



**Lake Placid Camp**  
**Olympic Training Center**  
**Lake Placid, NY**  
**September 8-24, 2006**

By  
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THE TRIP TO LAKE PLACID

Friday, September 8<sup>th</sup> through Monday, September 11<sup>th</sup>

Caitlin Compton and Garrott Kuzzy traveled to the North East early to train and visit family and friends. Laura Valaas, Brian Gregg and I drove out together. Our trip started on Friday with a stay-over in Sturgeon Bay, WI. We then traveled to Milwaukee the following morning and took the Lake Express Ferry from Milwaukee, WI to Muskegon, MI.



(Brian looks forward to the Lake Express Boat Adventure Scheduled for the upcoming day.)  
(Cave Point, Door County, WI)

(Brian Gregg doing lactate threshold intervals in Door Cty)



(Laura Valaas, Bryan Fish and Brian Gregg checking email outside the Sturgeon Bay library)

(Brian and Laura on the Lake Express High Speed Ferry)

We traveled Saturday morning to Milwaukee and traveled on the high speed ferry from Milwaukee to Muskegon, MI. The Lake Express crew was very accommodating and provided us a tour of the entire boat.

We had a smooth drive into Michigan and stayed in Flint, MI on Saturday evening. We headed out in the morning and traveled into Canada at the Port of Huron. We traveled into the vineyard district called Niagara-on-the-Lake. Niagara-on-the-Lake is very close to Niagara Falls and the US border. We thought it was an appropriate opportunity to do an over distance ski and incorporate a light specific strength workout into the over distance workout.



(Laura single sticking in Niagara-on-the-Lake, Canada)

We traveled into the Niagara Falls Park on the Canadian side.



We crossed back into the US Monday morning and arrived in Lake Placid, NY in the late afternoon.

## THE CAMP- Week One:

Tuesday, September 12<sup>th</sup>



(Garrott Kuzzy, Brian Gregg & Santiago Ocariz recovering after skate intervals) (Caitlin Compton and Melanie Hoffman in between skate intervals.)  
(Near the Olympic Training Center – Lake Placid, NY)

Tuesday marked the first day of the Lake Placid Camp. A number of programs were at the camp including various US Ski Team programs, NENSA, Sun Valley and selective junior, collegiate and senior athletes. Midwest natives - Audrey Weber, Santiago Ocariz and Melanie Hoffman were among the selected athletes joining us. Some workouts were done independently, while other workouts were done with various other programs.

We started the camp at 6:30 AM with a light strength session that focused predominantly on core exercises. We had breakfast and departed at 8:30 AM from the Olympic Training Center to do 90 second skate intervals. The focus was improving technique and pace followed by a short distance effort. Training hard and smart is extremely important for performance, but so is recovery and regeneration. We took full advantage of the convenient amenities at the Olympic Training Center. We immediately concluded the skate workout and headed to lunch and got off their feet to prepare for strength training at 4:00 PM in the weight room.

Wednesday, September 13<sup>th</sup>

Tuesday was a relatively rigorous day, so Wednesday was easy distance training. At 8:30 AM, we traveled to nearby Wilmington, NY with the US Ski Team Continental Cup contingent and Sun Valley athletes. We started with a 15 minute warm-up and then spent 15 minutes focusing on technique drills and video. The athletes then went for a continuous 2 to 2.25 hours rollerski after the drills. Some of the athletes had additional distance training on their schedules for the afternoon and we headed out for an easy jog at 4:00 PM.

Thursday, September 14<sup>th</sup>

We did our morning body resistance strength at 6:30 AM, had breakfast and headed out for skate threshold intervals on a steep grade. Laura did 6 X 4 minute intervals while the men and Caitlin did 6 X 7 minute intervals. This was a unique opportunity to get on a grade that required V1 technique and long enough for steady state efforts. We will continue to look for grades such as this throughout the fall for threshold and above threshold efforts. We did a specific strength poling effort in the afternoon.

Friday, September 15<sup>th</sup>

Friday was an easy distance rollerski in the morning. They warmed up for 15 minutes, spent 15 minutes doing drills and then did a continuous distance ski with the Sun Valley athletes and some of the Continental Cup athletes. Some of the athletes had additional endurance runs in the afternoon.

Saturday, September 16<sup>th</sup>

We did our morning body resistance strength at 6:30 AM, had breakfast and headed out for 5 minute classic interval between 6 & 10 mmol of lactate. Some might also consider these max VO<sub>2</sub> intervals. We did strength in the weight room in the afternoon. Our emphasis in the weight room currently is still toward somewhat higher resistive loads, but we are transitioning to lower weights and moving these loads quickly to complete our power development. Power contains two main components; resistance and velocity. Moving high loads is important, but the body needs to be able to be moved quickly and explosively to be functional for improving performance in Nordic skiers. We position strength as our second workout of the day, for our primary efforts are our cardiovascular efforts such as interval training and time trails. It is also important to note that our easy days in between are easy to allow the opportunity to absorb and regenerate from the training from the hard days.

Sunday, September 17<sup>th</sup>

We did a skate over distance effort in the range of 3.25 to 4 hours in duration.

### THE CAMP- Week Two:

Monday, September 18<sup>th</sup>

Monday is a day of rest and recovery. Kevin Johnson, Audrey Weber, Melanie Hoffman and Santiago Ocariz departed and Yuriy Gusev, Bill Bowler, Andre Watt and Matt Liebsch arrived.



