Name: _____ Revised: Jul 8 2025

PRACTICE PLAN - SENIOR

Month: _____ Dates :

	ELEMENT	# OF REPS	NOTES (drills that help!)
WARM-UP!	Mix of slalom, bubbles, edges, x-rolls etc of your choice	2 LAPS	
	8 lap stroking warm-up: _____	8 LAPS	
SPINS!			
JUMPS!	/	/	
	/	/	
	/	/	
	/	/	
	/	/	
	/	/	
SOLO	Train your solo WITH your music! Skate in and out like competition.	x1 MIN	
FIELD MOVES AND OTHER ELEMENTS!	Spiral and/or Steps	x5	
END!	End your session with some stroking and a curtsey or bow in the middle of the ice.	1-2 laps	
EXTRAS	Off-Ice warm-up **WAS** completed		
	Off-Ice cool-down (FLEX) **WILL** be completed		
	"Physio" exercises **WERE** completed (if applicable)		
	Perfect behaviour! (no warnings from any coaches)		
WARM-UP!	Mix of slalom, bubbles, edges, x-rolls etc of your choice	2 LAPS	
	8 lap stroking warm-up: _____	8 LAPS	