



# Competitive YTP (Sectionals)

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## Phase 1: Transition or Active Rest (Mid-November – December)

**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 (January – April)

**Skating:** 4-5 times per week to develop new skills, run solo each session

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

**Off-Ice:** 3-4 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:** 4-5 times per week to develop new skills, run solo fully each session

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

**Off-Ice:** 3-4 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:** 4-5 times per week to develop new skills, run solo fully each session

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

**Off-Ice:** 3-4 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)

## Phase 5: Competition (September – Early November)

**Skating:** 4-5 times per week to refine skills, run 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)