FEBRUARY	Focus W	eek: 2/20 - 2/26		
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Taper/Race		
Monday	30-Jan	OFF	0	
Tuesday		Ski, easy	1	Aerobic Fitness
Wednesday	1-Feb		0	
Thursday	2-Feb	Ski, easy	0.75	Get ready to race
Friday		Jog, easy		Get ready to race
,		Long Race (25-35km); Good warm up and cool down before and		·
Saturday	4-Feb	after. Lots of recovery food also.		
Sunday	5-Feb	OFF		
Weekly Total			2.25	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Taper		
Monday	6-Feb	OFF	0	Recovery
Tuesday	7-Feb	Ski (Birkie Technique) easy	1	Taper
		Ski, (Birkie Technique); easy with 10x30 second accelerations at the		·
Wednesday	8-Feb	end of the ski	1	Taper/Quickness
Thursday	9-Feb	OFF	0	Recovery
		Ski (Birkie Technique); 20 minute warm up, 5x3 minutes 5k race		
Friday		pace, 20 minute cool down	1	Quickness
Saturday	11-Feb	Ski (Birkie Technique) easy	1	Taper
Sunday	12-Feb	Ski (Birkie Technique) easy	1	Taper
Weekly Total			5	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Taper		
WCER 3		Week rocus. raper		
Monday	13-Feb	· · · · · · · · · · · · · · · · · · ·		Recovery
	14-Feb	OFF Jog, easy	0.75	Taper
Monday Tuesday Wednesday	14-Feb 15-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy	0.75 1	Taper Taper
Monday Tuesday	14-Feb 15-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy	0.75 1	Taper
Monday Tuesday Wednesday Thursday	14-Feb 15-Feb 16-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace,	0.75 1 1	Taper Taper Taper
Monday Tuesday Wednesday Thursday Friday	14-Feb 15-Feb 16-Feb 17-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down	0.75 1 1	Taper Taper Taper Taper Speed/Quickness
Monday Tuesday Wednesday Thursday Friday Saturday	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy	0.75 1 1 1 1	Taper Taper Taper Speed/Quickness Aerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday Sunday	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down	0.75 1 1 1 1 1 1.5	Taper Taper Taper Taper Speed/Quickness
Monday Tuesday Wednesday Thursday Friday Saturday	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy Ski, either technique, easy	0.75 1 1 1 1 1 1 1 6.25	Taper Taper Taper Taper Speed/Quickness Aerobic Fitness Aerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, (whichever technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy Ski, either technique, easy Workout	0.75 1 1 1 1 1 1.5	Taper Taper Taper Taper Speed/Quickness Aerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 4	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, (whichever technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy Ski, either technique, easy Workout Week Focus: Taper	0.75 1 1 1 1 1 1 1.5 6.25 Duration (hrs.)	Taper Taper Taper Taper Speed/Quickness Aerobic Fitness Aerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 4 Monday	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb 19-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy Ski, either technique, easy Workout Week Focus: Taper OFF	0.75 1 1 1 1 1 1.5 6.25 Duration (hrs.)	Taper Taper Taper Taper Speed/Quickness Aerobic Fitness Aerobic Fitness Focus Recovery
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 4 Monday Tuesday	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb 19-Feb 20-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski (whichever technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy Ski, either technique, easy Workout Week Focus: Taper OFF Jog, easy	0.75 1 1 1 1 1 1.5 6.25 Duration (hrs.)	Taper Taper Taper Taper Speed/Quickness Aerobic Fitness Aerobic Fitness Focus Recovery Taper
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 4 Monday Tuesday Wednesday	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb 19-Feb 20-Feb 21-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy Ski, either technique, easy Workout Week Focus: Taper OFF Jog, easy Ski (whichever technique you're doing the race) easy	0.75 1 1 1 1 1 1.5 6.25 Duration (hrs.)	Taper Taper Taper Taper Speed/Quickness Aerobic Fitness Aerobic Fitness Focus Recovery Taper Taper
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 4 Monday Tuesday Wednesday Thursday	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb 19-Feb 20-Feb 21-Feb 22-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy Ski, either technique, easy Workout Week Focus: Taper OFF Jog, easy Ski (whichever technique you're doing the race) easy OFF	0.75 1 1 1 1 1 1.5 6.25 Duration (hrs.) 0 0.5 1 0	Taper Taper Taper Speed/Quickness Aerobic Fitness Aerobic Fitness Focus Recovery Taper Taper Taper
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Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 4 Monday Tuesday Wednesday Thursday Friday	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb 19-Feb 20-Feb 21-Feb 22-Feb 23-Feb 24-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy Ski, either technique, easy Workout Week Focus: Taper OFF Jog, easy Ski (whichever technique you're doing the race) easy OFF Jog, easy AMERICAN BIRKEBEINER 2016! GOOD LUCK	0.75 1 1 1 1 1 1.5 6.25 Duration (hrs.) 0 0.5	Taper Taper Taper Speed/Quickness Aerobic Fitness Aerobic Fitness Focus Recovery Taper Taper Taper
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Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 4 Monday Tuesday Wednesday Thursday Friday	14-Feb 15-Feb 16-Feb 17-Feb 18-Feb 19-Feb 20-Feb 21-Feb 22-Feb 23-Feb 24-Feb	OFF Jog, easy Ski (whichever technique you're doing the race) easy Ski (whichever technique you're doing the race) easy Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down Ski, either technique, easy Ski, either technique, easy Workout Week Focus: Taper OFF Jog, easy Ski (whichever technique you're doing the race) easy OFF Jog, easy AMERICAN BIRKEBEINER 2016! GOOD LUCK	0.75 1 1 1 1 1 1.5 6.25 Duration (hrs.) 0 0.5 1 0.5 3.5	Taper Taper Taper Speed/Quickness Aerobic Fitness Aerobic Fitness Focus Recovery Taper Taper Taper

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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)