

Grace Ski Team Weekly Journal: Week 9

Coach's Comments: You all deserve a relaxing Christmas break, but don't let your fitness and training lag. Keep up on technique, arm training and kilometers. Enjoy the clean, new snow. Seward Race next weekend!

Monday

Tuesday

Wednesday

Thursday: New Year's eve

Friday: New Years (good day to burn calories between meals)

Weekend

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

Observations:

Signed: \_\_\_\_\_

Confirmed: \_\_\_\_\_

Coach Reviewed: \_\_\_\_\_