

# Monthly Training Plan



Prepared For: **Birkie Skiers**

Key:

Cycle Notes and Overview:

9/1/14 to 9/28/14

**INT** - Intensity

≥ 1 lvl 3, 1 lvl 4 and lots of specific strength per week now as we transition into fall training....on snow soon!!

**ST** - Strength

≥ Focusing on getting strength to translate into faster skiing - so lots of specific strength

**SP** - Speed

≥ Start being aware of your levels - use your watch to check it, but we have to start feeling intensities and how we respond

**OD** - Over Dist.

≥ OD should be approaching 100% of your longest race - duration wise -- all 3 Sunday's this month

**REC** - Recovery

≥

Week of: 9/1/14

**Weekly Notes:**

Cycle 1

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Off
Tuesday	SP/ST	2	1.25	distance choice with 8-12 x 10sec sprints from stop to max speed, (Do 4 skiing, 4 legs only, 2 DP if on skis) + 10 x 10 sec 1leg DP
Wednesday	INT	1	1.50	Intervals - 3-5 x (:30sec HARD, "4min@lvl 3 effort", :30sec HARD), full rec btwn -(mode: your choice)
Thursday	ST	3	1.25	dryland workout with strength sets (2-3) -- lighter weight, more reps and quicker + "quickness / imitation jumps"
Friday	REC	x	0.50	Easy .5 - .75 of your choice or off if tired....be conservative!! Tough cycle
Saturday	ST/SP/INT	2	1.50	5-8 single stick 20sec, 5-8 x dp/crunch 30 sec, 5-8 x legs only 30sec, with weight or very steep hill, (strong/feel powerful), cldn(with quickness)
Sunday	OD/SP	1	3.00	Over Distance choice with, 10-12 max speed x 10 seconds (time -need to be at 90-100% of longest race now)
<b>Weekly Total -</b>			<b>9.00</b>	

Week of: 9/8/14

**Weekly Notes:**

End of cycle 1 + rest prd)

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	rest day
Tuesday	ST	2	1.25	5-8 xss 30- 45sec, 5-8 x dp/crunch 45sec - 1min, 5-8 x legs only min, quick/efficient, (easier terrain than last Sat)
Wednesday	INT	1	1.50	2-3 x 12min@ threshold (with :30sec hard sections: 3:30-4:00, 6:30-7:00, & 9:30-10 hard), 4 minutes btwn - do on rolling terrain if you can
Thursday	ST	3	1.25	dryland workout with strength sets (2-3) -- lighter weight, more reps and quicker + "imitation jumps"
Friday	REC	x	0.00	Off
Saturday	ST/INT	2	1.25	ski with 10 x 1min legs only up steeper hill skate or can bound if do on dryland
Sunday	OD/SP	1	3.00	Over Distance choice with, 10-12 max speed x 10 seconds (time -need to be at 90-100% of longest race now)
<b>Weekly Total -</b>			<b>8.25</b>	

Week of: 9/15/14

**Weekly Notes:**

begin cycle 2

	Focus	Rating	Volume	Workout
Monday	REC	3	0.50	Easy .5 - .75 of your choice
Tuesday	SP/ST	2	1.25	distance choice with 8-12 x 10sec sprints from stop to max speed, (Do 4 skiing, 4 legs only, 2 DP if on skis) <b>OR REST DAY IF STILL TIRED</b>
Wednesday	INT	1	1.50	Intervals - 4-5 x 4min @lvl 4 on hill - skate - bigger longer steeper hill! full rec btwn -(mode: your choice)
Thursday	ST	3	1.25	dryland workout with strength sets (2-3) -- lighter weight, more reps and quicker + "imitation jumps"
Friday	REC	3	0.50	Easy .5 - .75 of your choice
Saturday	ST/SP/INT	2	1.50	5-8 xss 20sec, 5-8 x dp/crunch 30 sec, 5-8 x legs only 30sec, with weight or very steep hill, (strong/feel powerful), cldn(with quickness)
Sunday	OD/SP	1	3.00	Over Distance choice with, 10-12 max speed x 10 seconds (time -need to be at 90-100% of longest race now)
<b>Weekly Total -</b>			<b>9.50</b>	

Week of: 9/22/14

**Weekly Notes:**

End cycle 2

	Focus	Rating	Volume	Workout
Monday	REC	3	0.50	Easy jog or spin .75hrs 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	1	1.50	Maint. - one day you can go lvl 3 this week if you want/feeling like you are getting rested
Friday	REC	x	0.00	Off
Saturday	REC	3	1.50	Easy hike with ski walk or ride 1.5 or less
Sunday	ST/REC	2	1.00	Easy .5 - .75 of your choice
<b>Weekly Total -</b>			<b>5.50</b>	

**Monthly Total - 32.25**

## 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 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.