



**Loppet Nordic Racing
2021 Summer Training and Summer Camps**

Loppet Nordic Racing goals

- 1) To keep training varied, challenging, and having the opportunity to explore new places
- 2) To make sure training in spring and summer is focused on making you a better all around athlete: coordination, speed, and running/movement mechanics
- 3) To make sure that the environment at LNR is one that stresses being a good person, not just a good athlete. We will focus on working well in a group and members are expected to participate in a number of volunteer projects throughout the year.

LNR Spring Info Meeting - Monday March 15th 8pm

Chris Harvey is inviting you to a scheduled Zoom meeting.

Topic: LNR Spring and Summer Training Info Meeting

Time: Mar 15, 2021 08:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83416255443>

Meeting ID: 834 1625 5443

Passcode: loppet

One tap mobile

+13017158592,,83416255443# US (Washington DC)

+13126266799,,83416255443# US (Chicago)

COVID19 Group Procedures

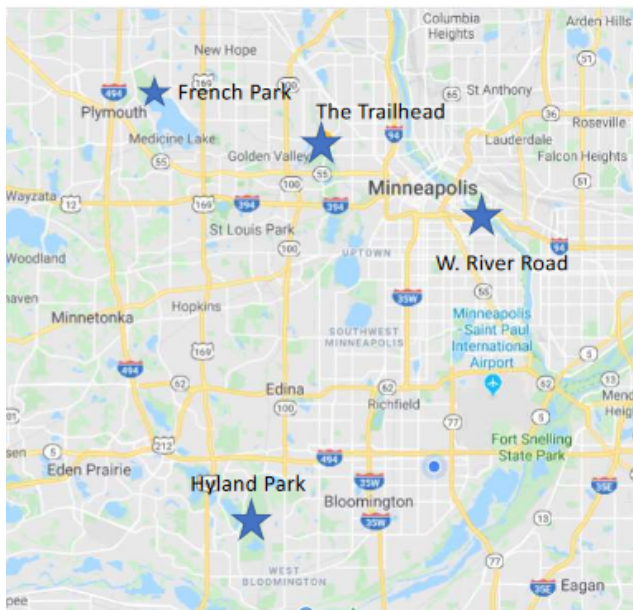
1. Comply with [Minnesota Department of Health Guidelines for Youth Sports](#)
2. Required mask or face covering with you at all times, you must provide your own face covering.
3. Requirement for participation in group training - coaches and athletes. No signs or symptoms of COVID-19 in the past 14 days. If the person has had a case of documented COVID-19 infection, they need a note from their doctor indicating they are cleared to

participate in training. No close sustained contact with anyone who is sick within 14 days of beginning group training.

About LNR Development Team

The goal of the LNR Development Team is to offer quality, instructional ski training for middle school and high school aged skiers. The Development Team is our former 3 day program and is still intended for skiers wishing to train 3 days a week with us in the summer. The 3 day a week plan allows skiers to participate in another program like summer running or a HS based ski program. Summer Devo team has 3 training sites at French Park in Plymouth, W. River Road in Minneapolis and Hyland Park in Bloomington.

LNR Devo Team Summer Training Groups



French Park Group

- Monday – RS Intensity @ French Park
- Wednesday – RS Distance @ French Park
- Friday – On Foot Intensity @ The Trailhead

W. River Road Group

- Tuesday – RS Intensity @ W. River Road
- Thursday – RS Distance @ W. River Road
- Friday – On Foot Intensity @ The Trailhead

Hyland, Bloomington Group

- Monday – RS Intensity @ Hyland Park
- Wednesday – RS Distance @ Hyland Park
- Friday – On Foot Intensity @ Hyland Park

French Park Training Group

Monday 8am @ Armstrong HS - rollerski intensity
Wednesday 8am @ Armstrong HS - rollerski distance
Friday 8am @ The Trailhead - on foot intensity

W. River Road Training Group

Tuesday 8am @ W. River Road - Rollerski intensity
Thursday 8am @ W. River Road - Rollerski distance
Friday 8am @ The Trailhead - on foot intensity

Hyland Park, Bloomington Training Group

Monday 8am @ Hyland - rollerski intensity

Wednesday 8am @ Hyland - rollerski distance

Friday 8am @ Hyland - on foot intensity

About LNR Competition Team

The goal of the LNR Competition Team is to prepare athletes ages 16-19 to compete at a national and international level. Training is based on a year round model, starting in the beginning of April. Comp team athletes have decided that skiing is their primary sport and are committed to attending training 4-6 times a week, keeping a training log, attending camps, and competing at the regional CXC junior cup races. There is room for comp team athletes to participate in another sport or program but that sport should complement the year round skiing training and racing model.

Comp Team Summer Schedule

starts June 21st runs 8 weeks through August 13th. Comp team will have a light training schedule 4th of July 4th week and team members not going on the Colorado camp will practice with Devo team at the end of July.

Monday 8am Hyland Park, Rollerski

Tuesday 8am Town of Afton or French Park, Rollerski Intensity

Tuesday 3pm The Trailhead, strength

Wednesday 8am The Trailhead, Rollerski or Running distance

Thursday 8am various locations (on low volume we will NOT meet Thursday AM)

Thursday 4pm The Trailhead, foot and strength

Friday 8am Hyland Park, on foot intensity

Weekends - recommended training, we do not meet on weekends in the summer

2021 LNR Spring Training

LNR Development and Comp Team (same schedule)

Starting April 12th runs 8 weeks through June 4th.

Mondays 3pm-6:00pm at The Trailhead. Running mechanics, games, strength in weight room

Tuesdays 3:30pm @ The Trailhead. Road bike or MTB . starting with approx 90 min, but will generally be 2:00-2:30hr rides. **note that Tuesday workouts won't start till April 21st**

Wednesdays 4pm @ The Trailhead. Running - mix of distance and intensity workouts.

Thursdays 3pm-6:00pm at The Trailhead. Running mechanics, games, strength in weight room

Friday - Sunday - no organized practice but recommended training to complete on your own.

LNR Training Camp Schedule (out of town)

Athletes must be enrolled in Summer LNR (Comp or Devo) in order to attend camps. We do make exceptions if there is room and if the athlete is sufficiently prepared. Please contact Piotr at bednarski@loppet.org for all Devo team questions. Please contact Chris Harvey at harvey@loppet.org for all Comp team questions.

LNR Development Team Camps

June Camp - June 14th to 18th at Lake Owen Resort, Cable WI (5 days)

July Camp - July 19th to 23rd in Ironwood, MI (5 days)

October MEA Camp - October 20th to 24th at Lake Owen Resort, Cable WI (5 days)

Thanksgiving On Snow Camp - November 20th to 28th. Location TBD.

LNR Competition Team Camps

-note that Comp Team Athletes may attend a Development Team Camp

June Camp - June 14th to 19th at Powder Hound Lodge in Ironwood, MI (6 days)

July Camp - July 21st - 31st in Summit Country, Colorado (10 days)

October MEA Camp - October 20th to 24th at Lake Owen Resort, Cable WI (5 days)

Thanksgiving On Snow Camp - November 20th to 28th. Location TBD.

note for Summit Country, CO Camp- athletes need to be signed up for one additional LNR Training Camp and LNR Comp Team or College Team in order to participate

Program Registrations

All program registrations and pricing are now live on <http://www.loppet.org/lnr-juniors/>