



October 2017



LAKEWOOD CLUB ICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	2 PRACTICE 7:30-8:30PM <i>Cleveland Hts. Rink</i>	3	4 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	5	6	7 PRACTICE 11:30-1:00PM <i>Cleveland Hts. Rink</i>
8 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	9 PRACTICE 7:30-8:30PM <i>Cleveland Hts. Rink</i>	10	11 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	12	13	14 PRACTICE 11:30-1:00PM <i>Cleveland Hts. Rink</i>
15 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	16 PRACTICE 6:30-7:30PM <i>Cleveland Hts. Rink</i>	17	18 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	19 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	20	21 BUFFALO ST CHAMPIONSHIPS <i>Buffalo, NY</i>
22 BUFFALO ST CHAMPIONSHIPS <i>Buffalo, NY</i> <u>NO SKATING PRACTICE</u>	23 PRACTICE 6:30-7:30PM <i>Cleveland Hts. Rink</i>	24	25 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	26 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	27	28 GREAT LAKES/ HEARTLAND #2 <i>Milwaukee, WI</i>
29 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Rink</i> CHICAGO SILVER SK/ HEARTLAND #3 <i>Glen Ellyn, IL</i>	30 PRACTICE 6:30-7:30PM <i>Cleveland Hts. Rink</i>	31 				

OCTOBER 2017 CALENDAR NOTES

"Winning doesn't always mean being first. Winning means you're doing better than you've ever done before."

Bonnie Blair

5 Time Olympic Speedskater Gold Medalist



Goal: I will work hard to improve my personal best in my races and at practice.



NOVEMBER LAKEWOOD CLUB PRACTICE SCHEDULE

- **Sundays, Nov. 5, 12, 19, – 7:00-8:30 PM**
- **Sundays, Nov. 26 – 6:30-8:00 PM (Note time change)**
- **Wednesdays, Nov. 1, 8, 15, 22, 29 - 6:20-7:20PM (Note time change)**
Ice times may change during the season, check for current ice times.

- ✓ **SET 2-3 GOALS FOR CERTAIN STAGES OF THE SEASON OR ENTIRE SEASON, REVISE THESE GOALS AS YOU REACH THEM.**

MARK YOUR CALENDARS – POSSIBLE MEETS TO ATTEND:

NOV 4, 2017	SARATOGA CUP & NEST SERIES #1	SARATOGA SPR, NY
NOV 11, 2017	PARK RIDGE ST OPEN	PARK RIDGE, IL
NOV 12, 2017	BARREL BUSTER	FRANKLIN PARK, IL
DEC 2-3, 2017	OHIO INVITATIONAL HEARTLAND #4	CLEVELAND HTS, OH
JAN. 20-21, 2017	US JR ST CHAMPIONSHIP	GREEN BAY, WI





LAKWOOD CLUB TRAINING PROGRAM OCTOBER 2017



Sunday October 1	ICE Long Intervals: 15 laps warm up, 3 x 2 laps BU, reaction drills, 2 sets of 8-12-8 laps (HR 165-175), R2'-3', R5-8' betw sets, warm down.
Monday October 2	ICE Cleveland Heights Ice Rink
Tuesday October 3	
Wednesday October 4	ICE Intervals/Tempos: 15 laps warm up, 2 x 2 laps BU, 4 x 6 laps - #'s 1 and 3: tempos, #'s 2 and 4: progressive, warm down.
Thursday October 5	
Friday October 6	
Saturday October 7	ICE Cleveland Heights Ice Rink



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Sunday October 8	ICE Intervals: 15 laps warm up, 2 x 200m BU, 2 x 50m CS, 8-6-5-6-8 laps @ 12.5"-13" {6-5-4-5-6 laps @ 14" for group 2}, starts (time permitting), 15 laps warm down.
Monday October 9	ICE Cleveland Heights Ice Rink
Tuesday October 10	
Wednesday October 11	ICE Fartlek: 15 laps warm up, 2x2 laps BU, 2x50m CS, 2x50m SS, 1x1 lap SS, 1x2 laps SS, 9 {7} laps tempo, 7 {5} laps tempo, 12 laps (2 x 2 easy, 2 moderate, 2 fast), 2 x 3 laps hard, 15 laps warm down.
Thursday October 12	
Friday October 13	
Saturday October 14	ICE Cleveland Heights Ice Rink



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Sunday October 15	ICE Intervals: 10 laps warm up, 1 x 200m BU, 1 lap timed, 3 x 5 laps, R5', 5 x 3 laps, R3', 4 x 4 laps, R4', (longer rest betw sets (6-8')), HR 180-190, easy warm down.
Monday October 16	ICE Cleveland Heights Ice Rink
Tuesday October 17	
Wednesday October 18	ICE Short Tempos: 15 laps warm up, 2x 2 laps BU, 2 x 50m CS, 2 X 1 lap SS, 6-5-4-3 laps tempos, warm down.
Thursday October 19	ICE Cleveland Heights Ice Rink
Friday October 20	
Saturday October 21	BUFFALO ST CHAMPIONSHIPS Buffalo, NY



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Sunday October 22	BUFFALO ST CHAMPIONSHIPS Buffalo, NY NO SKATING PRACTICE
Monday October 23	ICE Cleveland Heights Ice Rink if enough interest
Tuesday October 24	
Wednesday October 25	ICE Tempos: 15 laps warm up, 3 laps BU, 2 laps BU, 2 x 50m CS, 2x50m SS, 9-8-7-6-5-4 laps tempos, warm down.
Thursday October 26	ICE Cleveland Heights Ice Rink
Friday October 27	
Saturday October 28	GREAT LAKES/HEARTLAND #2 Milwaukee, WI
Sunday October 29	ICE Short Intervals: 15 laps warm up, 2x2 laps BU, 2x75m CS, 2x50m SS, 1x1 lap SS, 2 sets of 4x5 laps (11.5-12.5" {13.5-14.5"}), R5' between sets, 15 laps warm down. CHICAGO SILVER SKATES/HEARTLAND #3 Glen Ellyn, IL

