



## **TEAM BC 2024**

**SPECIAL OLYMPICS  
BRITISH COLUMBIA**



# **WEEKLY TRAINING PLAN**

Name: \_\_\_\_\_

## Weekly Training Plan

As a member of Special Olympics Team BC 2024 you are required to train a ***minimum of 3 times per week***. During the summer months we have provided you with sport homework training, as well as an SO Team BC Summer Training Challenge.

If your SOBC Local has a Fit Family & Friends summer program you should ABSOLUTELY be participating in that (ask your training coach or Local Coordinator). Some SOBC Locals will continue to run CLUB FIT through the summer as well; if yours is still going on then you should also be going to that. You will find the Summer Training Challenge & Sport Homework at the back of this booklet.

Once September comes and programs start up again you should be participating in your local sport programs or training sessions which **MUST** include the following:

- Attend an accredited Special Olympics BC program for your Games sport
- Attend a Club Fit program in your community
- Attend one other session agreed upon with your training coach

You are required to show evidence of your participation at training sessions you attend. These reports are to be handed in to your training coach on a monthly basis during the summer and on a weekly basis during your sport season. If you are unable to attend the sport specific training sessions as agreed upon you are expected to call/text your coach to make them aware of your absence and let them know how you plan to make up the missed session. Consideration will be given for personal illness or medical emergencies.

The back of this guide also contains some helpful tips on how to maintain proper hydration while training and at competition. In addition, there are many suggested breakfast, lunch and dinner options to help you achieve optimal health during your sport season.

## JUNE – AUGUST 2023

I, \_\_\_\_\_ commit to attending/participating in the  
(name of athlete)

following training sessions on a weekly basis throughout the summer:

#1: **SO Team BC Summer Training Challenge** (see at end of booklet)

#2: **Fit Family and Friends or Club Fit or alternative:**

\_\_\_\_\_ on \_\_\_\_\_  
(name of program) (day of week)

#3: **Sport Homework or alternative:**

\_\_\_\_\_ on \_\_\_\_\_  
(name of program) (day of week)

\_\_\_\_\_  
(Athlete Signature)

\_\_\_\_\_  
(Date)

**Week 1: June 12 – June 18**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 2: June 19 – 26**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 3: June 26 – July 3**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature: \_\_\_\_\_

**GREAT JOB SO FAR – KEEP UP THE STRONG EFFORT!**

**Week 4: July 3 – July 9**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature: \_\_\_\_\_

**Week 5: July 9 – July 16**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature:	_____	

**Week 6: July 16 – July 23**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature:	_____	

**YOUR HARD WORK WILL PAY OFF!**

**Week 7: July 23 – July 30**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature:	_____	

**Week 8: July 30 – August 6**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature:	_____	

**Week 9: August 6 – August 13**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 9: August 13 – August 20**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		



**Week 9: August 20 – August 27**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 9: August 27 – September 3**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**SUMMER MAY BE OVER BUT THE FUN IS JUST ABOUT TO  
BEGIN!**

## SEPTEMBER 2023 – FEBRUARY 2024

I, \_\_\_\_\_  
(name of athlete) commit to attending the following sport sessions on a weekly basis throughout the sport season:

#1: **Sport Specific:** \_\_\_\_\_ on \_\_\_\_\_  
(name of program) (day of week)

#2: **2<sup>nd</sup> Sport Program or alternative:** \_\_\_\_\_ on \_\_\_\_\_  
(name of program) (day of week)

#3: **Club Fit or alternative:** \_\_\_\_\_

\_\_\_\_\_  
(Athlete Signature)

\_\_\_\_\_  
(Date)

**Week 10: September 3 – September 10**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature:	_____	

**Week 11: September 10 – September 17**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature:	_____	

**Week 12: September 17 – September 24**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**KEEP UP THE GREAT WORK!**

**Week 13: September 24 – October 1**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 14: October 1 – October 8**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 15: October 8 – October 15**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**HAPPY THANKSGIVING!**

