

# Green Squad - February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Whitehorse XC Club Trip Besh Cup Fairbanks,	2 Subway Race #3 Free Technique <b>Jonathan away</b> <b>Whitehorse XC Club Trip Besh Cup Fairbanks</b>
3 Whitehorse XC Club Trip Besh Cup Fairbanks	4	5 Warm-up 20 min. Skate or Classic Break off into Groups Work on Technique and Speed! ☺ Game in Stadium for last 20 min.	6	7 Classic Ski Discuss Marsh Lake Loppet What you will do for warm up, food/drink prep, clothes, waxing skies etc. Ski focus on technique for 45 min with 6 x 30 sec speed work inside (could do in form of 'group' game! Game in stadium at end of practice ☺	8	9 <b>Marsh Lake Loppet</b>  No Green Squad at Mt. Mac.
10	11	12 Watch video of Marsh Lake Loppet (if someone taped it). Skis only GAME for entire practice! You pick, classic or skate! ☺	13	14 Classic Skiing SARAH STEEL CLIMB – Climbing hills in Classic, Short Time Trial 12 min max. up from Stadium – Besh Cup Down hill to Chalet - Game in Stadium	15	16 Mount Lorne Classic
17	18	19  HIGH SPEED DOWN HILL! STEP TURNING! VIDEO and Back to Chalet to Watch. ☺	20	21 Western CC La Ronge, SK <b>Jonathan away</b>  Warm Up – Pick Technique – focus on skiing without poles all strides.	22 Western CC La Ronge, SK	23 Western CC La Ronge, SK <b>Jonathan away</b> <b>(ALL SQUAD EVENT)</b>
24 Westerns CC La Ronge, SK	25	26  Sign up for Northwestel Loppet! Warm up – Classic Sprints 2 min each! In and around stadium.	27	28  Prep for Northwest Loppet Ski Course – classic – go over game plan – Game in Stadium	29	