

CCIA Designing Program Portfolio

2019



Designing a YTP for T2T athletes

The coach will submit their completed Coach Portfolio to the Learning Facilitator. The portfolio will include:

- A Yearly Training Plan for T2T athletes
- Seasonal plans for each training period of the year
- Sample of 1 weekly plan for each training period of the year
- Sample of 1 practice plan for each weekly plan

Yearly Training Plan Explanation

- a) Provide a brief athlete profile including all information necessary to create a YTP. Profile should include at minimum age, stage and ability of athlete, training history, competition schedule, goals and objectives of athlete, areas targeted for development given athletes strengths, weakness and development.
- b) Describe the availability of racing opportunities for this athlete and compare it to the norms and standards for athletes at this stage of development. Does the athlete have enough opportunity to race or are they racing more often then needed.
- c) Describe how this program aligns with the LTAD for the given stage of development.
- d) Ensure that number frequency and duration of training sessions are included in YTP
- e) Provide team goals for the training and racing season.

See templates and examples of plans:

Athlete profile and goals (SAMPLE)

Name: Zoë Age: 15

Sport background	Zoë has been racing for two seasons with Mountain Nordic and has competed at Easterns and Nationals twice and also has two full years of provincial racing experience under her belt. She also races mountain biking in the summer on the provincial circuit and that is her primary summer activity. In the fall she switches from Mt Biking to Ski training and is very comfortable with rollerskiing and skiwalking. During school Zoë also plays on the high school volleyball team.
Motivation level	Zoë is motivated to train hard and is excellent at committing time to her athletic endeavours. Unfortunately at times she is torn between competing sport interests and often has to miss practices for skiing for other sport commitments.
Past year main results (major events)	Zoë was consistently in the top ten at nationals as a juvenile skier and won a team sprint medal with Marie-Eve. Has also won provincial cup races in both skiing and mountain biking.
Energy systems +/-	Excellent all around athlete, tends to be slightly better in distance races than sprints (but is no means poor in sprints).
Strength +/-	In general very strong, has some trouble with pull ups. Very strong lower body from mountain biking and volleyball. Julie's latest National Strength Test score was 230.
Technique +/-	Not amazing at high-speed sprints. This is due mainly to lack of time practicing in the summer and fall on rollerskis due time constraints. Slightly better in skate than classic. Good overall balance and agility.
Tactics +/-	Zoë has great tactical awareness and has won a few medals by out foxing opponents. She tends to be better in mass start races than individual starts, as she is excellent at pushing herself to follow competitors. In individual start races she tends to get distracted and not stay focused on her goals.
Mental skills +/-	As mentioned above focus during races can be an issue. Goals setting and drills will be targeted to address this aspect of mental skills training this year to improve her focus. Distraction in general can be an issue for Zoë as she always seems to be bouncing from one activity to the next. However from a coaching perspective providing new and stimulating activities is a great way to keep Zoë engaged and on task.

Athlete racing Calendar and rational:

Dec 17: Quebec Cup #1 MSA

Dec 26: Boxing Day burn off

Jan 13: Regional Cup Duathlon

Jan 20: Crest Loppet

Jan 28: Easterns

Feb 7: Regional Cup Juniors race

Feb 17: Quebec Cup # 3 Orford

Feb 25: Mountain Nordic Loppet

March 10: Quebec Cup # 4 Far Hills

March 14-22: Nationals

March 30: Slush Cup!

The racing calendar has 18 races on the schedule for Zoë this year. There will be a mix of local and away races with the primary focus being Nationals in March. As she has travelled for races for two years so this schedule should be no problem for Zoë. Zoë will be racing her first year in the Junior Girls category, but is already familiar with the distances that this category races. The provincial circuit offers excellent competition and a variety of different race formats and techniques. The local races are fun events offering different distances and competition levels to provide new challenges to Zoë. The race schedule is well spaced out allowing for recovery and practice time between each race to help improve and consolidate skills.

Team Goals: This season the T2T group has four team goals each for dryland and on snow training:

Dryland:

- a) Have the entire team attend June training Camp
- b) Complete one all day adventure workout per month
- c) Rollerski 25km in at least 5 practice
- d) Compete in 4 running races

On snow:

- a) The entire team skies at least 4 times per week between Dec and March.
- b) Wear team headband at all mass start races.
- c) Make racing trips as fun as possible with more time to visit local attractions.
- d) Maintain strength training throughout the winter with team weight room sessions.

