Training Periodization: Birkie 2025				
Week	Dates	Focus	Approximate Hours	
Week 1	5/27-6/2	Basic Aerobic Fitness/Strength	8.25	
Week 2	6/3-6/9	Basic Aerobic Fitness/Strength	8.25	
Week 3	6/10-6/16	Basic Aerobic Fitness/Specific Strength	9	
Week 4	6/17-6/23	Basic Aerobic Fitness/Threshold	9.5	
Week 5	6/24-6/30	Anaerobic Threshold	9.5	
			9.5	
Week 6	7/1-7/7	RECOVERY		
Week 7	7/8-7/14	Aerobic Volume/Strength	12	
Week 8	7/15-7/21	Anaerobic Threshold	9.5	
Week 9	7/22-7/28	Speed/Intensity	9.25	
Week 10	7/29-8/4	RECOVERY	7	
Week 11	8/5-8/11	Intensity	10.25	
Week 12	8/12-8/18	Aerobic Volume/Strength	12	
Week 13	8/19-8/25	Aerobic Volume	13.5	
Week 14	8/26-9/1	RECOVERY	6.25	
Week 15	9/2-9/8	Intensity	10	
Week 16	9/9-9/15	Intensity/Speed	11.75	
Week 17	9/16-9/22	Aerobic Volume	13.25	
Week 18 Week 19	9/23-9/29	RECOVERY	6.5 9.75	
Week 19 Week 20	9/30-10/6 10/7-10/13	Higher Intensity/Speed	9.75	
Week 20 Week 21	10/14-10/20	Higher Intensity/Speed Aerobic Volume	10.25	
Week 22	10/21-10/27	RECOVERY	13	
Week 22 Week 23	10/28-11/3	Anaerobic Threshold	10.5	
Week 24	11/4-11/10	Aerobic Volume	13.5	
Week 25	11/11-11/17	RECOVERY	5.75	
Week 26	11/18-11/24	Anaerobic Threshold	11.25	
Week 27	11/25-12/1	Aerobic Volume	13.25	
Week 28	12/2-12/8	RECOVERY	6	
Week 29	12/9-12/15	Race (10-15km)	9.25	
Week 30	12/16-12/22	Intensity/Speed	6.75	
Week 31	12/23-12/29	Aerobic Volume	13.25	
Week 32	12/30-1/5	RECOVERY	4.75	
Week 33	1/6-1/12	RACE (30-35km)	8	
Week 34	1/13-1/19	Aerobic Easy Volume	9.75	
Week 35	1/20-1/26	Intensity/Speed	9.25	
Week 36	1/27-2/2	RACE (20-25km)	7.25	
Week 37	2/3-2/9	Taper/Recover	6	
Week 38	2/10-2/16	Taper	5	
Week 39	2/17-2/23	BIRKIE WEEK	5.75	
		TOTAL TRAINING HOURS	357	
	E	ENDURANCE UN Active. Healthy. Outd	I <b>TED</b> Oors.	

		'eek: 6/17 - 6/23					
		Workout	<b>Duration (hrs.)</b>	Focus			
Week 1		Week Focus: Basic Aerobic Fitness & Strength					
Monday	27-May	OFF	0	Recovery			
Tuesday	28-May	Aerobic choice (bike/rollerski/run), easy	1	Basic Aerobic Fitness			
Wednesday	29-May	Easy run/hike, preferably on trails	1.25	Basic Aerobic Fitness			
		Aerobic choice (bike/rollerski/run), easy + bodyweight strength					
Thursday	30-May		1.5	Basic Aerobic Fitness + Strength			
Friday		Bike, easy, hit uphills as natural intervals		Basic Aerobic Fitness			
Saturday		Easy rollerski (skate or classic)		Specific Aerobic Fitness			
Sunday		Run/hike + bodyweight strength (below)		Basic Aerobic Fitness + Strength			
Weekly Total			8.25	, , , , , , , , , , , , , , , , , , ,			
		Workout	Duration (hrs.)	Focus			
Week 2		Week Focus: Basic Aerobic Fitness & Strength					
Monday	3-Jun		0	Recovery			
		Easy run/hike		Basic Aerobic Fitness			
Tuesday	4-Juli		1.25				
Mada a day	E lum	Trail run, easy with 3x3 minutes at Birkie Race Pace, full recovery	1.25	Threshold Intervals			
Wednesday		between sets		Threshold Intervals			
Thursday	6-JUN	Bike, easy + bodyweight strength (below)	1.5	Basic Aerobic Fitness + Strength			
Estates		Classic Rollerski, double pole only for 30 minutes of the total 1.25		Current Carlos Annual In Filmman In Carlos II			
Friday		hours (can be done on skate skis as well)		Specific Aerobic Fitness + Strength			
Saturday		Run/hike, preferably on trails		Basic Aerobic Fitness			
Sunday	9-Jun	Rollerski (skate or classic)		Specific Aerobic Fitness			
Weekly Total			8.25				
		Workout	Duration (hrs.)	Focus			
Week 3		Week Focus: Basic Aerobic Fitness & Specific Strength					
Monday	10-Jun	OFF	0	Recovery			
		Trail run, easy with 4x3 minutes Birkie Race Pace, full recovery					
Tuesday	11-Jun	between sets	1.25	Basic Aerobic Fitness			
Wednesday	12-Jun	Run/hike + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength			
Thursday	13-Jun	Skate rollerski including 3x5 minutes no pole skiing	1.5	Specific Aerobic Fitness			
Friday	14-Jun	Bike, easy	2	Basic Aerobic Fitness			
Saturday	15-Jun	Classic rollerski, flat terrain, majority (at least 50%) double pole	1.5	Specific Aerobic Fitness + Strength			
Sunday	16-Jun	Run/hike, preferably on trails, easy	1.5	Basic Aerobic Fitness			
Weekly Total			9				
		Workout	Duration (hrs.)	Focus			
Week 4		Week Focus: Basic Aerobic Fitness, Introduce Threshold					
Monday	17-Jun	OFF	0	Recovery			
Tuesday	18-Jun	Hike/run + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength			
		Trail run, 20 minute warm up, 5x3 minutes Birkie Race Pace with					
Wednesday	19-Jun	full recovery in between each interval, 15 minute cool down	1.25	Anaerobic Threshold			
Thursday		Bike, easy + Bodyweight Strength (below)	2	Basic Aerobic Fitness + Strength			
		Classic Rollerski, double pole only for 45 minutes of the total 1.25					
Friday	21-Jun	hours (can be done on skate skis as well)	1.25	Specific Aerobic Fitness + Strength			
Saturday		Run/hike, easy, add in short pickups (5 seconds) at tops of hills		Basic Aerobic Fitness			
Sunday		Skate rollerski, overdistance easy		Specific Aerobic Fitness			
Weekly Total			9.5				
		Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 min	ute break after all e	xercises complete in one set)			
		Total time approximately 15-20 minutes					
	1	Total time approximately 15-20 minutes 20 pushups (do from knees if necessary to maintain good technique)	)				
			)				
	2	20 pushups (do from knees if necessary to maintain good technique)	)	E			
	2 3	20 pushups (do from knees if necessary to maintain good technique) 15 squats (keep knees behind toes, go down to 90 degrees)	)	ENDURANCE UNITED			

- 4 10 lunges (each leg, add weight if needed)
  5 20 bird dogs (core exercise)

JULY	FOCUS W	/eek: July 15-21		-
		Workout	Duration (hrs.)	Focus
Veek 5		Week Focus: Anaerobic Threshold		
Aonday	24-Jun		0	Recovery
		Trail run, 20 minute warm up, 5x4 minutes Birkie Race Pace with		
uesday		full recovery in between intervals, 15 minute cool down		Anaerobic Threshold
Vednesday	26-Jun	Run/hike easy	1.25	Basic Aerobic Fitness
		Rollerski (skate or classic), 20 minute warm up, 5x4 minutes Birkie		
		Race Pace with rull recovery between intervals, 15 minute cool		
Thursday	27-Jun	down	1.5	Anaerobic Threshold
riday	28-Jun	Bike, easy +bodyweight strength (below)	2	Basic Aerobic Ftiness + Strength
		Run/hike w/ski poles on hilly terrain, easy, using poles with good ski		
Saturday	29-Jun	walking technique up hills	2	Basic Aerobic Fitness
		Rollerski (skate or classic) easy, focus on specific technique		
Sunday	30-Jun	improvement	1.25	Specific Aerobic Fitness
Weekly Total			9.5	
		Workout	Duration (hrs.)	Focus
Neek 6		Week Focus: RECOVERY		
/Ionday	1-Jul	Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
uesday		Bike, easy		Basic Aerobic Fitness
Vednesday		Trail run, easy		Basic Aerobic Fitness
		Rollerski (skate or classic); 20 minute warm up, 5x4 minutes Birkie		
		Race Pace with rull recovery between intervals, 15 minute cool		
hursday	4-Jul	down	15	Anaerobic Threshold
riday		Easy jog 30 minutes + body weight strength (below)		Body Weight Strength
aturday		OFF		Recovery
iunday		Bike, easy		Basic Aerobic Fitness
Weekly Total	1-JUI		1.25	
		Workout	Duration (hrs.)	Focus
Mook 7			Buration (IIIS.)	
