

# BNS Acceleration Project 2019

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Objective: Take your skiing to the next level.

Focus: Fitness, specific strength and technical improvements.

Project length: 15 weeks. **Spring** May 15 to June 22 and **Summer** June 24 to August 24

**James Upham** has 20 years of experience coaching elite Biathlon and Cross-Country skiing athletes. He has produced Olympians, Paralympic medalists, National Champions and Jr. National Champions. He was the Head Coach of the US Paralympic team, National Development coach for US Biathlon, and Head Coach at Burke Mtn. Academy. His technique sessions at the BNS East store have been a big hit and fueled discussions throughout southern Maine. His mission is to see that your goals are achieved through fun and properly structured sessions.

## Coaching program structure:

Spring May 4-June 24 \$200

- 3 sessions/week

Summer 2 Sessions Program \$500

- 2 sessions/week
- Video analysis

Drop in Session with Team Practice \$30/session

Private Sessions \$60/session

Lactate Testing \$150

Full Program \$1500

- National Team style training!
- 4-6 sessions per week
- Yearly goals and program design
- Lactate testing
- Training log analysis
- Video analysis
- Spring included

\*All participants will have to be NENSA members. NENSA sign-ups begin June 1<sup>st</sup> for the new season. You will have the option of listing your club as “Acceleration Project”.

\*\*Prorated plans negotiable for extreme scheduling conflicts.

\*\*\*All levels will receive **extremely special pricing on rollerskis and free ski fleet analysis at BNS East.**

May-late June

Sunday

**Monday 4pm training**

Tuesday

**Wednesday 4pm training**

Thursday

**Friday Special Training by appointment (Testing/Goal setting, etc.)**

**Saturday 9:00 session**

Late June-August 26

Sunday (off or long endurance training on your own)

**Monday 8am session and 5pm session**

Tuesday (off or long endurance training on your own)

**Wednesday 8am session and 5pm session**

Thursday (off or long endurance training on your own)

**Friday 8am session Afternoon training by appointment**

**Saturday 9:00 am (often time trials, tests, races, etc.)**

Equipment needs:

- Rollerskis Skate and Classic (Skate more important if you can only get one.)
- Ski Poles with Rollerski tips
- Bike Helmet
- Water Bottle w holder or drink belt
- Running shoes
- Watch and/or Heart Rate monitor (HR monitor strongly recommended for full program participants)
- Hi Visibility clothing

If interested please send contact information to: James Upham 207 576 1316  
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