T2T YTP (T2T-2): blank

Months	April	May	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March
Periods (macrocycles)												
Weeks (microcycles)												
Competitions and tests												
Camps												
Med/physio assessments												
Specific vs non-spec. %												
ZONE 1-2 (Aero. Endurance)												
ZONE 3 (Anaer. Threshold)												
ZONE 4 (MAS/RACE)												
Anaerobic Lactate Sprint												
Alactic Sprinting												
Core Strength												
Endurance strength												
Hypertrophy strength												
Power/plyometrics strength												
Max strength												
Flexibility												
Technique focus												
Race tactics/strategies focus												
Mental training focus												
#of intensity per week (Z3-4)												
# of Sprint/Speed per week												
Monthly Hours												
	high priority = high development											
	medium priority = moderate development or high maintenance											
	low priority = minimal maintenance											
	not a priority at all = should be avoided											
	* Max Strength should only be initiated by athlete who have completed their growth spurt.											

Period	General Preparation		
Month	May	June	July
Specific/ Non Specific	20% specific: 2-3 sessions of rollerskiing, 1-2 of ski bounding max this month; Rollerskiing focus on double poling 80% non-specific: Most workouts done running and cycling building up capacity. Emphasis on longer road bike rides.	30% specific 4 sessions of rollerskiing and 1-2 sessions of ski bounding 70% non-specific: Mix of cycling and running. Add in paddling workouts if available	40% specific: 4-5 rollerskiing session and 2-3 ski bounding sessions 60% non-specific: Increase running volume; can do some longer bike rides
Aerobic Capacity (ZONE 1)	Up to 2hrs 30min varying modes		Up to 3hrs Start to build up trail running volume to 1.5hrs 3.5hr bike and rollerskis this block, up to 2hrs trail running (mix of hiking and running)
Aerobic Threshold	1-2 sessions per week of 30-35min per session	1-2 sessions per week up to 40min per session	0-1 session per week up to 45min
(ZONE 2)			
Anaerobic Threshold and Aerobic Power (MAS, Race etc)(ZONE 3-4)	0-1 session per week 20-25min per session (rest and work)	0-1 session per week 20 to 30min per session	1-2 session per week non specific
Anaerobic Alactatic (SPEED)	1-2 mini sessions as warm up	2 sessions as warm up, one stand alone	3 sessions as warm up
Alactic Sprint	1 session combined with aerobic power	2 sessions combined with aerobic power	
Strength	Anatomic Prep phase 2x 1hr per week, plus 2x20min core and posture sessions	Hypertrophy routine	Max strength

Specific (Endurance) Strength	1 session of 30min per week of LO, DP. Build to 45min					1-2 sessions build to 50min			Build to 1hr can do shorter (30-45min) as hill repeats			
Competitions	1-2 Orienteering races this month					5 peak s running race		Rolle rski Time Trial	Spar tan Race			Sprin t Time Trial
Mental Skill	Goal setting and interval plan execution					Relaxa tion and Activat ion drills during practice		Camp goal settin g	Revie w race plans for Time Trial	Imagery before races and intervals		
Weekly training hours	13	14	15	8	17	15	20	8	18	16	22	8
# Team Practices this week	3	2	4	2	3	2	4	2	3	3	5	2
Med/Physio Assessments		Doctor s check up							Physi o chec k up			
Monitoring	HRV	HRV	Sub max treadmill, HRV	Perform ance testing at lab, HRV	HRV, Lactate s during interval s	HRV, Lactat es during interval s	HRV	Sub max treadmill, HRV	HRV,	HRV	HRV Latat es	Sub max treadmill, HRV
Flexibility	Introduc e dynamic stretching routine	Stretc hing at 2 practice per week	Stretc hing at 2 practice per week	Stretc hing at 2 practice per week	Introdu ce new dynamic routine	Dyna mic and static (cool down) stretc hing at practice	Dyna mic and static (cool down) stretc hing at practice	Dyna mic and static (cool down) stretc hing at practice	New Physi o routines	Physi o routines includ ed with stren gth sessi ons	Physi o routines includ ed with stren gth sessi ons	Physi o routines includ ed with stren gth sessi ons