Neek 7		Week Focus: Aerobic Volume & Strength		
Monday	8-Jul		0	Recovery
		Run/hike, easy with ski poles on hilly trails. Use ski poles on uphills		
Tuesday	9-Jul	with good ski walking technique	2	Basic Aerobic Fitness
		Rollerski (skate or classic); 20 minute warm up, 7x4 minutes Birkie		
		Race Pace with full recovery between intervals, 15 minute cool		
Nednesday	10-Jul	down	1.75	Anaerobic Threshold
		Rollerski, classic 45 minutes easy skiing, 45 minutes double pole		
Thursday	11-Iul	only, 30 minutes easy skiing	2	Specific Aerobic Fitness + Strength
	11 50		-	
Friday		Run, easy + bodyweight strength (below)		Basic Aerobic Fitness
	12-Jul		1.25	
Friday Saturday Sunday	12-Jul 13-Jul	Run, easy + bodyweight strength (below)	1.25 2	Basic Aerobic Fitness
Saturday Sunday	12-Jul 13-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing	1.25 2	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness
Saturday Sunday	12-Jul 13-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing	1.25 2 3	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness
Saturday Sunday Weekly Total	12-Jul 13-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy	1.25 2 3 12	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness
Saturday Sunday Weekly Total Week 8	12-Jul 13-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold	1.25 2 3 12 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness
Saturday Sunday Weekly Total Week 8	12-Jul 13-Jul 14-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold	1.25 2 3 12 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus
Saturday Sunday Weekly Total Week 8	12-Jul 13-Jul 14-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF	1.25 2 3 12 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus
Saturday Sunday Weekly Total Week 8 Monday	12-Jul 13-Jul 14-Jul 15-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie	1.25 2 3 12 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus
Saturday Sunday Weekly Total Week 8 Monday Fuesday	12-Jul 13-Jul 14-Jul 15-Jul 15-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool	1.25 2 3 12 Duration (hrs.) 0 1.75	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery
Saturday Sunday Weekly Total Week 8 Monday	12-Jul 13-Jul 14-Jul 15-Jul 15-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down	1.25 2 3 12 Duration (hrs.) 0 1.75	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold
Saturday Sunday Weekly Total Week 8 Monday	12-Jul 13-Jul 14-Jul 15-Jul 15-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski	1.25 2 3 12 Duration (hrs.) 0 1.75	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold
isaturday Sunday Weekly Total Week 8 Vlonday Tuesday Wednesday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold
iaturday Sunday Weekly Total Wonday Fuesday Wednesday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding,	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness
Saturday Sunday Weekly Total Week 8 Wonday Luesday Vednesday Fhursday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 17-Jul 18-Jul 19-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.5 1.5	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength
Saturday Sunday Weekly Total Week 8 Wonday Luesday Vednesday Fhursday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 17-Jul 18-Jul 19-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.5 1.5	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness
Saturday Sunday Weekly Total Week 8 Monday Fuesday Vednesday Fhursday Friday Saturday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below)	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.5 1.25 2.5	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness
iaturday Sunday Weekly Total Week 8 Vlonday Fuesday Vednesday Vednesday Finrsday Friday Sunday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace,	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.5 1.25 2.5	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness
iaturday Sunday Weekly Total Week 8 Vlonday Fuesday Vednesday Vednesday Finrsday Friday Sunday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace,	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.5 1.5 2.5 2.5 1.75 9,5	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness
Saturday Sunday Weekly Total Wonday Fuesday Fuesday Fuesday Fiday Fiday Saturday Sunday Weekly Total	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.5 1.25 2.5 1.75	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness
Saturday Sunday Weekly Total Wonday Fuesday Fuesday Fuesday Fiday Fiday Saturday Sunday Weekly Total Week 9	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul 21-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity	1.25 2 3 12 Duration (hrs.) 0 0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Focus
Saturday Sunday Weekly Total Wonday Fuesday Fuesday Fuesday Fiday Fiday Saturday Sunday Weekly Total Week 9	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF	1.25 2 3 12 Duration (hrs.) 0 0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness
Saturday Sunday Weekly Total Wonday Fuesday Fuesday Fuesday Fiday Fiday Saturday Sunday Weekly Total Week 9	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul 21-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace	1.25 2 3 12 Duration (hrs.) 0 0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Focus
Saturday Sunday Weekly Total Wonday Fuesday Fuesday Fursday Friday Saturday Saturday Sunday Weekly Total Week 9 Monday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul 21-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.55 1.25 2.5 1.75 9.5 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Recovery Recovery Recovery
Saturday Sunday Weekly Total Wonday Fuesday Fuesday Fursday Friday Saturday Saturday Sunday Weekly Total Week 9 Monday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul 21-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.55 1.25 2.5 1.75 9.5 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Focus
Saturday Sunday Weekly Total Wonday Fuesday Fuesday Fuesday Filosof Saturday Saturday Saturday Weekly Total Week 9 Vionday Fuesday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 19-Jul 20-Jul 20-Jul 21-Jul 22-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.55 1.25 2.5 1.75 9.5 Duration (hrs.)	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness
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Saturday Sunday Weekly Total Wonday Fuesday Fuesday Friday Sunday Weekly Total Weekly Total Weekly Total Weekly Total Weekly Total Weekly Total Fuesday Fuesday Fuesday Fuesday Fuesday Fuesday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 19-Jul 20-Jul 20-Jul 21-Jul 22-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul 28-Jul	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, 13t terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski easy 45 min, classic Rollerski easy 45 min Easy bike, w/10x15 second sprints throughout workout Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute br Total time approximately 15-20 minutes	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.55 1.25 2.5 1.75 9.5 Duration (hrs.) 0 0 1.5 1.5 1.25 1.5 2.5 1.5 2.5 9.25 1.5 2.5 1.25 1.25 1.25	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitnes Basi
iaturday Sunday Weekly Total Wonday Tuesday Tuesday Tuesday Tuesday Thursday Thursday Sunday Weekly Total Weekly Total Weekly Total Wonday Vednesday Thursday Thursday Thursday Thursday Thursday	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 20-Jul 20-Jul 21-Jul 21-Jul 22-Jul 23-Jul 23-Jul 23-Jul 23-Jul 24-Jul 25-Jul 26-Jul 28-Jul 20-Jul 20-Jul 20-Jul 21	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski easy 45 min, classic Rollerski easy 45 min Easy bike, w/10x15 second sprints throughout workout Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute br Total time approximately 15-20 minutes 25 pushups (do from knees if necessary to maintain good technique) 20 squats (keep knees behind toes, go down to 90 degrees)	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.55 1.25 2.5 1.75 9.5 Duration (hrs.) 0 0 1.5 1.5 1.25 1.5 2.5 1.5 2.5 9.25 1.5 2.5 1.25 1.25 1.25	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitnes Basi
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aturday unday Veekly Total Veekly Total vesday vednesday vednesday vednesday vedkly Total Veekly Total	12-Jul 13-Jul 14-Jul 15-Jul 16-Jul 17-Jul 20-Jul 20-Jul 20-Jul 21-Jul 22-Jul 23-Jul 23-Jul 23-Jul 24-Jul 25-Jul 24-Jul 25-Jul 24-Jul 25-Jul 28-Jul 29-Jul 20	Run, easy + bodyweight strength (below) Skate Rollerski, long and slow with 3x7 minutes no pole skiing Bike, easy Workout Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski easy 45 min, classic Rollerski easy 45 min Easy bike, w/10x15 second sprints throughout workout Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute br Total time approximately 15-20 minutes 25 pushups (do from knees if necessary to maintain good technique) 20 squats (keep knees behind toes, go down to 90 degrees)	1.25 2 3 12 Duration (hrs.) 0 1.75 0.75 1.55 1.25 2.5 1.75 9.5 Duration (hrs.) 0 0 1.5 1.5 1.25 1.5 2.5 1.5 2.5 9.25 1.5 2.5 1.25 1.25 1.25	Basic Aerobic Fitness Specific Aerobic Fitness + Strength Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitnes Basi

Work Jot         Duration (htrs.)         Focus           Meeds 10, Mendary         29.Jul OrF         0. Recovery           Tensday         30-Jul         Choice of aerobic exercise (bile, run, sk), padde)         1.8 asic Aerobic Fitness           Classic rollenski specific strength workout (5st. minute double pole up III, 5 Jul Jul Ammune single sick up III, 5st. Minute double pole up III, 5         5           Wedenaday         1.4 Aug         Choice of aerobic exercise (bile, run, sk) padde)         1.8 asic Aerobic Fitness - Starter (Starter)         1.8 asic Aerobic Fitness - Starter)           Wedenaday         1.4 Aug         Choice of aerobic exercise (bile, run, sk), padde)         1.8 asic Aerobic Fitness - Strength           Startery         4.4 Aug         Choice of aerobic exercise (bile, run, sk), padde)         1.8 asic Aerobic Fitness - Strength           WeekN Total         Week Focus: Intensity         Duration (htrs.)         Focus           Weeds 11         Week Focus: Intensity         Duration (htrs.)         Focus           Weeds 25.Aug (Orific Choice of lenski, 20 minute warm up 5x6 minutes Birke Race Pace Followed Immediately by anitutes for Race Pace Followed Immediately by anitutes Sinke Race Pace Followed Immediately by aninutes Sinke Race Pace Followed Immediately by anitutes				Week: August 19-25	100001
Week 10         Week Focus: Recovery         Intervention           Monday         29-bit 0FF         0 Recovery           Tiesday         30-bit 0Febre of aerobic exercise (bile, run, sk, paddle)         1 Basic Aerobic Fitness           Viednesday         31-bit down         1.5 Specific strength           Tinscay         31-bit down         1.5 Specific strength           Tinscay         31-bit down         1.5 Specific Strength           Strandy         3-bit down         1.6 Specific Strength           Week 11         Work out         Unit of the same system set of the same set of the		Focus	Duration (hrs.)		
