

FEBRUARY Focus Week: 2/20 - 2/26				
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Taper/Race		
Monday	30-Jan	OFF	0	
Tuesday	31-Jan	Ski, easy	1	Aerobic Fitness
Wednesday	1-Feb	OFF	0	
Thursday	2-Feb	Ski, easy	0.75	Get ready to race
Friday	3-Feb	Jog, easy	0.5	Get ready to race
Saturday	4-Feb	Long Race (25-35km); Good warm up and cool down before and 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
Wednesday	8-Feb	Ski, (Birkie Technique); easy with 10x30 second accelerations at the end of the ski	1	Taper/Quickness
Thursday	9-Feb	OFF	0	Recovery
Friday	10-Feb	Ski (Birkie Technique); 20 minute warm up, 5x3 minutes 5k race 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		
Monday	13-Feb	OFF	0	Recovery
Tuesday	14-Feb	Jog, easy	0.75	Taper
Wednesday	15-Feb	Ski (whichever technique you're doing the race) easy	1	Taper
Thursday	16-Feb	Ski (whichever technique you're doing the race) easy	1	Taper
Friday	17-Feb	Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down	1	Speed/Quickness
Saturday	18-Feb	Ski, either technique, easy	1	Aerobic Fitness
Sunday	19-Feb	Ski, either technique, easy	1.5	Aerobic Fitness
Weekly Total			6.25	
		Workout	Duration (hrs.)	Focus
Week 4		Week Focus: Taper		
Monday	20-Feb	OFF	0	Recovery
Tuesday	21-Feb	Jog, easy	0.5	Taper
Wednesday	22-Feb	Ski (whichever technique you're doing the race) easy	1	Taper
Thursday	23-Feb	OFF	0	Taper
Friday	24-Feb	Jog, easy	0.5	Taper
Saturday	25-Feb	AMERICAN BIRKEBEINER 2016! GOOD LUCK AND HAVE FUN!	3.5	
Sunday	26-Feb	OFF (you deserve it...)	0	Recovery
Weekly Total			5.5	

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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)