

<b>AUGUST</b>	<b>Focus Week: 8/22 - 8/28</b>			
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 1</b>		<b>Week Focus: Aerobic Volume, Technique</b>		
Monday	1-Aug	OFF		
Tuesday	2-Aug	Skate Rollerski easy, heavy focus on V1 technique	1.5	Aerobic Fitness, Strength
Wednesday	3-Aug	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1.5	Aerobic Fitness, Strength
Thursday	4-Aug	Circuit Strength; 3 x (10 exercises, 1 minute each, w/1 minute between exercises during, 5 minute break between sets); 15 minute warm up, 10 minute cool down	1.5	Strength, Power
Friday	5-Aug	Run/Hike w/ski poles, easy	1.75	Aerobic Fitness
Saturday	6-Aug	Skate Rollerski, focus on riding a flat ski, esp. during V2	2	Aerobic Fitness, Technique
Sunday	7-Aug	Classic Rollerski, mostly double pole, but will be long, so mix in some striding and kick-double pole also	2.5	Aerobic Fitness, Strength
<b>Weekly Total</b>			<b>10.75</b>	
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 2</b>		<b>Week Focus: Speed/Intensity</b>		
Monday	8-Aug	OFF		
Tuesday	9-Aug	Running or Skiing intervals, 20 minute warm up, 8x (3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down	1.5	Anaerobic Fitness
Wednesday	10-Aug	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Strength, Speed
Thursday	11-Aug	Opposite of Tuesday (run if skied, ski if ran), 15 minute warm up, 7x4 minutes 5k race pace w/full recovery between intervals, 10 minute cool down	1.5	Anaerobic fitness
Friday	12-Aug	Easy Run/Jog 1 hour + Bodyweight Strength Routine from 6/30	1.25	Aerobic Fitness, Strength
Saturday	13-Aug	Skate Rollerski easy 1 hour, Classic Rollerski easy 1 hour	2	Aerobic Fitness, Technique
Sunday	14-Aug	Easy Biking (road or mountain)	2.5	Aerobic Fitness
<b>Weekly Total</b>			<b>9.75</b>	
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 3</b>		<b>Week Focus: Recovery</b>		
Monday	15-Aug	OFF		
Tuesday	16-Aug	Choice of aerobic workout (ski, bike, run)	1	Aerobic Fitness
Wednesday	17-Aug	Abbreviated Circuit Strength; 3 x (6 exercises, 1 minute each, w/1 minute between exercises during, 5 minute break between sets); 15 minute warm up, 10 minute cool down	1.25	Strength
Thursday	18-Aug	Classic Specific Strength Workout (5x1 minute double pole up hill, 1 minute rest in between each; 5 minute break; 1 minute single stick up hill, 1 minute rest between each; 5 minute break; 1 minute double pole up hill, 1 minute rest between each) 15 minute warm up, 10 minute cool down	1.5	Specific Strength
Friday	19-Aug	Run/Hike easy w/ 10 x 20 second accelerations after	1	Aerobic Fitness
Saturday	20-Aug	Easy Bike (road or mountain)	1.5	Aerobic Fitness
Sunday	21-Aug	Classic Rollerski easy	1.5	Aerobic Fitness
<b>Weekly Total</b>			<b>7.75</b>	
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 4</b>		<b>Week Focus: Intensity</b>		
Monday	22-Aug	OFF		
Tuesday	23-Aug	Rollerski (skate or classic), 15 minute warm up, 35 minutes Birkie race pace, 15 minute cool down	1	Anaerobic Threshold
Wednesday	24-Aug	Rollerski Classic, Double pole only (45 minutes), Rollerski Skate, 3x8 minutes no pole skiing, 45 minutes total	1.5	Aerobic Fitness, Strength
Thursday	25-Aug	Ski Walking/Hill Bounding Workout (15 minute warm up, 5x4 minutes level 3 ski walking w/poles, 5x1 minute level 4 hill bounding w/poles, 3x3 minutes level 3 ski walking w/poles, 15 minute cool down)	1.5	Anaerobic Fitness
Friday	26-Aug	Choice of aerobic workout (ski, bike, run)	1.5	Aerobic Fitness
Saturday	27-Aug	Time Trial (Bike, run or ski. Find a course that will make your "race" about 30 minutes; 4-5 miles running, 8-10k skiing, 6-9 miles road bike. Do a standard race warm up/cool down as you would before a race)	1.5	Anaerobic Fitness/Speed
Sunday	28-Aug	Easy Run/Jog	1	Aerobic Fitness
<b>Weekly Total</b>			<b>8</b>	

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#### Bodyweight Strength Routine

Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after all exercises complete in one set)

- 1 20 pushups (do from knees if necessary to maintain good technique)
- 2 25 squats (keep knees behind toes, go down to 90 degrees)
- 3 1 minute planks
- 4 15 vertical jumps
- 5 1 minute bicycle (core exercise)