

## **Birkie 2017 – Basic Training Outline**

*Overall Training Outline: The general progression of training should be to gradually increase volume and intensity in the months leading up to the race, with a two to three week tapering period just prior to the race.*

### **Pacing:**

*Easy* - Long and slow, used for long run/rollerski/bike ride

*Birkie Pace* – Faster than easy pace; heart rate should be elevated, and you should be breathing more heavily)

*5k* – Faster than Birkie Pace, but not sprinting (pace you would run/ski a 5k...)

*Sprint* – Exactly what it sounds like.

### **May**

***Focus:*** Get back into training/Start training

***Approximate Hours per week:*** 5-8

***Areas of Emphasis:*** Longer, easy training sessions (1-2.5 hours at easy pace to build an aerobic base); basic strength training

***Sample week:*** 3 workouts during the week, all between 45 minutes and 1.5 hours; easy pace for all 3 workouts with some basic bodyweight strength at the end (e.g. push ups, pull ups, sit ups, planks, etc.); Weekend one longer workout (1.5hours+) focused on going at an easy, steady pace

### **June**

***Focus:*** Continue building aerobic base, begin light intensity

***Approximate hours per week:*** 7-10

***Areas of Emphasis:*** Long, easy training sessions (1-2.5 hours at easy pace), shorter, lighter intensity workouts to start working on speed.

***Sample Week:*** 3-4 workouts during the week, 2-3 of which should be easy pace, 1-1.5 hours; 3<sup>rd</sup> or 4<sup>th</sup> workout should be intensity, either running, rollerskiing, or on a bike – 15 minute warm up, 4-6 times 5-6 minutes at Birkie Race Pace with full recovery between each interval (approximately 3-4 minutes, depending on fitness level), 15 minute cool down; Weekend workout should still be a long, easy day (2+ hours at easy pace, bring food and water with you to stay hydrated and fed)

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## July

**Focus:** Continue both aerobic volume and intensity, increase total volume slightly

**Approximate hours per week:** 8-12

**Areas of Emphasis:** Longer easy training sessions, quality intensity workouts.

**Sample Week:** 3-4 workouts during the week of slightly longer duration than previous months (1.25-2 hours), with 2 of those workouts being intensity focused (e.g. 15 minute warm up, 6x7 minutes Birkie Race Pace with full recovery in between intervals – approximately 3-4 minutes – 15 minute cool down); Weekend workout(s) should be long and easy (1-2 workouts, 2+ hours easy; bring food and water).

## August

**Focus:** Similar to July, aerobic volume and maintain volume

**Approximate hours per week:** 7-12

**Areas of Emphasis:** Long training sessions, quality intensity

**Sample Week:** Very similar to July, with 3-4 quality workouts during the week, 1-2 of which should be intensity focused, 6-7 intervals of 6-7 minutes at Birkie Race Pace with a good warm up and cool down; Long, easy sessions on the weekend, with 2 sessions this month touching or exceeding 3 hours.

## September

**Focus:** Reduce total volume slightly, increased intensity

**Approximate hours per week:** 7-10

**Areas of Emphasis:** Quality intensity workouts, continued aerobic base development/maintenance

**Sample Week:** 3-4 workouts during the week, with durations of 1-1.5 hours; 1-2 quality intensity workouts during the week, with one being at Birkie Race Pace (6-7 repetitions, 6-8 minutes each with full recovery between intervals), and one workout being a higher intensity workout (e.g. 15-20 minute warm up, 4x4 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down); Continue with at least one long workout (2+ hours) on the weekend.

## October

**Focus:** Reduce total volume, increased intensity

**Approximate hours per week:** 6-9

**Areas of Emphasis:** Quality intensity workouts, aerobic base maintenance

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**Sample Week:** 3-4 workouts during the week, with durations of 1-1.5 hours; 2 quality intensity workouts during the week, with one being at Birkie Race Pace (6-7 repetitions, 6-8 minutes each with full recovery between intervals), and one workout being a higher intensity workout (e.g. 15-20 minute warm up, 4x4 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down) OR 2 workouts during the week at 5k intensity, depending on how you feel your fitness level is currently; Continue with at least one long workout (2+ hours) on the weekend; **Birkie Trail Run is October 1. This would be a great workout on some of the trails that the ski race is held on, so if you have the opportunity, register for and run the race!**

## November

**Focus:** Increase Volume, maintain intensity

**Approximate hours per week:** 7-10

**Areas of Emphasis:** Refocus on aerobic volume, maintain intensity

**Sample Week:** 3-4 workouts during the week, with durations of 1-1.5 hours; 1-2 quality intensity workouts during the week, with one being at Birkie Race Pace (6-7 repetitions, 6-8 minutes each with full recovery between intervals), and one workout being a higher intensity workout (e.g. 15-20 minute warm up, 4x4 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down); Continue with 1-2 long workouts (2+ hours) on the weekend;

## December

**Focus:** Reduce total volume, increased intensity; Race

**Approximate hours per week:** 6-8

**Areas of Emphasis:** Quality intensity workouts, aerobic base maintenance

**Sample Week:** 3-4 workouts during the week, with durations of 1-1.5 hours; 2 quality intensity workouts during the week, with one being at Birkie Race Pace (5-6 repetitions, 5-6 minutes each with full recovery between intervals), and one workout being a higher intensity workout (e.g. 15-20 minute warm up, 4x4 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down); Try to find one race of medium distance (10-15k), and practice going hard for an extended period of time; Reduce weekend workouts to 1.5-2 hours.

## January

**Focus:** Reduce volume, maintain intensity, race 2-3 times

**Approximate hours per week:** 6-8

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**Areas of Emphasis:** Shorter, high quality intensity workouts, aerobic base maintenance

**Sample Week:** 3-4 workouts during the week, with durations of 1-1.5 hours; 1 quality intensity workout during the week (harder intensity, 15-20 minute warm up, 4x3 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down); Races – try to find 2-3 races to participate in during this month, with 1 being approximately 10k, 1 15-20k, and one 20-30k.

## **February**

**Focus:** Taper for Birkie

**Approximate hours per week:** 5-7

**Areas of Emphasis:** Short, quick intensity workouts, taper/recover

**Sample Week:** 2-3 workouts during the week, with durations of  $\leq 1$  hour; 1 quality intensity workout during the week, a higher intensity workout (e.g. 10-15 minute warm up, 3x3 minutes 5k race pace with full recovery between intervals, 15 minute cool down); recovery is a priority, especially the week prior to the race – hours during that week should be minimal, with a few very short workouts just to keep your body moving. Enjoy the race!

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