

| 2014 SCHEDULE | | | | |
|---------------------|-----------------|---|---|----------------|
| CONDO PICK-UP TIMES | DATE | | PRESENTATIONS | TRAINING TIMES |
| | Wed – Aug 13th | | | |
| | | PM --- Athletes travel to PC | | |
| 7:30 | Thur - Aug 14th | AM --- Group 1 testing/ Group 2 distance classic at SoHo (1.5hrs) - video pre & post | | 9:00 |
| 14:30 | | PM --- Group 1 FMS testing/ Group 2 skate distance with agility and speed from COE (1 hr) | | 15:00 |
| 7:30 | Fri - Aug 15th | AM --- Group 2 testing/ Group 1 distance classic at SoHo (1.5hrs) - video pre & post | | 9:00 |
| 14:30 | | PM --- Group 2 FMS testing/ Group 1 skate distance with agility and speed from COE (1 hr) | COE & Sport Science Testing Orientation & Data Interpretation - Chad and Michael N (6:30PM) | 16:00 |
| 8:45 | Sat - Aug 16th | AM – RUN- Mid Mountain Trail to Canyons- take lift down the mountain. (2:45 easy running time) | | 9:00 |
| 15:45 | | PM – | Performance Nutrition - Allen Tran | 19:00 |
| 8:45 | Sun - Aug 17th | AM – Skate Threshold Intervals (Soldier Hollow) - 5X8min L3 - (2hrs total) - video review pre and post | | 9:00 |
| 15:45 | | PM – COE Strength - Michael N | Hands-on Strength demonstration - with Mic | 16:00 |
| 8:45 | Mon - Aug 18th | AM – Double pole Provo to American fork (striding the last section). Lunch at Tarahumara in Miday, UT (bring lunch money) (2-3 hrs) | | 7:00 |
| 15:45 | | PM – Ropes Course/Zip Line @ the UT Olympic Park) | Performance Psychology - Pam Lemons | 19:00 |
| 8:45 | Tues - Aug 19th | AM – Canyons Bounding session - 5-8 X 4min with equal recovery (1.5hrs) | | 9:00 |
| 15:45 | | PM – COE strength - (1.5hrs) - Hans | Closing presentation (Ski coaches) | 16:00 |
| 7:00 | Wed - Aug 20th | Distance run TBD (Lost Prospector & Solamere) - near condos/COE for shower and shuttles to airport | | 9:00 |
| | | PM -- Athletes travel Home | | |
| | | DINNER EACH NIGHT @ THE COE @ 6:30 PM | | |