Pictures of the 1932 & 1980 Olympic Luge and Bobsled track.

Tuesday, September 19<sup>th</sup>

Tuesday was nearly identical to the previous Tuesday, but the intervals were double poling versus skating. Pre-breakfast and PM strength training was unchanged.

Wednesday, September 20<sup>th</sup>

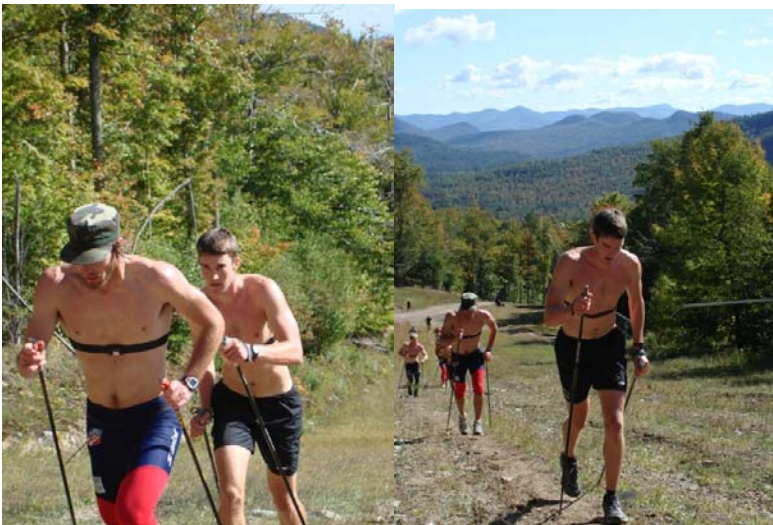
We did a distance skate workout in the morning which included 30 to 45 minutes without poles. Some of the athletes had a distance run in the afternoon. The athletes enjoyed the opportunity to train with other athletes. Caitlin Compton stated, "It's great to ski with other athletes with similar goals."

Thursday, September 21<sup>st</sup>

The athletes did their pre-breakfast strength. We headed to Whiteface Mountain to do intensity. Most of the athletes did 5-7 minutes threshold ski walking intervals while Brian Gregg and Garrott Kuzzy did 5 min ski bounding at 6-10 mmol with the US Team sprinters.



Brian Gregg, Caitlin Compton & Laura Valaas doing ski walking intervals with poles – Whiteface Mountain, NY



Torin Koos and Garrott Kuzzy – Whiteface Mountain, NY

Friday, September 22<sup>nd</sup>

We went on a distance run on hiking trails to Avalanche Lake.



Caitlin Compton, Laura Valaas, Garrott Kuzzy, Bill Bowler & Brian Gregg



## Saturday, September 23<sup>rd</sup>

The athletes did a light core strength regimen and stretched at 6:45 AM. We departed at 8:30 AM after breakfast for an uphill mass start skate time trial near Wilmington, NY. I was timing and was able to witness most of the women's event. There was a break of 4 athletes at the beginning - Nicole DeYong, Kate Underwood, Laura Valaas and Caitlin Compton. Liz Stephen and Morgan Arritola were 30 sec back. Caitlin took the lead after about 1.5 km with Laura in second. Caitlin broke away until the last climb. During the last climb Caitlin started to feel her fast early pace. Liz, Morgan and Kate went by and put time on her. A gutsy race none the less. The men's race was tight after Kris Freeman and Andy Newell finished. It was great to see our athletes fairing well against the strong field; even after all the rigorous training over the last 2 weeks.

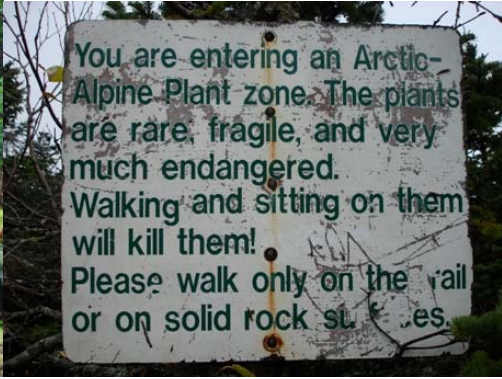
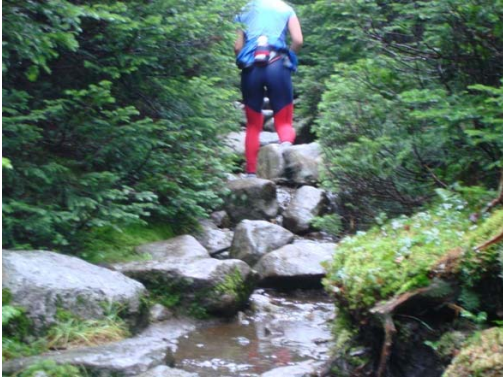
The athletes concluded Saturday with a strength session in the weight room.

## Sunday, September 24<sup>th</sup>

The climax of our training was ascending Mount Marcy (the highest peak in New York) in an over distance run-hike. The run-hike took over 3.5 hours.



Bryan Fish, Laura Valaas, Caitlin Compton, Andre Watt, Nicole DeYong, Colin Rogers, Brian Gregg, Garrott Kuzzy & Matt Liebsch – en route to Mt Marcy



Extremely high winds atop Mt Marcy

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