

Evergreen Hurricanes

Winter 2023-2024 Comprehensive Calendar

Total Days	245
Training Days	152
Competition Days	34
Days Off	57

AUGUST	MONDAY	July 31	OFF		7 Day Break
	TUESDAY	August 1	OFF		
	WEDNESDAY	August 2	OFF		
	THURSDAY	August 3	OFF		
	FRIDAY	August 4	OFF		
	SATURDAY	August 5	OFF		
	SUNDAY	August 6	OFF		
	MONDAY	August 7	Basecamp Intensive		3 Week Training Phase OBJECTIVE High Volume Aerobic Fitness Base in Preparation for Winter Season
	TUESDAY	August 8	Basecamp Intensive		
	WEDNESDAY	August 9	Basecamp Intensive		
	THURSDAY	August 10	Basecamp Intensive		
	FRIDAY	August 11	Basecamp Intensive		
	SATURDAY	August 12	Basecamp Intensive	Mountain Climb	
	SUNDAY	August 13	OFF		
	MONDAY	August 14	Basecamp		
	TUESDAY	August 15	Basecamp	Jeffco 1st Day of School	
	WEDNESDAY	August 16	Basecamp / Fall Tune-up		
	THURSDAY	August 17	Basecamp		
	FRIDAY	August 18	Basecamp		
	SATURDAY	August 19	Basecamp	Dryland Competition	
	SUNDAY	August 20	Fall Tune-Up		
	MONDAY	August 21	Basecamp		
	TUESDAY	August 22	Basecamp		
	WEDNESDAY	August 23	Basecamp / Fall Tune-up		
	THURSDAY	August 24	Basecamp		
	FRIDAY	August 25	OFF	Castle Lake Swim Camping	
	SATURDAY	August 26	Competition	Castle Lake Swim	
	SUNDAY	August 27	Fall Tune-Up		
MONDAY	August 28	OFF		7 Day Break	
TUESDAY	August 29	OFF			
WEDNESDAY	August 30	OFF			
THURSDAY	August 31	OFF			
FRIDAY	September 1	OFF			
SATURDAY	September 2	OFF	Labor Day Weekend		

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SUNDAY	September 3	OFF	Labor Day Weekend
MONDAY	September 4	OFF	Labor Day Weekend
TUESDAY	September 5	Regular Schedule	First Day of Winter Regular Schedule
WEDNESDAY	September 6	Regular Schedule	Fall Parent Meeting
THURSDAY	September 7	Regular Schedule	
FRIDAY	September 8	Regular Schedule	
SATURDAY	September 9	Regular Schedule	Test Set 1
SUNDAY	September 10	OFF	
MONDAY	September 11	Regular Schedule	
TUESDAY	September 12	Regular Schedule	
WEDNESDAY	September 13	Regular Schedule	
THURSDAY	September 14	Regular Schedule	
FRIDAY	September 15	Regular Schedule	Fall Practice Meet #1
SATURDAY	September 16	Regular Schedule	Test Set 2
SUNDAY	September 17	OFF	
MONDAY	September 18	Regular Schedule	
TUESDAY	September 19	Regular Schedule	
WEDNESDAY	September 20	Regular Schedule	
THURSDAY	September 21	Regular Schedule	
FRIDAY	September 22	Regular Schedule	
SATURDAY	September 23	Competition	North Jeffco Kickoff
SUNDAY	September 24	Competition	North Jeffco Kickoff
MONDAY	September 25	Regular Schedule	
TUESDAY	September 26	Regular Schedule	
WEDNESDAY	September 27	Regular Schedule	
THURSDAY	September 28	Regular Schedule	
FRIDAY	September 29	Regular Schedule	
SATURDAY	September 30	Regular Schedule	Test Set 3
SUNDAY	October 1	OFF	
MONDAY	October 2	Regular Schedule	Fall Practice Meet #2
TUESDAY	October 3	Regular Schedule	
WEDNESDAY	October 4	Regular Schedule	
THURSDAY	October 5	Regular Schedule	
FRIDAY	October 6	Regular Schedule	
SATURDAY	October 7	Regular Schedule	Test Set 4
SUNDAY	October 8	OFF	
MONDAY	October 9	Regular Schedule	
TUESDAY	October 10	Regular Schedule	
WEDNESDAY	October 11	Regular Schedule	
THURSDAY	October 12	Regular Schedule	
FRIDAY	October 13	Competition	PPA Harvest Heats
SATURDAY	October 14	Competition	PPA Harvest Heats
SUNDAY	October 15	Competition	PPA Harvest Heats