Juesday         30-ui         Closes of aerobic service (bike, run, sk, paddle)         1         Basic Aerobic Fitness           Wednesday         Allosis of closes specific strength working (SL) minute double pole up hull, 5 minute easy sib between each set) 15 minute working         1         Basic Aerobic Fitness           Findage         2-Aug         Run/hite easy w/10 x 15 second accelerations at end of workout         1         Basic Aerobic Fitness - Speed           Studay         3-Aug         Closes of aerobic evercies (bike, run, ski, paddle)         1         Basic Aerobic Fitness - Speed           Studay         3-Aug         Closes of aerobic evercies (bike, run, ski, paddle)         1         Basic Aerobic Fitness - Speed           Studay         A-Aug         Closes of aerobic evercies (bike, run, ski, paddle)         1         Basic Aerobic Fitness - Speed           Week NT total         Workout         Duration (hrs.)         Focus           Week NT total         Workout         Duration (hrs.)         Focus           Week Star (Basic Relation (Basic Rela				Week Focus: Recovery	Week 10
Classic rollerski specific strength workud (SL minute double pole up hill, SL minute single stude wolk, SL minute double pole up hill, S minute easy ski between each set) 15 minute warm up, 15 minute cool         15 Specific Strength           Thursday         1-Aug         Doice of aerobic exercise (bike, run, 5k, paddle)         1         Basic Aerobic Fitness + Speed           Staurdy         2-Aug         Mun/hike easy ski/Da LS second accelerations at end of workout         1         Basic Aerobic Fitness + Speed           Staurdy         2-Aug         Mun/hike easy ski/Da LS second accelerations at end of workout         1         Basic Aerobic Fitness + Speed           Staurdy         2-Aug         Choice of aerobic exercise (bike, run, ske, paddle)         1         Basic Aerobic Fitness + Strength           Weekly Total         Workout         Duration (hrs.)         Focus         Focus           Weekly Total         Workout         Duration (hrs.)         Focus         Focus           Weekly Total         O assic rollerski, 20 minute warm up 6x minutes Birkie Race Pace         1         Specific Strength + Speed           Tiesday         Classic Rollerski, 20 minute warm up, 7x(3 minutes Birkie Race Pace         1         Specific Race Fitness + Strength           Turnsday         3-Aug         Easy usin down         125         Basic Aerobic Fitness + Strength           State rollerski, 20 minute warm up, 7x(3 min		Recovery	0	ul OFF	Monday
will, 3:d. minute single sitk up NII, S:d. minute double pole up NII, S       minute acy sis between eash set) 1.5 minute warm up, 15 minute warm up, 14 minute site acy siste acrobic Fitness + Strength Standay         Priday       2-Aug       Run/hile easy w/10 x 15 second accelerations at end of workout       1       Basic Aerobic Fitness + Strength Standay         Stunday       3-Aug       Colice of aerobic exercise (bike, run, ski, paddle)       1       Basic Aerobic Fitness + Strength Standay         Week 17 total       Vor Kout       Duration (hrs.)       Focus         Week 11       Week Focus Intensity       0       Recovery         Monday       5-Aug       Off F       0       Recovery         Classic rollerski, 20 minute warm up 6x6 minutes Birkie Race Pace       0       Recovery         Tuesday       6-Aug       Intervals, half recovery between intervals, 15 minute cool down       1.75       Anaerobic Fitness + Strength Standay         Weedesday       7-Aug       at the end       0 minute warm up, 743 minutes Birkie Race Pace       1       Specific Strength + Speed         Thresday       6-Aug       intervals, 1.5 minute cool down       1.75       Anaerobic Fitness + Strength Standay         Thresday       7-Aug       attrice tend       0 min		Basic Aerobic Fitness	1	ul Choice of aerobic exercise (bike, run, ski, paddle)	Tuesday
minute casy sk between each set) 15 minute warn up, 15 minute cool         specific Strength           Thursday         1-kug         Choice of aerobic exercise (bike, run, ski, paddle)         1         Basic Aerobic Fitness + Speed           Statuday         3-Aug         Easy Wi20 x 15 second accelerations at end of workout         1         Basic Aerobic Fitness + Speed           Statuday         3-Aug         Easy Wi20 x 15 second accelerations at end of workout         1         Basic Aerobic Fitness + Strength           Statuday         3-Aug         Easy Wi20 x 15 second accelerations at end of workout         1         Basic Aerobic Fitness + Strength           Statuday         4-Aug         Choice of aerobic exercise (bike, run, ski, paddle)         1         Basic Aerobic Fitness           Week 10         Workout         Ouration (hrs.)         Focus         Focus           Week 11         Week Focus intrinsity         0         Recovery         Classic rollerski, 20 minute warn up 6x6 minutes Birkle Race Pace         0         Recovery           Classic rollerski, 20 minute warn up, 7x13 minute coid down         1.75         Anaerobic Threshold         State rollerski, 20 minute warn up, 7x13 minute coid down         1.75         Anaerobic Chreshold         State rollerski, 20 minute warn up, 7x13 minute coid down         1.75         Anaerobic Fitness + Strength         State rollerski, 82 minute warn up, 7x13 minute c					
Wednesday         31-uil down         1.5. Specific Strength           Thursday         1.4.ag         Choice of aerobic Finess (bike, run, ski, paddle)         1.8 asic Aerobic Finess + Strength           Sturday         3.4.ag         Easy bike + body weight strength (below)         1.5         Basic Aerobic Finess + Strength           Sturday         3.4.ag         Easy bike + body weight strength (below)         1.5         Basic Aerobic Finess + Strength           Week 10         1         Basic Aerobic Finess + Strength         1.8         Basic Aerobic Finess + Strength           Week 11         Week Focus Intensity         1.8         Basic Aerobic Finess + Strength           Week 11         Week Focus Intensity         0.8         Recovery           Classic rollerski, 20 minute warm up 6x6 minutes Birkle Race Pace         0.8         Recovery           Tuesday         C-4.ag         Intervals, 1.8         Tinues Birkle Race Pace         1.5           Finday         7-A.ag         ath the end         1.5         Anaerobic Finess + Strength           Wednesday         7-A.ag         ath end         1.2         Sacta Cerolic Finess + Strength           State rollerski, 20 minute warm up, 743 minutes Birkle Race Pace         1         Specific Strength + Speed           Finday         9-A.ag         Say intervals, 1					
Thursday         1-Aug         Choice of aerotic exercise [bile, run, ski, paddle]         1         Basic Aerotic Fitness + Speed           Sturday         2-Aug         Hayhike easy wi/lo x1 bis second accelerations at end of workout         18 basic Aerotic Fitness + Speed           Sturday         3-Aug         Easy bike + body weight strength (below)         1.5           Sturday         4-Aug         Choice of aerotic exercise (bike, run, ski, paddle)         1           Weekly Total         7         Focus         Focus           Weekly Total         0         Recovery         6           Weekly Total         0         Recovery         0           Ucassic rollerski, 20 minute warm up, 7x(3 minutes Birkle Race Pace         1         Specific Strength + Speed           Tursday         9-Aug         Itersold on         1.75         Anaerobic Threshold           Weekley Total         1         Specific Corrobe Fitness         1           Weedweed menediately by 2 minutes Strace pace; full recovery between fitnest		Coopfie Strongth	1 5		Modnosday
Fiday       2-Aug       Run/hike easy w/10x 15 second accelerations at end of workout       1 Basic Aerobic Fitness + Speed         Sturday       3-Aug       Basic Aerobic Fitness + Strength       1 Basic Aerobic Fitness + Strength         Weekly Total       Vorkout       Duration (hrs.)       Focus         Weekly Total       Orkotic       Orkotic       Focus         Monday       5-Aug       OFF       0 Recovery         Classic Rollerski, 20 minute warm up 6nd minutes Birkie Race Pace       0 Recovery       Cassic Rollerski, 20 minute warm up, 743 minutes Birkie Race Pace       0 Recovery         Classic Rollerski, 20 minute warm up, 743 minutes Birkie Race Pace       1 Specific Strength + Speed       5 State rollerski, 20 minute warm up, 743 minutes Birkie Race Pace       1 Specific Strength + Speed         Thursday       8-Aug       Intervals, half recovery between intervals, 15 minute cool down       1.75       Anaerobic Development         Thursday       8-Aug       Intervals, 20 minute warm up, 743 minutes Birkie Race Pace       1 Specific Strength + Speed         State rollerski, 20 minute warm up, 743 minutes Birkie Race Pace       1.75       Anaerobic Development         Fiday       9-Aug       Easy the visit of Casis collerski easy 1 hour       25       Basic Aerobic Fitness         Sturday       11-Aug       Easy the visit ou col down       1.55       Spa					
Sturday       3-Aug       Eaxy bike + body weight strength (below)       1.5 Basic Aerobic Fitness + Strength         Sunday       4-Aug       Choice of aerobic exercise (bike, run, ski, paddle)       1 Basic Aerobic Fitness         Weekky Total       Duration (hrs.)       Focus         Weekky Total       O       P         Weekk 1       Week Focus: Intensity       0         Monday       S-Aug OFF       0       Recovery         Classic Rollerski, AD minute warm up 6x6 minutes Birkie Race Pace       0       Recovery         Tuesday       Classic Rollerski, AD minute warm up, 7x(3 minutes Sirkie Race Pace       1       Specific Strength + Speed         Vedeneday       Faug Intensis, 1.5 minute cool down       1.75       Anaerobic Threshold       1.75         Stater Ollerski, 20 minute warm up, 7x(3 minutes Sirkie Race Pace       1       Specific Strength + Speed       1         Thursday       9-Aug       Easy run + bodyweight strength (below)       1.25       Basic Aerobic Titness + Strength         Stater Ollerskie, 20 mun + bodyweight strength (below)       1.25       Basic Aerobic Fitness + Strength         Stater Ollerskie, 20 mun + bodyweight strength (below)       1.25       Basic Aerobic Fitness + Strength         Workout       10-Aug       State rollerskie ay 1 nour, classic rollerskie ay 1 hour       2.5 <td>ed</td> <td></td> <td></td> <td></td> <td></td>	ed				
