

JULY		Focus Week: 7/11-7/17		
		Workout	Duration (hrs.)	Focus
Week 1	Week Focus: Easy Recovery Week			
Monday	27-Jun	OFF		
Tuesday	28-Jun	Easy jog 45 min. + Bodyweight Strength - 3x (10 push-ups, 20 crunches, 45 seconds plank, 15 squats, 30 seconds each side side plank)	1.25	Basic Strength building
Wednesday	29-Jun	Skate Rollerski, including 2 x 10 minutes without poles, focused on good weight transfer	1	Skate Technique
Thursday	30-Jun	Easy Bike Ride (road or mountain)	1.5	Basic Aerobic Activity
Friday	1-Jul	Easy Run/Hike on trails if possible	1	Aerobic fitness (bring water)
Saturday	2-Jul	Classic Rollerski, double pole focus, 2x10 minutes double poling only on relatively flat terrain	1.5	Double Pole Strength
Sunday	3-Jul	Aerobic Choice (easy aerobic activity, i.e. run/bike/rollerski)	1.5	Aerobic fitness
Weekly Total			7.75	
		Workout	Duration (hrs.)	Focus
Week 2	Week Focus: Continue Aerobic Base Building			
Monday	4-Jul	OFF - Happy 4th!		
Tuesday	5-Jul	Skate Rollerski, 30 minutes easy, 15 minutes Birkie race pace, 30 minutes easy	1.25	Anaerobic Threshold development
Wednesday	6-Jul	Run/Hike with ski poles, ski walking/ski imitation up all hills	1.5	Technique/aerobic fitness
Thursday	7-Jul	Classic Rollerski easy, 3x8 minutes double pole only	1	Specific Strength/aerobic fitness
Friday	8-Jul	Easy run 45 minutes + Bodyweight Strength workout from 6/30	1.25	Aerobic Fitness/Strength Building
Saturday	9-Jul	Run Hike easy with Ski poles, ski walking/imitation up hills	2	Aerobic Fitness/Technique
Sunday	10-Jul	Skate Rollerski, 1.25 hours easy, followed by classic rollerski, 1.25 hours easy. Bring water/food	2.5	Aerobic Fitness
Weekly Total			9.5	
		Workout	Duration (hrs.)	Focus
Week 3	Week Focus: Anaerobic Threshold Development			
Monday	11-Jul	OFF		
Tuesday	12-Jul	Classic Rollerski, 20 minute warm up, 7x5 minutes at Birkie race pace, full recovery between intervals, 20 minute cool down. Try to find rolling terrain	1.5	Anaerobic Threshold Development
Wednesday	13-Jul	Easy run 45 minutes + Bodyweight Strength workout from 6/30	1.25	Aerobic Fitness/Strength Building
Thursday	14-Jul	Skate Rollerski, 20 minute warm up, 6x (4 minutes Birkie race pace immediately followed by 1 minute at 5k race pace), full recovery between intervals, 20 minute cool down.	1.5	Anaerobic Threshold Development
Friday	15-Jul	Classic Rollerski, double pole focus, 4x10 minutes double poling only on relatively flat terrain	1.5	Strength/Technique
Saturday	16-Jul	Easy Run/Hike 1.5 hours followed by bodyweight strength routine	1.75	Aerobic Fitness/Strength Building
Sunday	17-Jul	Easy Bike Ride (road or mountain)	2	Aerobic fitness
Weekly Total			9.5	
		Workout	Duration (hrs.)	Focus
Week 4	Week Focus: Anaerobic Threshold Development			
Monday	18-Jul	OFF		
Tuesday	19-Jul	Choice interval workout (run or rollerski): 6x5 minutes at Birkie race pace w/20 minute warm up and 15 minute cool down.	1.5	Anaerobic Threshold development
Wednesday	20-Jul	Easy Bike Ride (road or mountain)	2	Aerobic fitness
Thursday	21-Jul	Opposite of Tuesday (run instead of rollerski, or vice versa), 8x4 minutes Birkie race pace w/20 minute warm up and 15 minute cool down	1.5	Anaerobic Threshold development
Friday	22-Jul	Easy run 30 minutes + Bodyweight Strength Routine + 3 x Plyo Routine (10 frog jumps, 10 single leg hops on each leg, 10 skate hops each direction)	1.25	Power/Explosiveness
Saturday	23-Jul	Choice aerobic base building workout 2 hours	2	Aerobic fitness
Sunday	24-Jul	OFF (begin recovery week)		
Weekly Total			8.25	
		Workout	Duration (hrs.)	Focus
Week 5	Week Focus: Recovery			
Monday	25-Jul	OFF (second day off to fully recovery from hard couple of weeks)		
Tuesday	26-Jul	Skate rollerski 1 hour w/10x15 second sprints at the end	1.25	Recovery/Quickness
Wednesday	27-Jul	Easy Run/Hike w/ski poles, up to 15 seconds fast bounding up EVERY OTHER hill (if hill takes longer than 15 seconds, stop after 15 seconds of hard bounding)	1	Recovery/Quickness
Thursday	28-Jul	Classic Rollerski Double Pole only	0.75	Recovery/Strength
Friday	29-Jul	Skate Rollerski, 2x8 minutes no pole skiing	1	Recovery/Technique
Saturday	30-Jul	Run/Hike easy	1.5	Aerobic fitness
Sunday	31-Jul	Easy Bike Ride (road or mountain)	1.5	Aerobic fitness
Weekly Total			7	

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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)