**Week 16: October 15 – October 22**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 17: October 22 – October 29**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 18: October 29 – November 5**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**DON'T GIVE UP – YOU'RE MORE THAN HALF WAY THERE!**

**Week 19: November 5 – November 12**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 20: November 12 – November 19**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 21: November 19 – November 26**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**ONLY 93 DAYS LEFT UNTIL GAMES!**



**Week 24: November 26 – December 3**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 25: December 3 – December 10**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 26: December 10 – December 17**

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Name of Session

Initials

Session #1:

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Session #2:

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Session #3:

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Training Coach Signature: \_\_\_\_\_

**KEEP UP THE GREAT EFFORT OVER THE CHRISTMAS BREAK!**

**Week 27: December 17 – December 24**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 28: December 24 – December 31**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 29: December 31 – January 7**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature: \_\_\_\_\_

**HAPPY NEW YEAR !!!**

**Week 30: January 7 – January 14**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature: \_\_\_\_\_

**Week 31: January 14 – January 21**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature:	_____	

**Week 32: January 21 – January 28**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature:	_____	

**YOU'RE ALMOST THERE - ONLY 4 MORE WEEKS TO GO!**

**Week 33: January 28 – February 4**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 34: February 4 – February 11**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 35: February 11 – February 18**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**Week 36: February 18 – February 25**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____
Training Coach Signature: _____		

**YOU'RE A ROCK STAR – GREAT WORK ALL YEAR**

## ALTERNATIVE ACTIVITIES

Indoor or Outdoor Activities		
Running	30 minutes	Try it at the beach or on sand
Swimming	45 minutes	In the pool, at the lake or in the ocean
Rock Climbing	60 minutes	Bouldering, indoor top lead, or outdoor
Circuit Training	45 minutes	Aim for more repetitions or times through
Plank or Squat Challenges	30 minutes	Keep track of your progress and push yourself
Agility Ladders	30 minutes	Fancy footwork or basic skills
Tennis	60 minutes	Hit over the net or against the wall
Outdoor Activities		
Fit Family and Friends	60 minutes	Find a program in your community
Power Walking	60 minutes	Listen to a podcast from an athlete you like
Hiking	60 minutes	Find a beautiful view
Roller Blading	60 minutes	Go for long distance or practice footwork
Biking/Cycling	45 minutes	Conquer a huge hill – you’ve got this!
Paddling	60 minutes	Kayaking or canoeing into the current
Classes OR Video Lead Activities On YouTube		
Boot Camp	45 minutes	Total Body Workout – Burn Bootcamp
High Intensity Interval Training	45 minutes	Group HITT
Zumba	60 minutes	Popsugar Fitness
Kickboxing	60 minutes	Popsugar Fitness
Jazzercise	60 minutes	Richard Simmons, Jane Fonda, Judi Sheppard Missett
Spinning	60 minutes	Studio SWEAT OnDemand
Yoga	60 minutes	Yoga With Adriene
Pilates	60 minutes	Popsugar Fitness
Team Activities		
Badminton	60 minutes	Find a friend to keep the rally going
Basketball	60 minutes	Practice speed drills
Soccer	60 minutes	Work on shooting and footwork
Pickle ball	60 minutes	Try something new – bring a friend



## HYDRATION

Before	During	After
350mL 4 hours before sport (pop can size)	100mL ~ every 15 minutes (1/2 a cup)	1.5L over 4-6 hours
100mL 2 hours before sport (1/2 a cup)		Small salty snack (ex: ½ cup of gold fish)

Remember to drink plenty of water before, during and after training or competition. Drink a pop can size glass of water approximately 4 hours before competition. If you do not use the bathroom within 2 hours then consume another ½ cup of water to increase your fluid levels.

Try to consume water over sport drinks or juice. If you do not like the taste of plain water then try flavoring it with a few drops of water flavouring, lemon or lime. Avoid drinks that contain a lot of sugar or artificial sweeteners.

If you drink coffee in the morning, consume two cups of water for every cup of coffee you drink.