Sunday       4-Aug       Choice of aerobic exercise (bike, run, ski, paddle)       1       basic Aerobic Fitness         Weekty Total       7       7         Workout       Duration (hrs.)       Focus         Weekt 1       Week Focus: Intensity       0       Recovery.         Classic rollerski, 20 minute warm up 6x6 minutes Birkle Race Pace Intervals, half recovery between intervals, 15 minute cool down       1.75       Anaerobic Threshold         Classic rollerski, 20 minute warm up 7x13 minutes Birkle Race Pace followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed immediately by 2 minutes Sirk race pace; full recovery between followed for fitness for the sirk full racove for fitness for fitness for fitness for fitness for					
Workout         Duration (hrs.)         Focus           Week 11         Week Focus: Intentity         0         Recovery           Classic rollerski, 20 minute warm up 6x6 minutes Birkle Race Pace         0         Recovery           Tuesday         6-Aug interwals, haff recovery between intervals, 15 minute cool down         1.75         Anaerobic Threshold           Classic rollerski, flat terrain, double pole only, w/10x15 second sprints         1         Specific Strength + Speed           Wedneday         State rollerski, 20 minute warm up, 7x(3 minutes Birkle Race Pace followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minute, dassic rollerski easy 1 hour         2         Basic Aerobic Fitness + Speed           Weekity Total         Uo-Aug State rollerski easy 1 hour         0.8         2         Basic Aerobic Fitness + Speed           Weekity Total         Uo-Recovery         0         Recovery         0         Recovery           Weekity Cotal         Uo-Recovery         0         Recovery         0         Recovery           Weekity Total         Uo-Kout         Uo-Specific Aerobic Fitness + Sp					
Workout         Duration (hrs.)         Focus           Week 11         Week Focus: Intentity         0         Recovery           Classic rollerski, 20 minute warm up 6x6 minutes Birkle Race Pace         0         Recovery           Tuesday         6-Aug interwals, haff recovery between intervals, 15 minute cool down         1.75         Anaerobic Threshold           Classic rollerski, flat terrain, double pole only, w/10x15 second sprints         1         Specific Strength + Speed           Wedneday         State rollerski, 20 minute warm up, 7x(3 minutes Birkle Race Pace followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minutes Strace pace; full recovery between followed immediately by 2 minute, dassic rollerski easy 1 hour         2         Basic Aerobic Fitness + Speed           Weekity Total         Uo-Aug State rollerski easy 1 hour         0.8         2         Basic Aerobic Fitness + Speed           Weekity Total         Uo-Recovery         0         Recovery         0         Recovery           Weekity Cotal         Uo-Recovery         0         Recovery         0         Recovery           Weekity Total         Uo-Kout         Uo-Specific Aerobic Fitness + Sp					
Week 11       Week Focus: Intensity       0         Monday       5-Aug       OFF       0         Recovery       Classic rollersk, 20 minute warm up 6x6 minutes Birkie Race Pace       1.75         Tuesday       6-Aug       Intervals, haf recovery between intervals, 15 minute cool down       1.75         Wednesday       7-Aug       at the end       1       Specific Strength + Speed         Skate rollerski, 20 minute warm up, 7x[3 minutes Birkie Race Pace       1       Specific Strength + Speed         Thursday       8-Aug       intervals), 15 minute cool down       1.75       Anaerobic Development         Thursday       10-Aug       Skate rollerski casy 1 hour, classic rollerski easy 1 hour       2       Specific Aerobic Fitness + Strength         Saunday       11-Aug       Easy bike w/10x15 second sprints throughout workout       2.5       Basic Aerobic Fitness + Speed         Weekty Total       0       Recovery       10.25       Focus         Weekt 2       Week focus: Aerobic Volume & Strength       0       Recovery       2         Weednesday       13-Aug       Skate rollerski easy, heavy focus on V1 technique       2       Specific Aerobic Fitness + Speed       10.25         Wednesday       14-Aug       Rur/hike w/ski poles, easy, hit top of uphills at high speed for 5 seconds       1.					Weekly Total
Monday         5-Aug         OFF         o         Recovery           Tuesday         Classic rollerski, 20 minute warm up 6x6 minutes Birkie Race Pace         1.75         Anaerobic Threshold           Tuesday         Classic Rollerski, 11 tervain, double pole only, w/10x15 second sprints         1         Specific Strength + Speed           Wednesday         7-Aug         at the end         1         Specific Strength + Speed           Tursday         B-Aug         Tervals), 15 minutes Sk race pace; full recovery between         1.75         Anaerobic Development           Friday         9-Aug         Easy run + bodyweight strength (below)         1.25         Basic Aerobic Fitness + Strength           Saturday         10-Aug         Skate rollerski cool down         1.25         Basic Aerobic Fitness + Speed           Weekly Total         10-Aug         Skate rollerski easy 1 hour, classic rollerski easy 1 hour         2.5         Basic Aerobic Fitness + Speed           Weekl 12         Week focus: Aerobic Volume & Strength         0         Recovery           Weeksday         12-Aug         OFF         0         Recovery           Tuesday         12-Aug         OFF         0         Recovery           Classic rollerski specific strength workout St minute double pole up hill, 3t minute single stick up hill, 5x minute double pole up hill, 3x mi		Focus	Duration (hrs.)	Workout	
Gassic rollerski, 20 minute warm up 6x6 minutes Birkle Race Pace       1.75       Anaerobic Threshold         Tuesday       6-Aug Intervals, half recovery between intervals, 15 minute cool down       1.75       Anaerobic Threshold         Wednesday       7-Aug at the end       1       Specific Strength + Speed         Sista rollerski, 20 minute warm up, 7x(3 minutes Birkle Race Pace followed immediately by 2 minutes 5k race pace; full recovery between       1.75       Anaerobic Development         Thursday       8-Aug Intervals, 15 minute cool down       1.75       Anaerobic Development         Friday       9-Aug Easy run + bodyweight strength (below)       1.25       Basic Aerobic Fitness + Strength         Saturday       10-Aug Easy pike V10x15 second sprints throughout workout       2.5       Basic Aerobic Fitness + Speed         Weekty Total       0       Ouration (hrs.)       Focus         Weeneday       12-Aug Skate rollerski easy, heavy focus on V1 technique       2 Specific Aerobic Fitness + Speed         Wednesday       14-Aug Run/hike w/ski poles, easy, hit top of uphilis at high speed for 5 seconds       1.5       Basic Aerobic Fitness + Speed         Wednesday       14-Aug Run/hike w/ski poles, easy, focus on one specific technique inprovement       2       Specific Strength         Fiday       15-Aug Exaterollerski, easy, focus on one specific technique improvement       2       Specific Aerobic				Week Focus: Intensity	Week 11
Tuesday       6-Aug       Intervals, half recovery between intervals, 15 minute cool down       1.75       Anaerobic Threshold         Classic Rollerski, flat terrain, double pole only, w/12045 second sprints       State rollerski, 20 minute warm up, 7x(3 minutes Birkle Race Pace followed immediately by 2 minutes Sk race pace; full recovery between 1.75       Anaerobic Development         Thursday       8-Aug       Intervals), 15 minute cool down       1.25       Basic Aerobic Fitness + Strength         Staturday       10-Aug       Skate rollerski easy 1 hour, classic rollerski easy 1 hour       2 Specific Aerobic Fitness + Strength         Staturday       10-Aug       Easy tue + bodyweight strength (below)       1.25       Basic Aerobic Fitness + Strength         Staturday       10-Aug       Easy bike w/10x15 second sprints throughout workout       2.5       Basic Aerobic Fitness + Speed         Weekly Total       workout       Duration (hrs.)       Focus         Weekly 13-Aug       Skate rollerski sexy, heavy focus on V1 technique       2       Specific Aerobic Fitness         Wednesday       14-Aug       Run/hike w/ski poles, easy, hit top of uphills at high speed for 5 seconds       1.5       Basic Aerobic Fitness + Speed         Classic rollerski specific strength workout (Sc1 minute double pole up ohlil, 5 minute double		Recovery	0	Jg OFF	Monday
Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints       1       Specific Strength + Speed         Wednesday       7-kug at the end       1       Specific Strength + Speed         State rollerski, 20 minute warm up, 7x(3 minutes Birkie Race Pace followed immediately by 2 minutes Sk race pace; full recovery between       1.75       Anaerobic Development         Thursday       8-Aug Intervals), 15 minute cool down       1.75       Anaerobic Development         Triday       9-Aug Easy run + bodyweight strength (below)       1.25       Basic Aerobic Fitness + Strength         Sturday       10-Aug Easy bike w/10x15 second sprints throughout workout       2.5       Basic Aerobic Fitness + Speed         Weekt 70tal       0       Norkout       0.25       Focus         Weekt 70tal       0       Recovery       1.5       Specific Aerobic Fitness + Speed         Weekt 2       Workout       0       Recovery       1.5       Specific Aerobic Fitness + Speed         Monday       12-Aug DFF       0       Recovery       1.5       Specific Aerobic Fitness + Speed         Classic rollerski specific strength workout (5x1 minute double pole up hill, 5x minute double pole up hill, 5x       Specific Aerobic Fitness + Speed         Classic rollerski, mostly double pole, blut will be long, so mix in some       3       Specific Aerobic Fitness					
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pace (1.5 minutes rest between sets), ski easy 5 minutes, 5x15 second					
sprints (approximately 1 minute rest between sprints), 20 minute cool					
Thursday         22-Aug         down         2         Specific Aerobic Fitness + Speed	peed	Specific Aerobic Fitness + Speed	2	ug down	Thursday
Friday 23-Aug Choice aerobic workout (rollerski, bike, run, paddle), easy over distance 2.5 Basic Aerobic Fitness		Basic Aerobic Fitness	2.5		Friday
Birkie technique rollerski, focus on one specific technique improvement,					