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6.5 Week Training Phase
OBJECTIVE
 Starting with emphasis on new skills and habit formation and ending with escalating volume and intensity

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MONDAY	October 16	Regular Schedule	
TUESDAY	October 17	Regular Schedule	
WEDNESDAY	October 18	OFF	
THURSDAY	October 19	OFF	Jeffco Fall Break
FRIDAY	October 20	OFF	Jeffco Fall Break
SATURDAY	October 21	OFF	Jeffco Fall Break
SUNDAY	October 22	OFF	Jeffco Fall Break

5 Day Break

MONDAY	October 23	Regular Schedule	
TUESDAY	October 24	Regular Schedule	
WEDNESDAY	October 25	Regular Schedule	
THURSDAY	October 26	Regular Schedule	
FRIDAY	October 27	Regular Schedule	
SATURDAY	October 28	Regular Schedule	TOPS SLQ / Test Set 5
SUNDAY	October 29	OFF	

MONDAY	October 30	Regular Schedule	
TUESDAY	October 31	Regular Schedule	
WEDNESDAY	November 1	Regular Schedule	
THURSDAY	November 2	Regular Schedule	
FRIDAY	November 3	Regular Schedule	
SATURDAY	November 4	Regular Schedule	Test Set 6
SUNDAY	November 5	OFF	

4.5 Week Training Phase
OBJECTIVE
 Peak winter training cycle.
 Winter season's highest Volume
 and Intensity.

MONDAY	November 6	Regular Schedule	Fall Practice Meet #3
TUESDAY	November 7	Regular Schedule	
WEDNESDAY	November 8	Regular Schedule	
THURSDAY	November 9	Regular Schedule	
FRIDAY	November 10	Regular Schedule	
SATURDAY	November 11	Regular Schedule	Test Set 7
SUNDAY	November 12	OFF	

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MONDAY	November 13	Regular Schedule	
TUESDAY	November 14	Regular Schedule	
WEDNESDAY	November 15	Regular Schedule	
THURSDAY	November 16	Regular Schedule	
FRIDAY	November 17	Competition	NJ Turkey Trot
SATURDAY	November 18	Competition	NJ Turkey Trot
SUNDAY	November 19	Competition	NJ Turkey Trot

MONDAY	November 20	Regular Schedule	Jeffco Thanksgiving Break
TUESDAY	November 21	Regular Schedule	Jeffco Thanksgiving Break
WEDNESDAY	November 22	Regular Schedule	Jeffco Thanksgiving Break
THURSDAY	November 23	OFF	Thanksgiving Day
FRIDAY	November 24	OFF	Jeffco Thanksgiving Break
SATURDAY	November 25	OFF	
SUNDAY	November 26	OFF	

4 Day Break

MONDAY	November 27	Regular Schedule	
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DECEMBER

