

Monthly Training Plan



Prepared For: **BIRKIE**

10/27/13 to 11/23/13

Key:

Cycle Notes and Overview:

- INT** - Intensity ≥ Transition to snow - can always be trickier - look for updates ...if we get early snow
- ST** - Strength ≥ Early ski- seek it out? If you can...YES!
- SP** - Speed ≥ Plan for Big volume Turkey week if you have the time off work
- OD** - Over Dist. ≥
- REC** - Recovery ≥

Week of: 10/27/13

Weekly Notes: Heavy with strength this first cycle

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Recovery Day
Tuesday	ST/INT	1	1.25	Power effort - 12-15 x with wts (or resistance), climb steep hill, with poles, fast ski walk or skate on skis) 10-15sec long, walk down..
Wednesday	INT	2	1.5	2 x 15min @ threshold with 3 mins at lvl4 in middle, 5min rec btwn.
Thursday	ST	3	1.50	General Strength - 3-4 sets - with .5 aerobic warmup /cldn + 10 x 30sec ski imitation
Friday	REC	x	0.75	rec/core exercises if you feel up to it
Saturday	ST	3	1.25	easy ski - work on balance - gliding down hills on 1 ski as long as you can
Sunday	OD	1	3.00	Long steady OD - always shooting at this point to try and get to 85% of your longest race if possible
Weekly Total -			9.25	

Week of: 11/3/13

Weekly Notes:

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Recovery Day
Tuesday	ST	2	1.25	Specific Strength 6-8 x ss 30-45sec; 6-8 x dp 30-45 sec; 6-8 x 10sec sprints - keep hr in zone 2 tops
Wednesday	INT	1	1.25	Intensity - L4 intervals 4-5 x 4mins@lvl 4, 6-8min rec
Thursday	ST	3	1.50	General Strength - 3-4 sets - with .5 aerobic warmup /cldn + 10 x 30sec ski imitation
Friday	REC	x	0.75	rec/core
Saturday	ST	3	1.25	easy ski - work on balance - gliding down hills on 1 ski as long as you can
Sunday	OD	1	3.00	Long steady OD - always shooting at this point to try and get to 85% of your longest race if possible
Weekly Total -			9.00	

Week of: 11/10/13

Weekly Notes: Tough last week.

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Recovery Day
Tuesday	INT	2	2.00	upper body strength - 8 x ss, 8 x dp, 1min up steeper grade
Wednesday	ST	1	1.25	Power effort - 6-8 x with wts/resistancy, climb steep hill, with poles, fast ski walk/bound- 1min long, easy rec walk/jog down..fully recover!
Thursday	ST	3	1.50	General Strength - 3-4 sets - with .5 aerobic warmup /cldn
Friday	REC	x	0.50	rec/core
Saturday	ST	2	1.25	Specific Strength 15 x 1min legs only skate up STEEP hill -- Work on 1 leg downs too - balance on a tired leg!!
Sunday	OD/INT	1	2.00	2hrs distance with .5 of race pace....AVERAGE HR at threshold on rolling terrain..so some above, some below.
Weekly Total -			8.50	

Week of: 11/17/13

Weekly Notes: Rest up - next week will be tough week - lots of volume.

	Focus	Rating	Volume	Workout
Monday	REC	2	0.50	Easy jog or swim or ride .5hrs or less
Tuesday	REC	x	0.00	Off
Wednesday	ST/REC	2	1.00	Easy endurance - up to 1hr
Thursday	INT	1	1.25	Strength maintenance - keep hr down
Friday	REC	x	0.00	Off
Saturday	REC	2	1.50	Easy hike with ski walk or ride 1.5 or less - some pickups to threshold 2-3 x 30sec...just to get blood flowing again.
Sunday	ST/REC	3	1.00	Easy .5 - .75 of your choice
Weekly Total -			5.25	

Monthly Total - 32.00

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 imitation/quickness jumps: jump back and forth immitating a V2 (or V2 alternate) -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.