Saturday 24-Aug easy over distance 3 Specific Aerobic Fitness					
Sunday 25-Aug Easy jog 30 minutes + bodyweight strength (below) 1 Strength		Strength	1	ig casy jog 50 minutes + bodyweight strength (below)	Sunday
Weekly Total 13.5			12 5		Weekly Total
			13.5		rotal
Bodyweight Strength Routine				Bodyweight Strength Routine	
Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set)		complete in one set)	oreak after all exercises	Do 3 sets in a circuit fashion (one exercise right after another, 2 minute	
Total time approximately 15-20 minutes					
1 30 pushups (do from knees if necessary to maintain good technique)					
2 25 squats (keep knees behind toes, go down to 90 degrees)					
3 1.5 minute walking plank 4 15 calf raisers (add weight if needed)					
5 1.5 minute russian twist (core exercise, use med ball if needed)		ENDURANCE UNIT			
	UNITED	LINDOKANCE UNI			

Neek 14       Monday       'uesday       Vednesday       'ihursday       'ihursday       iaturday       Weekly Total	28-Aug	Workout Week Focus: RECOVERY OFF Run easy w/8-10x15 second accelerations at the end		Focus Recovery
Aonday uesday Vednesday hursday hursday riday aturday unday	27-Aug 28-Aug	OFF		Recovery
uesday Vednesday hursday riday aturday unday	27-Aug 28-Aug			
Vednesday hursday riday aturday unday	28-Aug	Run cusy w/o loxis second accelerations at the end		Basic Aerobic Fitness + Speed
hursday riday aturday unday		Skate rollerski easy w/2x5 minutes no pole skiing		Specific Aerobic Fitness
riday aturday unday		Classic rollerski, 25 minute warm up, 5 x 1.5 minutes at 5k race pace	1	Specific Aerobic Fittless
riday Gaturday Gunday	29-Δι <i>ι</i> σ	(on flat terrain), 15 minute cool down	1 25	Anaerobic Fitness Development
aturday unday		Easy aerobic exercise (swim, bike, run, ski, paddle)		Basic Aerobic Fitness
unday	50-Aug	Run/hike w/ski poles easy, add in 5 second accelerations at tops of	0.73	Basic Aerobic Fitness
unday	31-Aug		1 5	Pasia Aarobia Fitness + Speed
	51-Aug		1.5	Basic Aerobic Fitness + Speed
	1.6	Classic rollerski easy with focus on one specific technique		Constitution Standard
Veekly Total	1-Sep	improvement		Specific Aerobic Fitness
			6.25	
		Workout	Duration (hrs.)	Focus
Week 15		Week Focus: Intensity		
Monday	2-Sep	OFF	0	Recovery
		Skate rollerski, uphill/flat/overspeed intervals (find a relatively steep		
		hill, 20 minute warm up, 5x1 minute at 5k race pace up hill, 4x4		
		minutes 5k race pace on flat terrain, 3x2 minutes 5k+ pace on gradual		
uesday	3-Sep	downhill; 20 minute cool down)	1.5	Speed + Anaerobic Power
Vednesday	4-Sep	Trail run/hike with poles, easy + bodyweight strength routine (below)	2	Basic Aerobic Fitness + Strength
		Classic rollerski, threshold/speed workout (15 minute warm up; find		
		gradual uphill, 3x3 minutes 25k race pace with one minute rest		
		between sets; 5 minute recovery/easy skiing; 2x5 minutes 25k race		
		pace with 2 minutes rest between; 5 minute recovery; 3x3 minutes		
bursday	E Con		1 5	Anaerobic Power
hursday		25k race pace with 1 minute rest between; 15 minute cool down)		
riday		Easy aerobic exercise (swim, bike, run, ski, paddle)	2.5	Basic Aerobic Fitness
		Skate rollerski, 20 minute warm up, 4x8 minutes Birkie Race Pace, full		
aturday		recovery, cool down 15 minutes		Anaerobic Threshold Fitness
unday	8-Sep	Recovery spin bike		Recovery
Weekly Total			10	
		Workout	Duration (hrs.)	Focus
Neek 16		Week Focus: Intensity& Speed		
Monday	9-Sep		0	Recovery
		Skate rollerski, 15 minute warm up; 2x7 minutes Birkie Race Pace	-	
		intervals; 5x2 minutes 5k race pace, preferably up a relatively steep		
uesday		hill with full recovery between intervals; 20 minute cool down.	1 75	Anaerobic Fitness
uesuay	10-3eb		1.75	Anaerobic Fittless
Vednesday	11.0	Classic rollerski, 20 minutes easy skiing, 10x1 minute FAST double pole	1 5	Constitution Annuality Fitnesses & Constant
		on flat terrain, 20 minutes easy skiing		Specific Aerobic Fitness + Speed
hursday		Easy hike/run with ski walking/pole hiking on uphills		Basic Aerobic Fitness
riday	13-Sep	Skate rollerski, easy with 3x5 minutes no pole skiing	1.5	Specific Aerobic Fitness
		Skate rollerski, 20 minute warm up; 4-5x8 minutes Birkie Race Pace		
		intervals with full recovery between intervals; 10x10 second sprints		
aturday		with full recovery; 20 minute cool down.		Anaerobic Fitness
unday	15-Sep	Choice aerobic workout (ski/bike/run/swim/paddle)		Basic Aerobic Fitness
Veekly Total			11.75	
		Workout	Duration (hrs.)	Focus
Neek 17		Week Focus: Aerobic Volume		
Monday	16-Sep	OFF	0	Recovery
uesday	17-Sep	Easy run or bike	2.5	Basic Aerobic Fitness
		Skate rollerski, 2x10 minutes with one pole (10 minutes with each		
Vednesday	18-Sep	arm), 1x10 minutes with no poles	1.5	Specific Aerobic Fitness
hursday		Easy trail run/pole hike + bodyweight strength (below)		Basic Aerobic Fitness + Strength
	_0 00p	Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace		
		•		1
		with half recovery between intervals; easy ski 5 minutes; 2-3x2		
riday	20-Sep	minutes 5k race pace, double poling on flat terrain; 20 minute cool	n	Anaerobic Fitness
				Basic Aerobic Fitness
aturday	∠1-зер	Easy road bike ride, long cruise	2.25	
	22.5	Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second	-	
unday	22-Sep	accelerations in both the skate rollerski and classic rollerski		Specific Aerobic Fitness + Speed
Veekly Total			13.25	
		Workout	Duration (hrs.)	Focus
Neek 18		Week Focus: RECOVERY		
Monday	23-Sep	OFF	0	Recovery
uesday	24-Sep	Classic rollerski with focus on one specific technique improvement	1.5	Basic Aerobic Fitness
Vednesday	25-Sep	Easy jog + bodyweight strength (below)	1	Strength
hursday		Easy hike/run with natural intervals on uphills		Basic Aerobic Fitness + Speed
riday		Shake out jog		Recovery
				· · · · · · · · · · · · · · · · · · ·
aturday	28.500	Level 1 easy aerobic volume, trail run or rollerski (technique of choice)	1 5	Anaerobic Threshold
iunday	∠э-зер	Shake out jog		Recovery
Veekly Total			6.5	
		Bodyweight Strength Routine		
		Do 3 sets in a circuit fashion (one exercise right after another, 2 minute	break after all exer	cises complete in one set)
		Total time approximately 15-20 minutes	san arter un exen	
		20 spiderman pushups		
		20 slow, control squats (keep knees behind toes, go down to 90 degree	5)	
		20 stability ball crunches	~1	
		12 each leg, lunges (add weight if needed)		
		20 bird dogs (core exercise)		ENDURANCE UNITED

Week 19 Monday Tuesday	30-Sep	Workout	-	
Monday	30-Sep		Duration (hrs.)	Focus
	· ·	Week Focus: Higher Intensity/Speed		
Tuesday			0	Recovery
Tuesday		Skate rollerski, speed day; 15 minute warm up; 10x30 seconds		
Tuesday		sprint on flat or gradual downhill (get moving FAST); 8 x sprint		
Tuesday		starts on flat terrain (start from a stop, get going to top speed, stay at speed for 5 seconds); 6 x uphill jump-skate/fast v1 (ski into		
Tuesday		the hill, sprint up the hill for at least 10 seconds); 15 minute cool		
	1-Oct		1.5	Speed
		Classic rollerski, specific strength workout (do on an uphill); 15		
		minute warm up; 5x1 minute single stick w/1 minute recovery		
		between each; 5 minute break; 5x1 minute double pole (powerful		
		double pole) w/1 minute recovery between each; 5 minute break;		
Wednesday		5x1 minute core initiation (lock and load) w/1 minute rest in between; 15 minute cool down	15	Specific Strength + Power
wednesday		Trail run w/poles; 15 minute warm up; find a ~3km loop with hills,	1.5	Specific Strength + Tower
		run the loop for 45 minutes, bounding every hill and jogging easy		
Thursday		in between uphills; 15 minute cool down	1.25	Anaerobic Fitness
Friday	4-Oct	Bike ride easy	2	Basic Aerobic Fitness
		Skate or classic rollerski, 25 minute warm up; 3x(8 minutes Birkie		
		Race Pace + 2 minutes 5k race pace) w/full recovery between	_	
Saturday		intervals; 15 minute cool down	2	Anaerobic Threshold
Sunday		Classic rollerski easy w/10x15 second sprints throughout the workout	15	Specific Aerobic Eitness + Spood
Weekly Total	0-000	workout	1.5 9.75	Specific Aerobic Fitness + Speed
		Workout	Duration (hrs.)	Focus
Week 20		Week Focus: Higher Intensity/Speed		
Monday	7-Oct		0	Recovery
		Classic rollerski, speed workout; same as skate workout from		
Tuesday	8-Oct	10/1/19 (switch v1/hop-skate to striding)	1.5	Speed
		Skate rollerski, 25 minute warm up; 3x(9 minutes Birkie Race Pace		
		+ 2 minutes 5k race pace) w/full recovery between intervals; 15	_	
Wednesday		minute cool down		Anaerobic Threshold
Thursday		Choice aerobic workout (ski/bike/run/swim/paddle)	1.75	Basic Aerobic Fitness
Friday		Classic rollerski, 25 minutes easy skiing, 10x1 minute FAST double pole on flat terrain, 25 minutes easy skiing	1 25	Speed
Saturday		Run/hike w/ski poles + bodyweight strength (below)		Basic Aerobic Fitness + Strength
Sunday		Skate rollerski easy w/10x15 seconds sprinting at the end		Specific Aerobic Fitness + Speed
Weekly Total			10.25	
		Workout	Duration (hrs.)	Focus
Week 21		Week Focus: Aerobic Volume		
Monday	14-Oct	OFF	0	Recovery
		Run/hike w/ski poles, ski walking up all hills, keep heart rate low		
		while ski walking. Focus on good technique more than		
Tuesday		pace/tempo (some good videos on Youtube demonstrating solid ski walking technique)	2	Basic Aerobic Fitness
Tuesday		Bike ride, mildly hard (level 1-2); level 2 is harder than you would	2	Busic Acrobic Harcis
		go if you were going easy, but not quite as hard as if you were		
Wednesday		doing a long race	2.5	Basic Aerobic Fitness
		Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each		
	17-Oct	arm) one pole skiing + bodyweight strength (below)	2	
Thursday		Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race		Specific Aerobic Fitness + Strength
		Pace, full recovery between sets, cool down 15 minutes	1.5	Specific Aerobic Fitness + Strength Anaerobic Threshold
Friday	18-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10		Anaerobic Threshold
Friday Saturday	18-Oct 19-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout	3	Anaerobic Threshold Specific Aerobic Fitness + Speed
Friday Saturday Sunday	18-Oct 19-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10	3	Anaerobic Threshold
Friday Saturday Sunday	18-Oct 19-Oct 20-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout	3 2 13	Anaerobic Threshold Specific Aerobic Fitness + Speed
Friday Saturday Sunday Weekly Total	18-Oct 19-Oct 20-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy	3	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness
Friday Saturday Sunday Weekly Total Week 22	18-Oct 19-Oct 20-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY	3 2 13 Duration (hrs.)	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness
