

Monthly Training Plan

Prepared For: **BIRKIE SKIERS!!**



6/30/14 to 7/27/14

Cycle Notes and Overview:

- ≥ Bigger volume this cycle. Strength and quickness are so important for skiing!
- ≥ ALWAYS REMEMBER....Quality always trumps quantity - "Consistency is Key"

Week of: 6/30/14

Weekly Notes: Focus on strength and speed/quickness this week/ Power

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Off
Tuesday	INT / SP	1	1.25	Distance choice(run preferred), 3-4x 10 min@threshold, 5 min btwn, .25 to .5 warmup and cool down, 6 x 10 sec quickness sprints at end
Wednesday	ST / SP	1	1.50	climbing efficiency- V1 distance on rolling terrain, keep to Lvl II and under for most part, + 8-10 x 30 sec legs only on steep hill
Thursday	ST	2	1.50	Warm up/Cldwn .5 each + Strength/Quickness/balance - circuits strength etc (3-4 sets, 5 exercises, heavier wt, power) + ski imm - 8 x 15 sec
Friday	REC	3	0.50	Easy .5 - 1.00 of your choice or off
Saturday	ST	1	2.50	Hike/RS/Bike 2 hours (zone I (60%) / II(40%)) with 8-10 x 10 sec sprints and 10 x 1leg pedals (30 sec each)
Sunday	ST / SP	2	1.50	classic rollerski, 10 x :30-45 sec legs only, then , 10 x :30 sec DP, then 10 x :15sec FAST stride on an up!
Weekly Total -			8.75	

Week of: 7/7/14

Weekly Notes: Lots of specific strenght this week - really think about tech while doing these - make quality

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Rec or off
Tuesday	ST/SP	1	1.25	Classic rollerski with 5-8 x 1mn SS, 5-8 x 1mn DP, 5-8 x 10sec sprints, warmup/cooldown -
Wednesday	ST/INT	1	2.00	warm up/ cool down + skate 12 x 1 min legs only on steep uphill - Then 8x 10sec sprints.
Thursday	ST	2	1.50	Warm up/Cldwn .5 each + Strength/Quickness/balance Power Gym strength etc (3-4 sets, 5 exercises, heavier wt, power) + ski imm - 8 x 15 sec
Friday	REC	3	0.50	rec or easy choice .5
Saturday	ST/SP	2	1.50	Classic rollerski with 5-8 x 1mn SS, 5-8 x 1mn DP, 5-8 x 10sec sprints, warmup/cooldown
Sunday	INT	1	2.25	skate 3 x 8 min legs only on rolling terrain - threshold effort- 5 min rec btwn. Then 8x 10sec sprints.
Weekly Total -			9.00	

Week of: 7/14/14

Weekly Notes: Big Volume Week - keep the intensity down - Power

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Off
Tuesday	INT/ST	2	1.25	Warm up/Cldwn .5 each + Strength/Quickness/balance Power Gym strength etc (3-4 sets, 5 exercises, heavier wt, power) + ski imm - 8 x 15 sec
Wednesday	INT	1	2.00	Distance choice, 4 x 7min@threshold, (serge to lvl 4 from3:30-4:00min), then back to lvl 3, 4 min recovery btwn, + warmup and cool down
Thursday	ST/SP	2	1.50	Plyos set (2-3 depending on how comfortable doing)* or similar (run on rolling terrain?) + V2 Immitation (5 x 1mn)+ cool down
Friday	rec	3	0.75	Easy .5 - .75 of your choice
Saturday	OD	1	3.00	Hike/bike/ski 3 - 4 hours (zone I (70%) / II(30%)) with 10 x 10sec sprints during it.
Sunday	ST/INT	1	1.50	rollerski, 8 x :45 sec Double Poll up hill, 8 x :30sec single stick, then , 10 x :15 sec classic sprints/fast!
Weekly Total -			10.00	

Week of: 7/21/14

Weekly Notes: Important to assess how you are recovering after this last 3 weeks. Will be important for future cycles.

	Focus	Rating	Volume	Workout
Monday	REC	1	0.50	Easy jog or spin .5hrs or less
Tuesday	REC	x	0.00	Off
Wednesday	ST/REC	3	1.00	Easy ski/bike/run .75 - 1.0 hrs + light strength training
Thursday	INT	2	1.50	Maintain. - one day you can go lvl 3 this week if you want and are feeling like you are getting rested
Friday	REC	x	0.00	Off
Saturday	REC	2	1.50	Easy hike with ski walk or ride 1.5 or less
Sunday	ST/REC	3	1.00	Easy .5 - .75 of your choice
Weekly Total -			5.50	

Monthly Total - 33.25

Notes:

The rating system is 1-3. 1 is a very important workout to get in during the week, a 2 is good to get in if you have time.... A 3 is if you have extra time and can get some "extra credit" training in. This way if you organize you week and see you can only get 2-3 workouts in, do the 1's first, then the 2's etc...

- * Ski immitation: jump back and forth immitating a V2 - working on balance, quickness, relaxation. Do continously for 1minute, rest for 2 minutes.....repeat.
- ** Circuits are a series of 5-8 strenght exercises you can do like: pushups, pullups, crunches, planks, box jumps, squates, lat pull downs to name a few. Use what works best for your situation. Adding in quickness drills like side to side shuffle or short 15 meter sprints are great too!
- *** If you don't have rollerskis, you can always just bound/run up steep hills as an alternative. Plyometric exercises are good alternatives as well if you are comfortable doing them - things like skips, 2 footed jumps, 1 legged jumps, bounding etc are all good for quickness, speed and power.