# BREAKFAST

## Eat



Carbohydrate-rich, low-fat foods

Egg dishes (not fried)

French toast and/or pancakes with little added butter or margarine

Fruit

Lean proteins, like poultry or jerky

Low-fat yogurt

Low-fibre cereal with low-fat milk

Low-fat, low-fibre muffins with jam or jelly

Meal replacement drinks

Mush

Noodles or pasta

Oatmeal

Potato (not fried)

Rice (not fried)

Toast with little added butter or margarine

## Limit



High-fat, nutrient-poor foods

Bacon

Butter or margarine

Commercial muffins

Cream

Cream or butter sauces

Croissants, danishes and doughnuts

French fries

Fried eggs

Fried rice

Sausage

## High-fibre foods

Dried fruits

Whole-grain breads

Whole-wheat cereals

## LUNCH & DINNER

### Eat



#### Low-fat, nutrient-rich foods

- Bannock
- Bread
- Broth or bone-based soups
- Cheese (in moderation)
- Fish (broiled, roasted, barbecued or poached)
- Fruit or fruit salad
- Low-fat cottage cheese
- Low-fat yogurt
- Lean cold cuts
- Meat, such as beef, poultry, venison or wild game (broiled, roasted, barbecued or poached with fat trimmed and skin removed)
- Meat alternatives, like beans, peas and lentils
- Pasta (plain or with tomato sauce)
- Potatoes without butter or margarine (baked, boiled or mashed)
- Rice (steamed)
- Salads with beans, peeled fresh vegetables and a small amount of dressing
- Vegetables (steamed, boiled or baked)

### Limit



#### High-fat, nutrient-poor foods

- Butter or cream sauces
  - Buttered, sautéed or creamed vegetables or soufflés
  - Chips
  - Cookies, pies and pastries
  - Cream soups
  - Creamy coleslaw
  - Egg salad made with mayonnaise
  - Fried fish, meat or poultry
  - Fried potatoes
  - Granola bars (some)
  - Ice cream
  - Pâté or liverwurst
  - Potato or macaroni salad (commercial)
  - Processed meats
  - Salad dressing
  - Sausage
- #### Gas-producing foods
- Broccoli
  - Cabbage
  - Carbonated drinks
  - Garlic
  - Kimchi
  - Onions

**Have plenty of  
vegetables and fruits**

**Eat protein foods**



**Make water  
your drink  
of choice**

**Choose  
whole grain  
foods**

## Cross Country Skiing

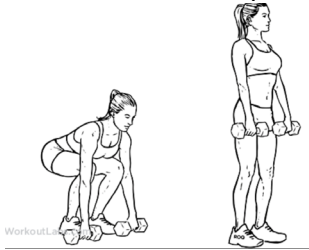
Sport Homework Summer 2019

3 times per week (one to be done in club fit if possible)

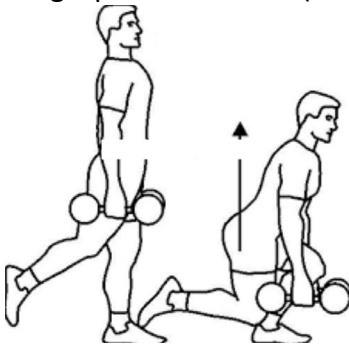
- Warm up run 20' or cycle 30' or if possible 30' on roller skis
- Stretch and 2-3 progressive accelerations to maximal speed (running 50 meters)



1. Dumbbell deadlift 20 repetitions rest 1 minute before next exercise



2. Single leg squat 20 on each (if too easy add dumbbells)



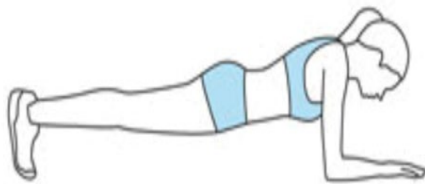
3. Resistance band split squats (20 repetitions on each leg)



4. Pull downs – one arm at a time, using SOBC elastic bands (20 repetitions on each arm)



5. Plank 30 seconds



6. Side Plank 30 seconds



Warm down

Easy run 15 minutes or easy cycle for 25 minutes