

## Ski Cooper Masters Wolf Cup / NSS DH Training

January 13-14

Run #	Training Run Times	Difference	Run to Run Comparison (Time of Day)	Run 1 to Race Runs	Notes
TRD1, R1	59.7	0			Normal start strategy, opened line at Net turn, fairly tight line through meadows.
TRD1, R2	60.27	0.57			Normal start strategy, skied more direct through net turn onto pitch. Opened line / softened touch on skis in meadows. Sun having impact minor on snow / surface.
TRD1, R3	60.04	-0.23			Normal start strategy, cut net turn off and very direct on pitch. More direct through Meadows. Pulled Elevation after Grahams corridor to carry more speed into flats.
<b>Day One Outcomes:</b>					
After reviewing Protern speed and acceleration data, Net turn needs to be more round and I need to figure out a better strategy for carrying speed through meadows.					
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<b>Day 2 Plan:</b>					
- Test start strategy by stopping skating earlier / skating further.					
- Bring 2-3m more shape into Net Turn, have necessary direction at gate and get flat skis across transition					
- Test different lines in the Meadows. Moderately direct line seems best for speed, but test all lines. Specifically focus on gates 15 and 16 above Grahams corridor.					
TRD2, R1	58.59	-1.45	-1.11		Normal start strategy, higher line on Net Turn, direct into meadows, open for elevation into 15 and 16. Surface was hard, no sun.
TRD, R2	60.69	2.1	0.42		Conservative start, higher line on Net, shape into meadows through Grahams. Too much shape out of Grahams. Surface is sun affected.
TRD,R3	59.94	-0.75	-0.1		Normal start strategy, higher line on Net Turn, direct into meadows, mid-apex into 15 and 16. Surface sun affected.
<b>Day Two Outcomes:</b>					
Hypothesis from Protern validated, Bring shape into Net Turn and carry ~3.55 kph more through pitch into Meadows. Tested line through Meadows with too much shape through gates 14 and 15 resulting in loss of 6.29 kph at gate 15 on fastest run.					
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<b>Race Day Plan:</b>					
- With slight course re-dress, Net turn moved in by 3 meters to skiers right with Gate above moving ~1.5M to skiers right allowing for full attack of Net turn. Go direct at roller at SL start to carry good shape / max speed into Net Turn. Carry slight elevation into Meadows and go direct, let gate 15 run out into Grahams Corridor. Bring elevation into corridors after Grahams. Ski the line to the finish.					
RD, TR 1	59.56	-0.38	0.97		(On Dh Trainers) Normal start strategy, Direct in turn above net and bring shape / speed through Net. Slight elevation entering meadows then direct through. Elevation at corridor after Grahams. Ski clean snow to a fast finish.
RD, RR 1	58.95	-0.61	-1.74	-0.75	Same as above. 2nd Overall, #1 in class.
RD, RR 2	58.29	-0.66	-1.65	-1.41	Same as above. 2nd Overall, #1 in class.
<b>Race Day Outcomes:</b>					
- 2nd Overall, 1st in Age Class (M4).					
- With redress of Net Turn and adjustment of line, carried an additional 4.36 kph through the pitch into the meadows. Overall, all splits were faster on both race runs than all training runs. Meadows speed loss at gate 15 reduced to -2.87 kph. Second run was .66 sec faster than race run 1. Runs compared to the previous days runs at the same time were 1.74 and 1.65 seconds faster.					