Friday Saturday Sunday Weekly Total Week 22	18-Oct 19-Oct 20-Oct 21-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY	3 2 13 Duration (hrs.) 0	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus
Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday	18-Oct 19-Oct 20-Oct 20-Oct 21-Oct 22-Oct 23-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below)	3 2 13 Duration (hrs.) 0 1.25	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery
Saturday Sunday Weekly Total Week 22 Monday	18-Oct 19-Oct 20-Oct 20-Oct 21-Oct 22-Oct 23-Oct 23-Oct 24-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF	3 2 13 Duration (hrs.) 0 1.25 1	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 23-Oct 24-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique	3 2 13 Duration (hrs.) 0 1.25 1 0	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery
Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement	3 2 13 Duration (hrs.) 0 1.25 1 0	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength
Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints	3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness
Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed
Friday Saturday Sunday Weekly Total Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints	3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1.25	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	18-Oct 19-Oct 20-Oct 22-Oct 22-Oct 23-Oct 23-Oct 25-Oct 26-Oct 27-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle)	3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekl 22 Monday Tuesday Wednesday Thursday Friday Saturday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine	3 2 13 Duration (hrs.) 0 1.25 1 0 1.25 1 1 5 6	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 min	3 2 13 Duration (hrs.) 0 1.25 1 0 1.25 1 1 5 6	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine	3 2 13 Duration (hrs.) 0 1.25 1 0 1.25 1 1 5 6	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 min Total time approximately 15-20 minutes	3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 0 0	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 1 26-Oct 27-Oct 3 3	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 min Total time approximately 15-20 minutes 25 spiderman pushups 25 slow, control squats (keep knees behind toes, go down to 90 deg 1 minute front plank, 30 seconds right side plank, 30 seconds left	3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 0 0	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	18-Oct 19-Oct 20-Oct 22-Oct 22-Oct 23-Oct 24-Oct 25-Oct 25-Oct 26-Oct 27-Oct 1 2 3	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 mir Total time approximately 15-20 minutes 25 slow, control squats (keep knees behind toes, go down to 90 deg 1 minute front plank, 30 seconds right side plank, 30 seconds left side plank (front plank try rotating hips while holding position, side	3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 0 0	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 1 2 3	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 min Total time approximately 15-20 minutes 25 spiderman pushups 25 slow, control squats (keep knees behind toes, go down to 90 deg 1 minute front plank, 30 seconds right side plank, 30 seconds left planks try lifting top foot up and down while holding position	3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 0 0	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness exercises complete in one set)
Friday Saturday Sunday Weekly Total Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 23-Oct 25-Oct 25-Oct 27-Oct 1 2 3 4	Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 mir Total time approximately 15-20 minutes 25 slow, control squats (keep knees behind toes, go down to 90 deg 1 minute front plank, 30 seconds right side plank, 30 seconds left side plank (front plank try rotating hips while holding position, side	3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 0 0	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness

## **NOVEMBER** Focus Week: October 28-November 3

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Week 22		Workout	Duration (hrs.)	Focus
Week 23		Week Focus: Anaerobic Threshold		
Monday	28-Oct		0	Recovery
<b>-</b> 1	22.0.1	Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race		
Tuesday	29-Oct	Pace on rolling terrain, 20 minute cool down	2	Anaerobic Threshold
Madaaaday	20. Oct	Skate rollerski, 2x15 minutes no pole skiing, 1x10 minute(each	1 75	Cassifia Asrahia Fitness
Wednesday Thursday		arm) one pole skiing Run/hike, easy + bodyweight strength (below)		Specific Aerobic Fitness Basic Aerobic Fitness + Strength
	51-00	Skate rollerski, 25 minute warm up; 5x(8 minutes Birkie Race	1.25	Basic Aerobic Fitness + Strength
Friday	1-Nov	Pace + 1 minute 5k race pace); 15 minute cool down	2	Anaerobic Threshold
	1100	Classic rollerski, easy, hilly terrain, focus on powerful kick while	2	
Saturday	2-Nov	striding	1	Specific Aerobic Fitness
Sunday		Choice aerobic workout (ski/run/bike/paddle)		Basic Aerobic Fitness
Weekly Total			10.5	
		Workout	Duration (hrs.)	Focus
Week 24		Week Focus: Aerobic Volume		
Monday	4-Nov	OFF	0	Recovery
		Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie		
Tuesday	5-Nov	Race Pace, full recovery between sets, cool down 15 minutes	2	Anaerobic Threshold
		Easy skate rollerski with 10x15 second sprints at the end of		
	_	workout, keep heart rate low (think long glide with good weight		
Wednesday	6-Nov	transfer)	2.5	Specific Aerobic Fitness + Speed
-	7.51	Skate rollerski, 2x10 minutes no pole skiing + bodyweight	4.5	
Thursday	/-INOV	strength (below)	1.5	Specific Aerobic Fitness + Strength
		Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool		
Friday	8-Nov	down 15 minutes	2	Anaerobic Threshold
- Thur y	0 1101	Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15		
Saturday	9-Nov	second sprints during each technique throughout workout	3	Specific Aerobic Fitness + Speed
Sunday		Run/hike with ski poles, easy		Basic Aerobic Fitness
Weekly Total			13.5	
		Workout	Duration (hrs.)	Focus
Week 25		Week Focus: Recovery		
D.d un al - u				
Monday	11-Nov		0	Recovery
Monday Tuesday				Recovery Basic Aerobic Fitness
Tuesday Wednesday	12-Nov 13-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below)	1 1.25	Basic Aerobic Fitness Basic Aerobic Fitness + Strength
Tuesday	12-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF	1 1.25	Basic Aerobic Fitness
Tuesday Wednesday Thursday	12-Nov 13-Nov 14-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique	1 1.25 0	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery
Tuesday Wednesday	12-Nov 13-Nov 14-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement	1 1.25 0	Basic Aerobic Fitness Basic Aerobic Fitness + Strength
Tuesday Wednesday Thursday Friday	12-Nov 13-Nov 14-Nov 15-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10	1 1.25 0 1	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness
Tuesday Wednesday Thursday Friday Saturday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end	1 1.25 0 1 1	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed
Tuesday Wednesday Thursday Friday Saturday Sunday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10	1 1.25 0 1 1 1.5	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Tuesday Wednesday Thursday Friday Saturday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski)	1 1.25 0 1 1 1.5 5.75	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Tuesday Wednesday Thursday Friday Saturday Weekly Total	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end	1 1.25 0 1 1 1.5	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Tuesday Wednesday Thursday Friday Saturday Weekly Total Week 26	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski) Workout Week Focus: Anaerobic Threshold	1 1.25 0 1 1 1.5 5.75 Duration (hrs.)	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus
Tuesday Wednesday Thursday Friday Saturday Weekly Total	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski) Workout Week Focus: Anaerobic Threshold OFF	1 1.25 0 1 1 1.5 5.75 Duration (hrs.)	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Tuesday Wednesday Thursday Friday Saturday Weekly Total Week 26	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski) Workout Week Focus: Anaerobic Threshold	1 1.25 0 1 1 1.5 5.75 Duration (hrs.) 0	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus
Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 26 Monday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski) Workout Week Focus: Anaerobic Threshold OFF Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace,	1 1.25 0 1 1 1.5 5.75 Duration (hrs.)	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus Recovery
Tuesday Wednesday Thursday Friday Saturday Saturday Weekly Total Week 26 Monday Tuesday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov 19-Nov 20-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski) Workout Week Focus: Anaerobic Threshold OFF Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes	1 1.25 0 1 1 1.5 5.75 Duration (hrs.) 2 1.25	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus Recovery Anaerobic Threshold
Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 26 Monday Tuesday Wednesday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov 19-Nov 20-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski) Workout Week Focus: Anaerobic Threshold OFF Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes Easy run + bodyweight strength	1 1.25 0 1 1 1.5 5.75 Duration (hrs.) 2 1.25	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness + Strength
Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 26 Monday Tuesday Wednesday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov 19-Nov 20-Nov 21-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski) Workout Week Focus: Anaerobic Threshold OFF Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes Easy run + bodyweight strength Skate ski, easy with 10x15 sprints throughout ski	1 1.25 0 1 1 1.5 5.75 Duration (hrs.) 2 1.25 2	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness + Strength
Tuesday Wednesday Thursday Friday Friday Saturday Sunday Weekly Total Week 26 Monday Tuesday Wednesday Thursday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov 20-Nov 21-Nov 22-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski) Workout Week Focus: Anaerobic Threshold OFF Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes Easy run + bodyweight strength Skate ski, easy with 10x15 sprints throughout ski Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace +	1 1.25 0 1 1 1.5 5.75 Duration (hrs.) 0 2 1.25 2 2.25	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness + Strength Specific Aerobic Fitness + Speed
