



Effective training and psychological approach to young cross-country skiers

3rd Workshop – Dresden, 17-19 August 2018

Hotel Ausspann, Großlugaer Str. 1, 01809 Heidenau

www.hotel-ausspann-sachsen.de

PROGRAMME

Friday - 17 th August 2018		
16:00 – 17:30	Arrival of the participants	<i>All</i>
17:30 – 18:00	Kick-off meeting, Getting together	<i>All</i>
18:00 – 19:00	Dinner	<i>All</i>
19:30 – 21:00	Scavenger Hunt	<i>All</i>

Saturday - 18 th August 2018		
7:00 – 7:30	Morning Sport	<i>All (optional)</i>
7:30 – 8:30	Breakfast	<i>All</i>
9:00 – 12:30	Mental Training	<i>All</i>
13:00 – 14:00	Lunch	<i>All</i>
14:00 – 15:30	Coordination & Flexibility Afternoon Session 1	<i>All</i>
15:30 – 16:00	Coffee and Cake	<i>All</i>
16:00 – 17:30	Coordination & Flexibility Afternoon Session 2	<i>All</i>

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18:00 – 19:00	Dinner	All
19:00 – 21:00	Sports Games	All

Sunday - 19th August 2018

7:00 – 7:30	Morning Sport	All (optional)
7:30 – 8:30	Breakfast	All
9:00 – 13:00	Training Sessions <ul style="list-style-type: none">• <i>Option 1:</i> Hiking tour through <i>Saxon Switzerland</i>• <i>Option 2:</i> Running session with skiing imitations, afterwards stop at the <i>Malter reservoir</i> for swimming or to visit the climbing forest	All
13:00 – 14:00	Lunch	All
14:00 – 15:00	Final Discussion	Coaches
15:00 – 16:00	Departure	All

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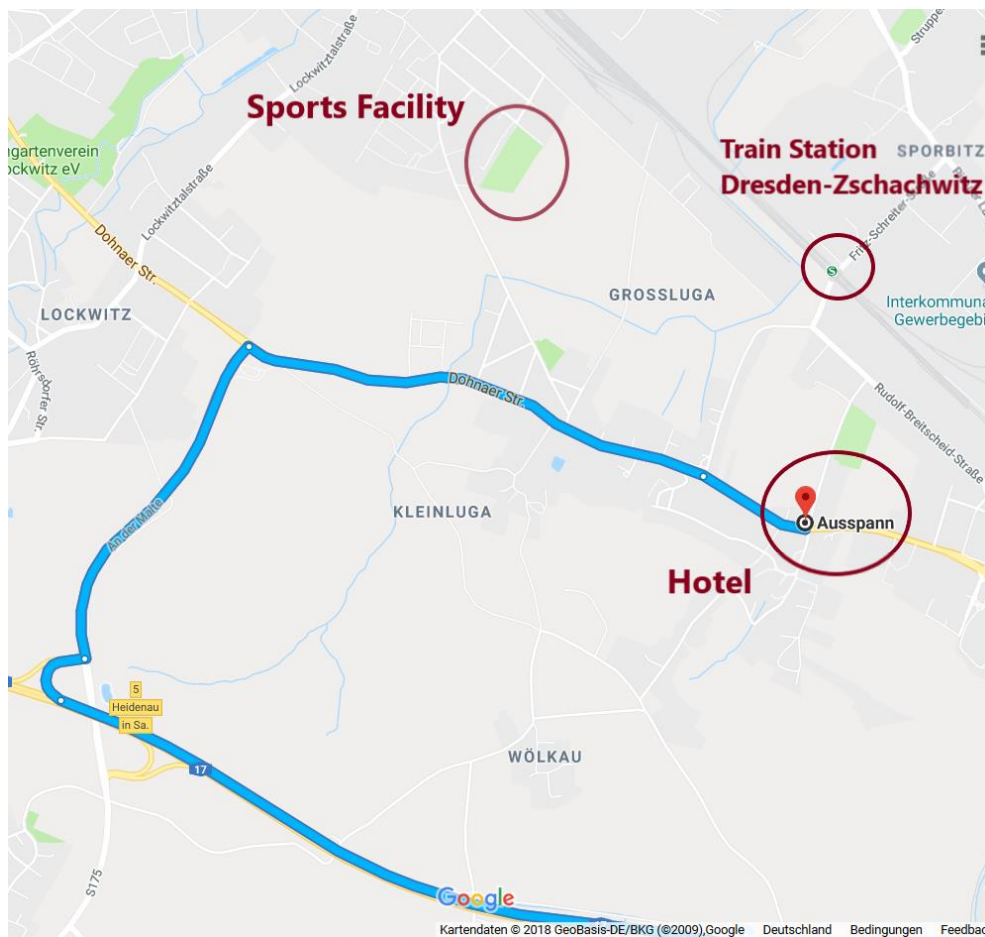
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Further Information:

- ❖ **Accommodation:** *Hotel Ausspann*
www.hotel-ausspann-sachsen.de
- ❖ **Directions:** *Hotel*
Motorway A17 from Prag to Dresden,
take Exit 5 “Heidenau in Sachsen”,
Address: Hotel Ausspann, Großlugaer Str. 1, 01809 Heidenau

Sports facility

Address: Narzissenweg, 01259 Dresden



- ❖ **Our Club:** *Skiklub Dresden-Niedersedlitz e.V.*
www.skiklub-dresden.de

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