



Star 4- Gold Yearly Training Plan

Phase 1: Transition or Active Rest (Late April – Early May)

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-May - June)

Skating: 4-5 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: None

Phase 3: Specific Preparation (July - August)

Skating: 4-5 times per week to develop new skills, run solo(s) 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: Wild Rose (August)

Phase 4: Pre-Competition (September - December)

Skating: 4-5 times per week to develop new skills, run solo(s) 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: STARSkate Invitational (December)

Phase 5: Competition (January – Mid-April)

Skating: 4-5 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: CWI (March), Chinook (March), STARSkate Championships (March), Sunsational (April)