Technique focus	Return to rollerskiing, balance and agility exercises				Double pole and legs only technique and drills. Focus on technique fundamentals.				Individual video technique work. Film at all rollerski practices.			
Mental Focus	Goal setting, both seasonal and for practices. Practice goal sheet used at 4 practices this month.				Technique visualization drills used as part of all interval sets this month				Focus drills. Especially switching focus drill used on long skis 3 times per month.			
Camps/Special Events	Goal setting with coach		Ski with L2C	Hiking Weekend			Tremblant Training Camp Team meeting for race season planning	Ski with L2C	Physio Check up		Placed training camp	Ski with L2C
Key workouts this week	Orienteering Race goal setting, New strength in gym	Tempo Run, Interval plan execution	Big Road ride to Mt Hood	Long hike	Long trail run	New gym routine, 5 peaks race	Uphill ski striding intervals, long double pole session	Time Trial	Spartan race	Uphill running threshold	Two 3hrs + roller skis	Spintime Trial workout
Notes	6 Week block focusing on return to training and aerobic endurance training						6 week block with lots of running and ski striding – Ana. Threshold focus					

T2T seasonal plan (blank)

Seasonal Plan guidelines

NB: Please note seasonal training plans of your own design are encouraged. This template is only one example of how to create a seasonal.

- a) Provide on a separate document descriptions of all special events, training camps and competitions including goals and objectives of the activity.
- b) Ensure that frequency and duration of training sessions are included in the seasonal plan. Briefly explain why certain athletic abilities are being targeted in various periods of the seasonal plan. (see sample provided)
- c) Explain how mental training skills are incorporated into season and practice planning.

PS: Use as many sheets you need to plan for all the training periods of your program. At minimum there should be three distinct training phases targeting different skills and abilities: general preparation, specific preparation and competition phase.

Period			
Month			
Specific/Non Specific			
Aerobic Capacity (ZONE 1)			
Aerobic Threshold (ZONE 2)			
Aerobic Power (MAS, Race etc) (ZONE 3-4)			
Anaerobic Alactatic (SPEED)			
Alactic Sprint			
Strength			
Specific (Endurance) Strength			
Competitions			
Mental Skill			
Weekly training hours			
# Team Practices this week			
Med/Physio Assessments			
Monitoring			
Flexibility			
Technique focus			

Mental Focus			
Camps/Special Events			
Key workouts this week			
Notes			

Sample Weekly Plan

Period:	Example training week for a 16 year old skier in week 3 of first mesocycle of the general perperation period.						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week of: 22-mai	M: May Weight routine AA. TWT: 1hr	M: Run Treadmill Int: 1x20min Z: 3 (in to 4 at the end of test) TWT: 1hr 15 Running with lactates on the treadmill	M: Rollerski Z: 1 SS: 20min of double pole. TWT: 1hr Double pole on the flats working on turn over and glide	M: Bike Z: 1.5 TWT: 1hr Make sure bike is in good working order for your weekend ride. Dial in your riding position.	M: May Weight routine AA. TWT: 1hr	M: Skiwalk Z: 3 TWT: 1hr30min Int: 1x 20min Skiwalking/ bounding set on trail #2. Warm up with 7 x10sec sprints with 3min rest.	M: Bike Z: 1 TWT: 2hr30min Long bike ride up Mt. Hood today. Make sure you stay in zone.
Hours: 12 AM							
PM/Alternate		M: Choice Z: 1 TWT: 45min Easy afternoon recovery workout	M: Core and Posture strength routine TWT: 30min		M: Choice Z: 1 TWT: 30min Easy afternoon recovery workout	M: Core and Posture strength routine TWT: 30min	
Daily Hours	1	2	1,5	1,5	1,5	2	2,5
Notes	Focus on proper form. Keep an eye on the rest between sets, the workout is more effective using the correct work to rest ratio.	Make sure you come to the treadmill test having done at least 30 min of easy running.	Review technique pointers before heading out to rollerski.	During your ride switch focus from internal to external cues every five minutes. Goal is to improve focus ability.	Focus on proper form. Keep an eye on the rest between sets, the workout is more effective using the correct work to rest ratio.	Fill out workout goal setting sheet before you come to practice today. Before you start your workout tell the coach your goals and what you are focusing on.	Goal of the workout is to keep pedaling the whole way. Breaks should be kept to a minimum.
How to read the program: M = Mode of training (run, bike, ski, weights etc), Z = Zone (zone 1, zone 4 etc), TWT = Total Workout Time (how long the workout should take including intervals and warm up), Int = Intervals (eg 4 x5min), SS = Specific Strength (Legs only, Single Stick or Double Pole), R = Rest (rest time between intervals), WU = Warm Up, CU =Cool Down.							