Tuesday Wednesday Thursday Friday Saturday Weekly Total Week 26 Monday Tuesday Wednesday Thursday Friday Saturday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 17-Nov 19-Nov 20-Nov 21-Nov 22-Nov 23-Nov	OFF         Choice aerobic workout (run/bike/ski)         Run, 45 minutes easy + bodyweight strength (below)         OFF         Skate rollerski or ski, easy with focus on one specific technique improvement         Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end         Choice aerobic workout (run/bike/ski)         Workout         Week Focus: Anaerobic Threshold         OFF         Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes         Easy run + bodyweight strength         Skate ski, easy with 10x15 sprints throughout ski         Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes 5k race pace) cool down 20 minutes         Easy run + bodyweight strength         Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes 5k race pace) cool down 20 minutes         Easy run + bodyweight strength         Skate or classic ski, easy, focus on one specific technique	1 1.25 0 1 1 1.5 5.75 Duration (hrs.) 0 2 1.25 2 2.25 1.25	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness + Strength Specific Aerobic Fitness + Speed Anaerobic Threshold Basic Aerobic Fitness + Speed
Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 26 Monday Tuesday Wednesday Thursday Friday Saturday Saturday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 17-Nov 19-Nov 20-Nov 21-Nov 22-Nov 23-Nov	OFF Choice aerobic workout (run/bike/ski) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski or ski, easy with focus on one specific technique improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski) Workout Week Focus: Anaerobic Threshold OFF Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes Easy run + bodyweight strength Skate ski, easy with 10x15 sprints throughout ski Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes 5k race pace) cool down 20 minutes Easy run + bodyweight strength	1 1.25 0 1 1 1.5 5.75 Duration (hrs.) 2 1.25 2 2.25 1.25 2.5	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness + Strength Specific Aerobic Fitness + Speed Anaerobic Threshold
Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 26 Monday Tuesday Wednesday Thursday Friday Saturday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 17-Nov 19-Nov 20-Nov 21-Nov 22-Nov 23-Nov	OFF         Choice aerobic workout (run/bike/ski)         Run, 45 minutes easy + bodyweight strength (below)         OFF         Skate rollerski or ski, easy with focus on one specific technique improvement         Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end         Choice aerobic workout (run/bike/ski)         Workout         Week Focus: Anaerobic Threshold         OFF         Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes         Easy run + bodyweight strength         Skate ski, easy with 10x15 sprints throughout ski         Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes 5k race pace) cool down 20 minutes         Easy run + bodyweight strength         Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes 5k race pace) cool down 20 minutes         Easy run + bodyweight strength         Skate or classic ski, easy, focus on one specific technique	1 1.25 0 1 1 1.5 5.75 Duration (hrs.) 0 2 1.25 2 2.25 1.25	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness + Strength Specific Aerobic Fitness + Speed Anaerobic Threshold Basic Aerobic Fitness + Speed
Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 26 Monday Tuesday Wednesday Thursday Friday Saturday Saturday	12-Nov 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov 20-Nov 20-Nov 22-Nov 23-Nov 24-Nov	OFF         Choice aerobic workout (run/bike/ski)         Run, 45 minutes easy + bodyweight strength (below)         OFF         Skate rollerski or ski, easy with focus on one specific technique improvement         Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end         Choice aerobic workout (run/bike/ski)         Workout         Week Focus: Anaerobic Threshold         OFF         Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes         Easy run + bodyweight strength         Skate ski, easy with 10x15 sprints throughout ski         Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes 5k race pace) cool down 20 minutes         Easy run + bodyweight strength         Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes 5k race pace) cool down 20 minutes         Easy run + bodyweight strength         Skate or classic ski, easy, focus on one specific technique	1 1.25 0 1 1 1.5 5.75 Duration (hrs.) 2 1.25 2 2.25 1.25 2.5 1.25	Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Basic Aerobic Fitness + Strength Specific Aerobic Fitness + Speed Anaerobic Threshold Basic Aerobic Fitness + Strength Specific Aerobic Fitness + Strength Specific Aerobic Fitness + Strength Specific Aerobic Fitness + Strength

## **DECEMBER** Focus Week: November 25-December 1 Workout Duration (hrs.) Focus Week Focus: Aerobic Volume Week 27 Monday 25-Nov OFF 0 Recovery Skate ski, easy, overdistance with focus on one specific technique uesdav 26-No improvement Specific Aerobic Fitness 27-Nov Classic ski, easy, overdistance, start with 10 minutes no pole striding Wednesday 2.25 Specific Aerobic Fitness Skate ski, easy, overdistance with 10x15 second speeds throughout Thursday 28-No workout + bodyweight strength (below) Specific Aerobic Fitness + Strength Skate ski, warm up 30 minutes, 2x10 minute Birkie Race Pace with full recovery, 3x4 minute 5k race pace with half recovery, cool down 15 Friday 29-Nov minutes 2 Anaerobic Threshold Classic ski easy on flat terrain, focus on strong double pole + aturday 30-No bodyweight strength (below) Specific Aerobic Fitness Classic ski, easy on hilly terrain, focus on driving the knee forward while striding, add in 10x10 second striding sprints throughout ski Specific Aerobic Fitness + Speed unday 1-Dec Weekly Total 13.25 Workout Duration (hrs.) Focus Veek 28 Week Focus: Recovery 0 Recovery 2-Dec OFF Monday uesday 3-Dec Classic ski, easy, focus on strong double pole 1 Specific Aerobic Fitness **Vednesday** 4-Dec Skate ski, easy with 8x15 second sprints at the end Specific Aerobic Fitness + Speed Skate ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 4x3 5-Dec Thursday minutes 5k+ race pace, 15 minute cool down 1.25 Anaerboic Fitness Development riday 6-Dec OFF 0 Recovery 7-Dec Ski, easy, either technique 1.5 Specific Aerobic Fitness aturdav unday 1.25 Specific Aerobic Fitness + Strength 8-Dec Ski, easy + bodyweight strength (below) Weekly Total 6 Workout Duration (hrs.) Focus Week Focus: Intensity/Race Week 29 Monday 9-Dec OF 0 Recovery Ski either technique, 15 minute warm up; 3x15 minutes Birkie Race uesdav 10-Dec Pace with full recovery in between; 15 minute cool down 1 75 Anaerobic Threshold 11-Dec Ski either technique, easy + bodyweight strength (below) Wednesday 1.25 Specific Aerobic Fitness + Strength Birkie technique ski. 15 minute warm up. 1x7 minute Birkie Race Pace. 5x3 minutes 5k+ race pace, 15 minute cool down Anaerobic Fitness Development hursday 12-Dec 1.25 ridav 13-Dec Classic ski, easy, focus on strong double pole 1.5 Specific Aerobic Fitness aturday 14-Dec Birkie technique ski, easy with 5x10 second sprints at end of workout 1.5 Specific Aerobic Fitness + Speed Birkie technique time trial; find a varying terrain 10k - 15k course, do a the warm up you would normally do for a race, do the 10-15k course at Birkie Race Pace, cool down at least 20 minutes. Good idea to have a unday 15-Dec couple of friends come with you and race with each other! Race Effort Weekly Total 9.25 Duration (hrs.) Focus Workout Week Focus: Intensity/Speed Week 30 Nonday 16-Dec Classic ski, easy, with 5x10 second sprints at end 0.75 Specific Aerobic Fitness + Speed luesdav 17-Dec 45 minute jog + bodyweight strength (below) 1.25 Basic Aerobic Fitness + Strength Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, Wednesday 18-Dec 6x2.5 minutes FAST skiing with full recovery, 20 minute cool down 1.25 Anaerobic Fitness Development Ski either technique, easy with focus on one specific technique [hursday 19-Dec improvement Specific Aerobic Fitness 20-Dec riday RACE, or race-style workout (similar to last Sunday but aturday 21-Dec OFF 0 Recovery 22-Dec Ski either technique, very easy touring pace Active Recoverv 1 Weekly Total 6 Duration (hrs.) Workout Focus Week Focus: Aerobic Volume Veek 3 Monday 23-Dec OFF 0 Recovery AM: Classic ski, 1.5 hours w/ 45 minutes of double pole only; PM: 45 **Fuesday** 24-Dec minute jog 2.25 Aerobic Fitness Development AM: Skate ski, 2.5 hours on flatter terrain with a focus on very long Wednesday 25-Dec glide during V2 and V2 alternate; PM: bodyweight strength (below) Specific Aerobic Fitness + Strength AM: Skate ski, 2 hours w/3x10 minutes no pole skiing; PM: classic ski, 1 hursday 26-Dec hour on rolling hills to focus on powerful kick and long glide Specific Aerobic Fitness riday 27-Dec AM: Skate ski, 2 hours easy; PM: classic ski, 1.5 hours easy 3.5 Specific Aerobic Fitness Skate ski; 20 minute warm up; 10x45 second sprint pace, full recovery aturday 28-Dec between sprints; long cool down 1.5 Specific Aerobic Fitness + Speed 29-Dec OFF undav 0 Recovery Weekly Total 13.25 **Bodyweight Strength Routin** Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set) Total time approximately 15-20 minutes 1 20 chair dips

2 20 squats (keep knees behind toes, go down to 90 degrees)

3 20 bird dogs (core exercise) 4 15 each side clam shells

5 1.5 minute crunches (core exercise)



JANUARY				
		Workout	Duration (hrs.)	Focus
Week 32		Week Focus: Recovery		
Monday	30-Dec	Ski either technique, easy or easy jog for 45 minutes	1	Basic Aerobic Fitness
Tuesday	31-Dec	OFF	0	Recovery
Wednesday	1-Jan	Ski, easy	1.25	Aerobic Fitness
Thursday	2-Jan	Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down	1	Speed
Friday	3-Jan		0	Recovery
Saturday		Ski, easy		Aerobic Fitness
Sunday	5-Jan	Ski, easy or easy jog for 45 minutes		Aerobic Fitness
Weekly Total			4.75	
Week 33		Workout Week Focus: Race Effort	Duration (hrs.)	Focus
	6-Jan		0	Recovery
Monday				,
Tuesday	7-Jan	Ski either technique, easy + bodyweight strength	1.5	Specific Aerobic Fitness + Strength
		Ski aithar tachniqua. 20 minuta warm un. 177 minuta Birkia Paca Paca.		
