

DECEMBER Focus Week: 12/19 - 12/25			
		Workout	Duration (hrs.) Focus
Week 1		Week Focus: Intensity/Speed	
Monday	28-Nov	OFF	0 Recovery
Tuesday	29-Nov	Skate ski, 15 minute warm up, 5x(4-5 minute 5k+ race pace. Preferably find a friend or a couple friends to do this with, and race each other on a short loop that takes about 4-5 minutes); 15 minute cool down	1.25 Anaerobic Fitness/Speed
Wednesday	30-Nov	Classic Ski, Double Pole only	1 Aerobic Fitness/Strength
Thursday	1-Dec	Classic Ski, 15 minute warm up, 6x3 minute sprint pace (again, would be good to get a couple of friends and race each other on an even shorter loop that takes ~3 minutes)	1.25 Anaerobic Fitness/Speed
Friday	2-Dec	Easy Jog 45 minutes + Bodyweight strength from November	1.25 Aerobic Fitness + Strength
Saturday	3-Dec	Skate Ski easy on flat terrain, focused on long glide on each ski during V2	1.5 Aerobic Fitness
Sunday	4-Dec	Classic Rollersk easy on hilly terrain, focus on driving the knee forward while striding	1 Aerobic Fitness
Weekly Total			7.25
		Workout	Duration (hrs.) Focus
Week 2		Week Focus: Recovery	
Monday	5-Dec	OFF	0 Recovery
Tuesday	6-Dec	Ski, easy	1 Recovery
Wednesday	7-Dec	Ski, easy w/8x15 second sprints at the end	1 Aerobic Fitness
Thursday	8-Dec	Ski, 15 minute warm up, 5x3 minutes 5k+ race pace, 15 minute cool down	1 Speed, Anaerobic Fitness
Friday	9-Dec	OFF	
Saturday	10-Dec	Ski, easy	1.5 Aerobic Fitness
Sunday	11-Dec	Ski, easy + bodyweight strength routine	1.25 Aerobic Fitness + Strength
Weekly Total			5.75
		Workout	Duration (hrs.) Focus
Week 3		Week Focus: Intensity	
Monday	12-Dec	OFF	0 Recovery
Tuesday	13-Dec	Ski, 15 minute warm up; 3x12 minutes Birkie Race Pace with full recovery in between; 15 minute cool down	1.25 Anaerobic Threshold
Wednesday	14-Dec	Ski, easy	1.5 Aerobic Fitness
Thursday	15-Dec	Ski, 15 minute warm up, 5x3 minutes 5k+ race pace, 15 minute cool down	1 Anaerobic Fitness
Friday	16-Dec	Ski, easy + bodyweight strength routine (on November's plan)	1.5 Aerobic Fitness
Saturday	17-Dec	Ski, easy	2 Aerobic Fitness
Sunday	18-Dec	Ski, easy with at least 5 x 2 minutes at 5k race pace at random intervals during the ski	1.5 Anaerobic Fitness
Weekly Total			8.75
		Workout	Duration (hrs.) Focus
Week 4		Week Focus: Big Volume	
Monday	19-Dec	OFF	0 Recovery
Tuesday	20-Dec	AM: Skate ski, 2 hours w/3x10 minutes no pole skiing; PM: Classic Ski, 1 hour on rolling hills to focus on powerful kick and long glide	3 Aerobic Fitness
Wednesday	21-Dec	AM: Classic Ski, 1.5 hours w/ 45 minutes of Double Pole Only; PM: 45 minute jog	2.25 Aerobic Fitness
Thursday	22-Dec	AM: Skate Ski, 2 hours on flatter terrain with a focus on very long glide during V2 and V2 alternate; PM: Classic Ski, easy, 1 hour	3 Aerobic Fitness
Friday	23-Dec	AM: Skate Ski, 2 hours easy; PM: Classic Ski, 1.5 hours easy	3.5 Aerobic Fitness
Saturday	24-Dec	Birkie Technique Time Trial; find a good 10k - 15k course, do a the warm up you would normally do for a race, do the 10-15k course at race pace, good cool down. Good idea to have a couple of friends come with you and race with each other	1.5 Race
Sunday	25-Dec	OFF. MERRY CHRISTMAS!	0 Holiday
Weekly Total			13.25
		Workout	Duration (hrs.) Focus
Week 5		Week Focus: Weekend Race	
Monday	26-Dec	OFF	0 Recovery
Tuesday	27-Dec	Ski, easy	1 Aerobic Fitness
Wednesday	28-Dec	Ski, 20 minute warm up; 5x3 minutes FAST skiing with full recovery in between each one; 20 minute cool down	1.25 Anaerobic Fitness/Speed
Thursday	29-Dec	Ski, easy	1 Aerobic Fitness
Friday	30-Dec	Jog, easy, 30-45 minutes	0.75 Recovery
Saturday	31-Dec	RACE, or race-style workout (similar to last Saturday if no actual races this weekend)	1.5 Race Fitness
Sunday	1-Jan	Ski, very easy	1 Recovery
Weekly Total			6.5

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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)