

Competitive YTP (Nationals)

Phase 1: Transition or Active Rest (Mid-January – Early February)

Skating: 2-5 times per week to maintain abilities

Flexibility: Daily, pre-practice warm-up and post practice cool-down

Off-Ice: 2 times per week – Strength, Jumps

Mental: Review past goals and set goals for upcoming season

Other: Search for music, get new skates (if needed)

Competitions: None

Phase 2: General Preparation (Mid-February – April)

Skating: 4-6 times per week to develop new skills, run one solo fully each session

Flexibility: Daily, pre-practice warm-up and post practice cool-down

Off-Ice: 3-5 times per week – Strength, Jumps & Aerobic (develop strength & conditioning)

Mental: Increase knowledge of nutrition

Other: Choreograph new programs, design new costumes

Competitions: Calgary Winter Invitational (March), Sunsational (April)

Phase 3: Specific Preparation (May – June)

Skating: 4-6 times per week to develop new skills, run both solos fully each session

Flexibility: Daily, pre-practice warm-up and post practice cool-down

Off-Ice: 3-5 times per week – Strength, Jumps, Aerobic & Interval (increase strength, power & conditioning)

Mental: Incorporate sport psychology into training sessions

Other: Continue to develop programs

Competitions: None

Phase 4: Pre-Competition (July – August)

Skating: 4-6 times per week to develop new skills, run both solos fully each session

Flexibility: Daily, pre-practice warm-up and post practice cool-down

Off-Ice: 3-5 times per week – Strength, Jumps, Aerobic & Interval (increase strength, power & conditioning)

Mental: Incorporate sports psychology into competitions, nutrition for competitions

Other: Refine choreography

Competitions: Wild Rose (August), Other Summer Competition

Phase 5: Competition (September – Early January)

Skating: 4-6 times per week to refine skills, run one solo fully each session

Flexibility: Daily, pre-practice warm-up and post practice cool-down

Off-Ice: 3-4 times per week – Strength, Jumps & Interval (maintain strength, power & conditioning)

Mental: Improve sports psychology, nutrition for competitions

Other: Refine choreography

Competitions: Canmore (October), Sectionals (November), Challenge, Nationals