

# NOVICE, JUNIOR & SENIOR Cardiovascular Yearly Training Cycle

		Early Off Season	Late Off Season				Pre-Season			In-Season			
Competition Schedule	Transition or Active Rest	Jr. World Camp	Select Comp.		Select Comp.	Select Comp.	Select Comp.	Select Comp./Intl's	Regionals	Sectionals	Jr .Nationals	U.S. Championships	
MONTHS	Jan./Feb.	March	April		May	June	July	August	Sept.	October	November	December	Jan./Feb.
On-Ice Training Schedule	After Nat'ls take a break, work on new programs, elements, jumps, spins.	Work on new programs show programs elements, jumps, spins.	Work on new programs, show programs, new elements, jumps, spins.	Finish new programs, develop new elements.	Finish new programs, develop new elements.	Run through programs back-to-back	Same as July.	Vary run through, short/long back-to-back. 5-6 X/ week. Intense training. ✓Taper	Same as Sept. Refine programs. Intense training. ✓Taper	Same as Sept/Oct. Refine programs. Intense training. ✓Taper	Same as Nov. Refine programs. Intense training. ✓Taper	Combined refinement of program. ✓Taper to competition	
Number of Aerobic Sessions per Week.	Low level aerobic exercise after Nationals.	3	First two weeks: 3 sessions/wk. Last two weeks: 1-2 sessions/wk.	1 - 2	1 - 2	1	1	1	First two weeks: 1 session. Last two weeks: 1-0.	No aerobic session*	No aerobic session*	No aerobic session until after Nat'ls.	
# Min/ Session	After Natls. 15 -30 min sessions.	20-30 minute session	20-30 minute session.	20-30 minute session.	20-30 minute session.	20-30 minute session.	20-30 minute session	20-30 min session.	0	0	0	0	
% Max. Heart Rate	70-85%	70-85%	70-85%	75-85%	75-85%	75-85%	70-85%	70-85%	70-85%	---	---	---	
# Anaerobic sessions/wk	0	0	0	2 - 3	2 - 3	3	3	3 - 4	2 - 3	2 - 3	2 - 3	2 - 3	
% Max. Heart Rate	---	---	---	85-95%	85-95%	85-95%	95%	95%	95%	95%	95%	95%	
Rest to Work Interval Training Schedule		see Interval chart	see Interval chart	see Interval chart	see Interval chart	see Interval chart	see Interval chart	see Interval chart	see Interval chart	see Interval chart	see Interval chart	see Interval chart	

\*On-ice conditioning may be substituted as part of the total endurance training.

✓Taper is defined as a reduction in frequency and volume or training for physical restoration. Taper according to competition dates.

We recommend that the skater perform no aerobic component based on the assumption that the skater is performing multiple back-to-back run throughs.

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