TUESDAY	November 28	Regular Schedule	
WEDNESDAY	November 29	Regular Schedule	
THURSDAY	November 30	Regular Schedule	
FRIDAY	December 1	Competition	Winter Stampede (Utah)
SATURDAY	December 2	Competition	Winter Stampede (Utah)
SUNDAY	December 3	Competition	Winter Stampede (Utah)
MONDAY	December 4	Regular Schedule	
TUESDAY	December 5	Regular Schedule	
WEDNESDAY	December 6	Regular Schedule	Winter Junior Nationals
THURSDAY	December 7	Regular Schedule	Winter Junior Nationals
FRIDAY	December 8	Regular Schedule	Winter Junior Nationals
SATURDAY	December 9	Regular Schedule	Winter Junior Nationals / Test Set 8
SUNDAY	December 10	OFF	
MONDAY	December 11	OFF	Holiday Party
TUESDAY	December 12	Regular Schedule	
WEDNESDAY	December 13	Regular Schedule	
THURSDAY	December 14	Regular Schedule	
FRIDAY	December 15	Competition	Loveland Holiday Showdown
SATURDAY	December 16	Competition	Loveland Holiday Showdown
SUNDAY	December 17	Competition	Loveland Holiday Showdown
MONDAY	December 18	Regular Schedule	
TUESDAY	December 19	Regular Schedule	
WEDNESDAY	December 20	Regular Schedule	Jeffco Winter Break
THURSDAY	December 21	Regular Schedule	Jeffco Winter Break
FRIDAY	December 22	Regular Schedule	Jeffco Winter Break
SATURDAY	December 23	OFF	Jeffco Winter Break
SUNDAY	December 24	OFF	Jeffco Winter Break
MONDAY	December 25	OFF	Jeffco Winter Break
TUESDAY	December 26	OFF	Jeffco Winter Break
WEDNESDAY	December 27	OFF	Jeffco Winter Break
THURSDAY	December 28	OFF	Jeffco Winter Break
FRIDAY	December 29	OFF	Jeffco Winter Break
SATURDAY	December 30	OFF	Jeffco Winter Break
SUNDAY	December 31	OFF	Jeffco Winter Break
MONDAY	January 1	OFF	Jeffco Winter Break
TUESDAY	January 2	Regular Schedule	Jeffco Winter Break
WEDNESDAY	January 3	Regular Schedule	Jeffco Winter Break
THURSDAY	January 4	Regular Schedule	
FRIDAY	January 5	Regular Schedule	
SATURDAY	January 6	Regular Schedule	Test Set 9
SUNDAY	January 7	OFF	
MONDAY	January 8	Regular Schedule	
TUESDAY	January 9	Regular Schedule	

1 Week Competition Phase
OBJECTIVE
 High performance preparation.
 Low Volume, race detail reinforcement

2.5 Week Training Phase
OBJECTIVE
 Maintenance Phase. Moderate to high volume with critical habit reinforcement to prepare for long break.

10 Day Break

JANUARY

WEDNESDAY	January 10	Regular Schedule	
THURSDAY	January 11	Regular Schedule	
FRIDAY	January 12	Competition	Cuda Classic
SATURDAY	January 13	Competition	Cuda Classic
SUNDAY	January 14	Competition	Cuda Classic

MONDAY	January 15	Regular Schedule	
TUESDAY	January 16	Regular Schedule	
WEDNESDAY	January 17	Regular Schedule	
THURSDAY	January 18	Regular Schedule	
FRIDAY	January 19	Regular Schedule	
SATURDAY	January 20	Regular Schedule	Test Set 10
SUNDAY	January 21	OFF	

MONDAY	January 22	Regular Schedule	
TUESDAY	January 23	Regular Schedule	
WEDNESDAY	January 24	Regular Schedule	
THURSDAY	January 25	Regular Schedule	
FRIDAY	January 26	Regular Schedule	
SATURDAY	January 27	Regular Schedule	Test Set 11
SUNDAY	January 28	OFF	

MONDAY	January 29	Regular Schedule	
TUESDAY	January 30	Regular Schedule	
WEDNESDAY	January 31	Regular Schedule	
THURSDAY	February 1	Regular Schedule	
FRIDAY	February 2	Regular Schedule	
SATURDAY	February 3	Regular Schedule	Test Set 12
SUNDAY	February 4	OFF	

