

JANUARY		Focus Week: 1/9 - 1/15		
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Recovery		
Monday	2-Jan	OFF	0	Recovery
Tuesday	3-Jan	Ski, easy	1	Aerobic Fitness
Wednesday	4-Jan	Ski, easy	1.25	Aerobic Fitness
Thursday	5-Jan	Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down	1	Speed
Friday	6-Jan	OFF	0	Recovery
Saturday	7-Jan	Ski, easy	1.5	Aerobic Fitness
Sunday	8-Jan	Ski, easy	1	Aerobic Fitness
Weekly Total			5.75	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Weekend Race		
Monday	9-Jan	OFF	0	Recovery
Tuesday	10-Jan		1	Aerobic Fitness
Wednesday	11-Jan	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	12-Jan	Ski, easy	1	Aerobic Fitness
Friday	13-Jan	Jog, easy, 30-45 minutes	0.75	Recovery
Saturday	14-Jan	RACE, or race-style workout (similar to 12/31 if no actual races this weekend, but go longer, i.e. 15-20km instead of 10-15)	1.75	Race Fitness
Sunday	15-Jan	Ski, very easy	1	Recovery
Weekly Total			6.75	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Aerobic Volume		
Monday	16-Jan	OFF	0	Recovery
Tuesday	17-Jan	Ski, easy with 3x8 minutes no pole skiing (skate or classic)	1.5	Aerobic Fitness
Wednesday	18-Jan	Ski, easy	1.5	Aerobic Fitness
Thursday	19-Jan	OFF	0	Recovery
Friday	20-Jan	Classic Ski, easy, double pole only on relatively hilly terrain (specific strength building)	1	Aerobic Fitness/Specific Strength
Saturday	21-Jan	Ski, easy	2	Aerobic Fitness
Sunday	22-Jan	Ski, long and easy	2	Aerobic Fitness
Weekly Total			8	
		Workout	Duration (hrs.)	Focus
Week 4		Week Focus: Recovery		
Monday	23-Jan	OFF	0	Recovery
Tuesday	24-Jan	Ski, easy	1	Aerobic Fitness
Wednesday	25-Jan	Ski, easy + Bodyweight strength	1.25	Aerobic Fitness/Strength
Thursday	26-Jan	OFF	0	Recovery
Friday	27-Jan	Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down	1	Speed
Saturday	28-Jan	Ski, easy	1.5	Aerobic Fitness
Sunday	29-Jan	Ski, easy	1	Aerobic Fitness
Weekly Total			5.75	

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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)

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