

Grace Ski Team Weekly Journal: Week 15 Feb 8-14

Coach's Comments: Three short weeks remain; persevere just like you did so well in the 6 inches new snow for the Grizzly Time Trial! This is a good week to get some distance, some hard hill work, and a bit of sprint-start bursts. Remember the green and the teal-blue teams are working very hard to catch you. Keep your eyes focused on your goal!

Monday: Classic 3:50-5p **Hilltop** Classic

Tuesday: Classic 7-8:30 Hilltop

Wednesday: Skate 3:50-5p **Hilltop**

Thursday: Skate 7:00-8:30 p Hilltop- Time Trial 2x2.5K

Friday: Open ski

Weekend: Distance

| Day | Team Plan | Your Activity | Comment |
|-----------|-----------|---------------|---------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Weekend | | | |

Observations:

Signed: _____

Confirmed: _____

Coach Reviewed: _____