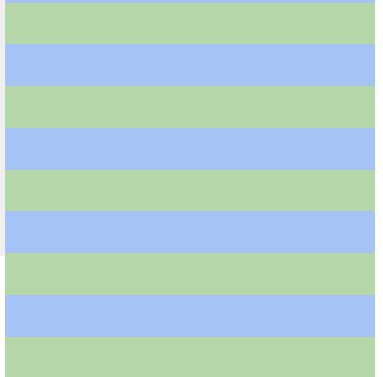
MONDAY	February 5	Regular Schedule	
TUESDAY	February 6	Regular Schedule	
WEDNESDAY	February 7	Regular Schedule	
THURSDAY	February 8	Regular Schedule	
FRIDAY	February 9	Competition	NJ February Finale / Girls HS State
SATURDAY	February 10	Competition	NJ February Finale / Girls HS State
SUNDAY	February 11	Competition	NJ February Finale / Girls HS State

FEBRUARY

MONDAY	February 12	Regular Schedule	
TUESDAY	February 13	Regular Schedule	
WEDNESDAY	February 14	Regular Schedule	
THURSDAY	February 15	Regular Schedule	
FRIDAY	February 16	Competition	Colorado Senior Meet
SATURDAY	February 17	Competition	Colorado Senior Meet
SUNDAY	February 18	Competition	Colorado Senior Meet

MONDAY	February 19	Regular Schedule	
TUESDAY	February 20	Regular Schedule	
WEDNESDAY	February 21	Regular Schedule	

7-11 Week Training Phase
OBJECTIVE
 Starts with higher volume to restore fitness after break and transitions to competition phase with lower volume and heavy emphasis on racing skills and execution



MARCH

THURSDAY	February 22	Regular Schedule	
FRIDAY	February 23	Competition	Age Group State
SATURDAY	February 24	Competition	Age Group State
SUNDAY	February 25	Competition	Age Group State
MONDAY	February 26	Regular Schedule	
TUESDAY	February 27	Regular Schedule	
WEDNESDAY	February 28	Regular Schedule	
THURSDAY	February 29	Regular Schedule	
FRIDAY	March 1	Regular Schedule	
SATURDAY	March 2	Regular Schedule	
SUNDAY	March 3	OFF	
MONDAY	March 4	Regular Schedule	
TUESDAY	March 5	Regular Schedule	
WEDNESDAY	March 6	Regular Schedule	
THURSDAY	March 7	Regular Schedule	
FRIDAY	March 8	Competition	Mile High Championships
SATURDAY	March 9	Competition	Mile High Championships
SUNDAY	March 10	Competition	Mile High Championships
MONDAY	March 11	Regular Schedule	
TUESDAY	March 12	Regular Schedule	
WEDNESDAY	March 13	Regular Schedule	
THURSDAY	March 14	Regular Schedule	
FRIDAY	March 15	Regular Schedule	
SATURDAY	March 16	Regular Schedule	
SUNDAY	March 17	OFF	
MONDAY	March 18	OFF	Jeffco Spring Break
TUESDAY	March 19	OFF	Jeffco Spring Break
WEDNESDAY	March 20	OFF	Jeffco Spring Break
THURSDAY	March 21	Competition	Sectionals / Jeffco Spring Break
FRIDAY	March 22	Competition	Sectionals / Jeffco Spring Break
SATURDAY	March 23	Competition	Sectionals / Jeffco Spring Break
SUNDAY	March 24	Competition	Sectionals / Jeffco Spring Break
MONDAY	March 25	OFF	
TUESDAY	March 26	OFF	
WEDNESDAY	March 27	Regular Schedule	First day of Spring Regular Schedule
THURSDAY	March 28	Regular Schedule	
FRIDAY	March 29	Regular Schedule	
SATURDAY	March 30	Regular Schedule	
SUNDAY	March 31	OFF	

Final Competition Phase
Sectionals / Team Break

Start of Spring Training Phase