AUGUSI	Focus W	'eek: 8/22 - 8/28		
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Aerobic Volume, Technique		
Monday	1-Aug			
Tuesday		Skate Rollerski easy, heavy focus on V1 technique	1.5	Aerobic Fitness, Strength
rucsuay	2 // (18	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at	1.5	Acrosic Haless, Strength
Wednesday	3-Aug	the end	1.5	Aerobic Fitness, Strength
realiesady	57.08	Circuit Strength; 3 x (10 exercises, 1 minute each, w/1 minute between	1.0	rerosio reress) serengen
		exercises during, 5 minute break between sets); 15 minute warm up, 10		
Thursday	4-Aug	minute cool down	1.5	Strength, Power
Friday	5-Aug	Run/Hike w/ski poles, easy		Aerobic Fitness
Saturday	6-Aug	Skate Rollerski, focus on riding a flat ski, esp. during V2	2	Aerobic Fitness, Technique
		Classic Rollerski, mostly double pole, but will be long, so mix in some		·
Sunday	7-Aug	striding and kick-double pole also	2.5	Aerobic Fitness, Strength
Weekly Total			10.75	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Speed/Intensity		
Monday	8-Aug	OFF		
,	2	Running or Skiing intervals, 20 minute warm up, 8x (3 minutes Birkie		
		race pace followed immediately by 2 minutes 5k race pace; full recovery		
Tuesday	9-Aug	between intervals), 10 minute cool down	1.5	Anaerobic Fitness
,		Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at	-	
Wednesday	10-Aug	the end	1	Strength, Speed
,		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		
Thursday	11-Aug	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
Weekly Total			9.75	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Recovery		
		Week i ocas. Recovery		
Monday	15-Aug			
Monday Tuesday			1	Aerobic Fitness
		OFF	1	Aerobic Fitness
		OFF Choice of aerobic workout (ski, bike, run)	1	Aerobic Fitness
	16-Aug	OFF Choice of aerobic workout (ski, bike, run) Abbreviated Circuit Strength; 3 x (6 exercises, 1 minute each, w/1		Aerobic Fitness Strength
Tuesday	16-Aug	OFF Choice of aerobic workout (ski, bike, run) Abbreviated Circuit Strength; 3 x (6 exercises, 1 minute each, w/1 minute between exercises during, 5 minute break between sets); 15		
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Tuesday Wednesday Thursday	16-Aug 17-Aug 18-Aug	OFF Choice of aerobic workout (ski, bike, run) 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 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	1.25	Strength Speciific Strength
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Thursday Thursday Friday Saturday Sunday Weekly Total Week 4 Monday Tuesday Wednesday Thursday	16-Aug 17-Aug 18-Aug 19-Aug 20-Aug 21-Aug 22-Aug 23-Aug 24-Aug	OFF Choice of aerobic workout (ski, bike, run) 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 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; 5 minute break; 1 minute double pole up hill, 1 minute rest between each) 15 minute warm up, 10 minute cool down Run/Hike easy w/ 10 x 20 second accelerations after Easy Bike (road or mountain) Classic Rollerski easy Workout Week Focus: Intensity OFF Rollerski (skate or classic), 15 minute warm up, 35 minutes Birkie race pace, 15 minute cool down Rollerski Classic, Double pole only (45 minutes), Rollerski Skate, 3x8 minutes no pole skiing, 45 minutes total 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)	1.25 1.5 1.5 1.5 7.75 Duration (hrs.)	Strength Speciific Strength Aerobic Fitness Aerobic Fitness Aerobic Fitness Aerobic Fitness Aerobic Fitness Aerobic Fitness Anaerobic Threshold Aerobic Fitness, Strength Anaerobic Fitness
Thursday Thursday Friday Saturday Sunday Weekly Total Week 4 Monday Tuesday Wednesday	16-Aug 17-Aug 18-Aug 19-Aug 20-Aug 21-Aug 22-Aug 23-Aug 24-Aug	OFF Choice of aerobic workout (ski, bike, run) 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 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; 5 minute break; 1 minute double pole down Run/Hike easy w/ 10 x 20 second accelerations after Easy Bike (road or mountain) Classic Rollerski easy Workout Week Focus: Intensity OFF Rollerski (skate or classic), 15 minute warm up, 35 minutes Birkie race pace, 15 minute cool down Rollerski Classic, Double pole only (45 minutes), Rollerski Skate, 3x8 minutes no pole skiing, 45 minutes total 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) Choice of aerobic workout (ski, bike, run)	1.25 1.5 1.5 1.5 7.75 Duration (hrs.)	Strength Speciific Strength Aerobic Fitness Aerobic Fitness Aerobic Fitness Aerobic Fitness Aerobic Fitness Aerobic Fitness
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Thursday Friday Saturday Weekly Total Week 4 Monday Tuesday Wednesday Thursday Friday Saturday	16-Aug 17-Aug 18-Aug 19-Aug 20-Aug 21-Aug 21-Aug 23-Aug 24-Aug 25-Aug 27-Aug 27-Aug	OFF Choice of aerobic workout (ski, bike, run) 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 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 souble pole 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 Run/Hike easy w/ 10 x 20 second accelerations after Easy Bike (road or mountain) Classic Rollerski easy Workout Week Focus: Intensity OFF Rollerski (skate or classic), 15 minute warm up, 35 minutes Birkie race pace, 15 minute cool down Rollerski Classic, Double pole only (45 minutes), Rollerski Skate, 3x8 minutes no pole skiing, 45 minutes total 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, 5x1 minute level 4 hill bounding w/poles, 3x3 minutes level 3 ski walking w/poles, 5x1 minute level 4 hill bounding w/poles, 3x3 minutes level 3 ski walking w/poles, 5x1 minute level 4 hill bounding w/poles, 3x3 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) Choice of aerobic workout (ski, bike, run) 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)	1.25 1.5 1.5 7.75 Duration (hrs.) 1.5 1.5 1.5	Strength Speciific Strength Aerobic Fitness Aerobic Fitness Aerobic Fitness Aerobic Fitness Aerobic Fitness Anaerobic Threshold Aerobic Fitness, Strength Anaerobic Fitness Aerobic Fitness Anaerobic Fitness
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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)