Wednesday	8-lan	Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes FAST skiing with full recovery, 20 minute cool down	15	Anaerobic Fitness Development
weathesiday	0-JUI	Ski either technique, easy with focus on one specific technique	1.5	
Thursday	9-lan	improvement	1.25	Specific Aerobic Fitness
Friday		Ski race technique, 5x10 second sprints at end		Race Prep
Saturday		RACE, or race-style workout (longer 30-35km)		Race Effort
Sunday		Classic ski, very easy touring pace		Active Recovery
Weekly Total	22.0011	,,	8	
		Workout	Duration (hrs.)	Focus
Week 34		Week Focus: Aerobic Volume		
Monday	13-Jan	OFF	0	Recovery
Tuesday	14-Jan	Skate ski, easy with 3x10 minutes no pole skiing	1.5	Specific Aerobic Fitness
Wednesday	15-Jan	Classic ski, easy with 3x10 minute double pole only	1.5	Specific Aerobic Fitness
		Skate ski, warm up 20 minutes, 2x5 minutes Birkie Race Pace with full		
		recovery, 3-4x4 minutes 5k race pace with full recovery, cool down 15		
Thursday	16-Jan	minutes	1.5	Anaerobic Fitness
Friday	17-Jan	Classic ski, easy with focus on powerful stride + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
		Ski either technique, easy with focus on one specific technique		
Saturday		improvement		Specific Aerobic Fitness
Sunday	19-Jan	Ski either technique, easy with 5x10 second sprints throughout ski		Specific Aerobic Fitness + Speed
Weekly Total			9.75	_
		Workout	Duration (hrs.)	Focus
Week 35		Week Focus: Intensity/Speed		
Monday	20-Jan		0	Recovery
-		Classic ski, warm up 25 minutes, 1x7 minute Birkie Race Pace, 4-6x2		
Tuesday		minutes 5k race pace, cool down 15 minutes		Anaerobic Fitness
Wednesday		Ski either technique, easy + bodyweight strength (below)		Specific Aerobic Fitness + Strength
Thursday	23-Jan	Classic ski, easy with focus on powerful striding	1.5	Specific Aerobic Fitness
Friday	24 100	Skate ski, 20 minute warm up, 10x30 seconds FAST Skiing with 30	4	Spood
Friday	24-Jan	seconds recovery, 20 minute cool down	1 <sup>1</sup>	Speed
Saturday	25-Jan	Ski either technique, easy with focus on one specific technique improvement	1 5	Aerobic Fitness
Saturday	20-Jdll		1.5	
Sunday	26-lan	Classic ski 1.25 hours easy, skate ski 1.25 hours easy, 5x10 second speeds during both techniques	25	Specific Aerobic Fitness + Speed
Weekly Total	20-Jall	seess anning pour comingues	9.25	speane nerobie rititess i specu
			5.25	
		Bodyweight Strength Routine		
		Do 3 sets in a circuit fashion (one exercise right after another, 2 minute	break after all exerci	ses complete in one set)
		Total time approximately 15-20 minutes		
		15 chair dips		
		15 control squats (keep knees behind toes, go down to 90 degrees)		
		1 minute front plank with rotating hips		
4 10 each side clam shells				
	5	1 minute russian twist (core exercise)		ENDURANCE UNITED

FEBRUARY				
		Workout	Duration (hrs.)	Focus
Week 36		Week Focus: Race Prep		
Monday	27-Jan	OFF	0	Recovery
Fuesday	28-Jan	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	29-Jan	Ski either technique, easy	1	Specific Aerobic Fitness
		Classic ski, warm up 20 minutes, 1x5 minute Birkie Race Pace, 3-		
Thursday	30-Jan	5x2 minutes 5k race pace, cool down 15 minutes	1.25	Anaerobic Fitness
Friday	31-Jan	Ski race technique, easy with 5x10 second sprints at end	0.75	Race Prep
		Mid-distance race (20-25km); Good warm up and cool down before		
Saturday	1-Feb	and after. Lots of recovery food/drink!		Race Effort
Sunday	2-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
Weekly Total			7.25	
		Workout	Duration (hrs.)	Focus
Week 37		Week Focus: Taper/Recover		
Monday	3-Feb	OFF	0	Recovery
Fuesday	4-Feb	Ski Birkie technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
		Ski Birkie technique, easy with 10x20 second accelerations at the		
Wednesday	5-Feb	end of the ski	1	Speed
Thursday	6-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
		Ski Birkie technique, 20 minute warm up, 1x5 minute Birkie Race		
Friday	7-Feb	Pace, 3-5x1.5 minutes 5k race pace, 20 minute cool down	1	Anaerobic Fitness
Saturday	8-Feb	Ski Birkie technique, easy with 5x10 second sprints throughout ski	1	Specific Aerobic Fitness + Speed
		Ski Birkie technique, easy with focus on one specific technique		
Sunday	9-Feb	improvement	1.25	Specific Aerobic Fitness
Weekly Total			6	
		Workout	Duration (hrs.)	Focus
Week 38		Week Focus: Taper		
Monday	10-Feb	OFF	0	Recovery
Tuesday	11-Feb	Jog, easy + bodyweight strength (below)	1	Active Recovery
		Ski Birkie technique, easy with focus on one specific technique		
Wednesday	12-Feb	improvement	1	Specific Aerobic Fitness
Thursday	13-Feb	OFF	0	Recovery
		Ski, Birkie technique, 20 minute warm up, 1x5 minutes Birkie Race		
Friday	14-Feb	Pace, 3-5x45 seconds 5k pace, 20 minute cool down	1	Speed
Saturday	15-Feb	Ski, either technique, easy	0.75	Specific Aerobic Fitness
Sunday	16-Feb	Ski, either technique, easy with 5x10 second sprints throughout ski	1.25	Specific Aerobic Fitness + Speed
Weekly Total			5	
		Workout	Duration (hrs.)	Focus
Week 39		Week Focus: Taper		
Monday	17-Feb	OFF	0	Recovery
Tuesday	18-Feb	Jog, easy + bodyweight strength (below)	0.75	Taper
Wednesday	19-Feb	Ski Birkie technique, easy		Taper
Thursday	20-Feb	Ski Birkie technique, easy with 5x10 second sprints at end	0.75	Taper
Friday	21-Feb	OFF		Taper
		AMERICAN BIRKEBEINER 2025!		
Saturday	22-Feb	GOOD LUCK AND HAVE FUN!	3.5	Race Effort
Sunday	23-Feb	OFF (you deserve it)	0	Recovery
Weekly Total			5.75	
Weekly Total		Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 mir Total time approximately 15-20 minutes 10 chair dips	5.75	
	3 4	10 squats (keep knees behind toes, go down to 90 degrees) 45 second front plank with rotating hips 10 each side clam shells 1 minute crunches (core exercise)		ENDURANCE UNITED
				ENDORANCE ONITED