
Specific competition training				30%	40%	45%	50%	60%	70%
COMPETITION									
Training to race ratio	12:1	9:1	7:1	6:1	5:1	4:1	4:1	3:1	3:1/2:1
Duals timed	1 GS, 1SL stubby	1 GS, 1SL stubby	1 GS, 1SL stubby						
Kombi	2	1	1						
Slalom		2 Stubby	5 (2 stubby) 3 mini gates ^	8	12	14	16	18	Based on
Giant Slalom		1	3	6	10	12	14	16	Speciali- zation
Super G				2	2	2	4	4	
Super combined			1	2	2	2	2	2	
Downhill				Elements	2	4	2	4	
Formal competition	4	6**	10-12	14-18	20-25+ speed	25-35	30-40	40-45	30-45

* Last race to season opening

** Club scrimmage races are extra

*** Rest important during PHV

****Periodized

^ Mini gates are 60 cm flex poles, 25-27 mm diameter