Annual Training Plan 2014 - 2015 Dartmouth Men's Alpine Ski Team

Week #	Week Begining	Academic Calendar	Training Period	Strength Phase	Training Phase	Events	
0	24-Mar	Classes Begin					
1	31-Mar						
2	7-Apr		Rest	Rest	Rest		
3	14-Apr	Spring					
4	21-Apr	10 Weeks					
5	28-Apr		Spring				
6	5-May		Conditioning				
7	12-May		5 weeks				
8	19-May						
9	26-May	Exams				Classes End	Exams Begin
10	2-Jun	Graduation	Recovery	Recovery	Recovery	Graduation	
11	9-Jun	Break					
12	16-Jun	Classes Begin				Classes Begin	
13	23-Jun				Aerobic		
14	30-Jun				Base		
15	7-Jul		Summer				
16	14-Jul	Summer	Conditioning				
17	21-Jul	10 weeks	10 weeks		Anerobic		
18	28-Jul				Base		
19	4-Aug						
20	11-Aug				Functional		
21	18-Aug	Exams			Application	Classes End	Exams Begin
22	25-Aug	Summer		Skiing		Chile	
23	1-Sep	Break	Interim	2 weeks		Chile	
24	8-Sep	3 weeks		Recovery	Recovery	Orientation	
25	15-Sep	Classes Begin				Classes Begin	
26	22-Sep				Aerobic	Velvet Rocks TT	
27	29-Sep				Anerobic		
28	6-Oct		Fall		Base		
29	13-Oct	Fall	Preparation		Anerobic	Homecoming	
30	20-Oct	10 weeks	10 weeks		Power	Mooselauke	
31	27-Oct					Ski Swap/Harvard	
32	3-Nov				Functional	Colorado	
33	10-Nov				Application	Last Week Classs	
34	17-Nov	Exams Begin				Classes End	Exams Begin
35	24-Nov					Training Camp	
36	1-Dec	Winter	Dec			Training Camp	FIS Racing
37	8-Dec	Break	Skiing			Training Camp	
38	15-Dec	6 weeks	Competition			Competition	NorAm
39	22-Dec		6 weeks	Recovery	Recovery	Christmas Break	
40	29-Dec					Training Camp	Race
41	5-Jan	Classes Begin				Classes Begin	E-Cup
42	12-Jan			Maintenance	Maintenance		BAT
43	19-Jan			and	and		UVM
44	26-Jan		Winter	Recovery	Recovery		SMC
45	2-Feb	Winter	Skiing	19 weeks	19 weeks		DAR
46	9-Feb	10 weeks	Training				MID
47	16-Feb		Competition	Recovery	Recovery		
48	23-Feb		13 weeks				SLU
49	2-Mar						
50	9-Mar	Exams Begin				Classes End	NCAA
51	16-Mar	Spring					Nor-Am
52	23-Mar	Break					US Nationals
53	30-Mar	Spring				Classes Begin	E-Cup