Weekly Plan (blank)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week of:							
Hours:							
AM							
PM/Alternate							
Daily Hours							
Notes							

How to read the program: **M** = Mode of training (run, bike, ski, weights etc), **Z** = Zone (zone 1, zone 4 etc), **TWT** = Total Workout Time (how long the workout should take including intervals and warm up), **Int** = Intervals (eg 4 x5min), **SS** = Specific Strength (Legs only, Single Stick or Double Pole), **R** = Rest (rest time between intervals), **WU** = Warm Up, **CU** =Cool Down.

Coach Name: _____ NCCP#: _____

Sample Practice Plan Sheet

Team/Program: Mountain Nordic

Date: May 27

Location: Waterville Trails

Time: 9:00am

Duration: 1 hr 30min

Objective(s): Ensure athletes are achieving their goals from goal setting sheet. Sprints should be of high quality, make sure the rest is easy between each. Watch for correct use of zones in zone 3 workout, athletes should be staying in zone.

Equipment: Athletes: Ski walking poles, trail runners, water/food, completed practice goal sheet.

Coaches: Ski walking poles, cones, first aid kit, cell phone, water/food.

Activities Goals: Athletic abilities, type of effort, length, intensity, movements, etc.	Key Points/Messages Guidelines, Safety, mental strategies
Introduction (duration = 5min) Quick overview of workout and where the sprints and intervals will take place.	Review goal setting sheet with athletes. Get individuals to speak to coaches about practice goals during general warm up.
General Warm-up (duration = 20 min) Specific Warm-up (duration = 21 min) 7 x10 seconds bounding sprints with 3min rest between each.	Easy skibounding on out and back or loop. Coaches to review technique with athletes. Key pointers: bounding off the ball of the foot and strong pole plant. Bounding sprints should be completed on a steep section of trail. Easy jog or walk between each sprint. Remind athletes of goals
Main Part (duration = 20min) Zone 3 Skiwalking 1 x20min	Completed on rolling terrain. Athletes should run the flats, ski bound gradual uphills and ski stride steeper hills. Stay in zone regardless of terrain, watch for use of HR monitors. Remind athletes of goals.

Warm-down (duration = 20 min) Just an easy recovery jog back to starting areas	Coaches chat with athletes about the workout, ask for feedback on goals.
Conclusion (duration = 5min) Easy static stretching	Remind athletes of upcoming workouts and preparations they need to make.

Rationale for the practice:

Early season specific workout. At this point of the season we are reintroducing interval training and focusing on easier threshold work while completing some specific training. Skibounding allows athletes to work on running style fitness, while at the same time giving them some fun terrain to complete the workout. At the same time we want to touch on alactic sprinting to maintain sprint speed and capacity until it becomes more of a priority later in the season.

Practice plan (blank)

Team/Program:

Date:

Location:

Time:

Duration:

Rational:

Objective(s):

Equipment:

Coaches:

Activities Goals: Athletic abilities, type of effort, length, intensity, movements, etc.	Key Points/Messages Guidelines, Safety, etc.
Introduction (duration = min)	
General Warm-up (duration = min) Specific Warm-up (duration = min)	
Main Part (duration = min)	
Warm-down (duration = min)	

Conclusion (duration = min)	
------------------------------------	--

NB: Please ensure that you include a rational for how your practice plan adheres to LTAD principles and why you are choosing the exercises and drills included in the plan.

Rational for the practice:

Coach Name: _____ **NCCP#:** _____