

A DAY IN LIFE OF AN OLYMPIC OVAL ATHLETE

**MAGGIE QI_ SHORT TRACK STAGE 4 COACH
ERIC BEDARD_ HIGH PERFORMANCE MANAGER**

OUR COMMITMENT



INTEGRATED SUPPORTING TEAM (IST)



TRAINING ACTIVITIES



DAILY SCHEDULE

SENIOR		HIGH SCHOOL		WEEKEND	
TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY
8:00-10:30	AM TRAINING 2.5HR	6:30-8:00	AM TRAINING 1.5HR	8:00-9:30	MIX STAGES TRAINING *(GIRLS)
	*CLASS		HIGH SCHOOL	9:45-11:15	MIX STAGES TRAINING *(BOYS)
14:00-16:00	PM TRAINING 2HR	16:30-18:30	PM TRAINING 1.5-2HR	OR	
	*CLASS/WORK		*HOME WORK	HALF/FULL DAY	RACING
	*COACHING				

WEEKLY TRAINING SCHEDULE

STAGE 3 & 4							
	MON	TUE	WED	THU	FRI	SAT	SUN
AM	X	X	X	X	X	X	
PM	X	X		X			

MICRO PROGRAMS

Home Competition




- 🌐 Make sure your athlete are in RACING mode
- 🌐 Take some day / half day OFF of school: Recuperation
- 🌐 Workout on all speed (Intensity + Tactic)
- 🌐 Weight & Dry Land: easy to set up
- 🌐 **BE READY to RACE**

Outside Competition

FWST / NQ / Jun # 1-2 / Senior # 1 -2

- 🌐 Be there 4 - 7 days prior (ICE availability)
- 🌐 Sleep well / Recuperation
- 🌐 Morning session (CNS Training)
- 🌐 Good Feeling on the ICE
- 🌐 Work out on all racing speed (Intensity + Tactic)
- 🌐 Weight Session (Found a place prior)
- 🌐 Prepare in advance your “Dry Land Training”
- 🌐 **BE READY to RACE**

Competition Routine

-  Bed time
-  Wake up time
-  Breakfast
-  Departure
-  Warm up: Dry land & Ice
-  Day race schedule
-  Routine: Pre-race / post race
-  Sharpening skate!!!

Coach Tips

- 🌐 Have your ST tools on you: Gage, bender, Stone, wrench
- 🌐 Bring extra ST gear: Skin, helmet, etc.
- 🌐 Record Lap Time & note
- 🌐 Make sure as they eat during the day
- 🌐 Help your athletes to establish a day plan: Routine
- 🌐 @ Athletes:
- 🌐 Sharp your blade after warm up
- 🌐 Spare Blade and Sharp
- 🌐 Bring jig/stone & spare blade for Competition training

Rules & Expectation



Professional

- Be punctual
- Have proper gear
- Right communication
- Teamwork

Spiritual

- Believe
- Trust
- Resilience
- Passion

CHAMPION CHARACTERISTICS

(RE)FOCUS

RESILIENCE

SELF-CONTROL

COMMUNICATION

PASSIONATE

TALENT

HARD WORKER

COMMITMENT



THANK YOU !

