

JUNE		Focus Week: 5/30 - 6/5		
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Anaerobic Threshold		
Monday	30-May	OFF	0	
Tuesday	31-May	Skate Rollerski; 15 minute warm up, 6x4 minutes Birkie Race pace with full recovery in between intervals (approx. 3 minutes), 15 minute cool down	1.5	Anaerobic Threshold
Wednesday	1-Jun	Run/Hike Easy	1.5	Basic Aerobic Training
Thursday	2-Jun	Rollerski (skate or classic); 15 minute warm up, 7x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Friday	3-Jun	Bike, easy + Bodyweight Strength	1.5	Basic Aerobic Training + Strength
Saturday	4-Jun	Run/Hike w/ski poles on hilly terrain, easy, using poles with good ski walking technique up hills	1.5	Basic Aerobic Training
Sunday	5-Jun	Rollerski (Skate or classic) easy, bring water and food	2	Basic Aerobic Training
Weekly Total			9.5	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Recovery		
Monday	6-Jun	OFF	0	
Tuesday	7-Jun	Easy jog 45 minutes + Abbreviated (2 sets instead of 3) Bodyweight Strength	1	Recovery
Wednesday	8-Jun	Bike, easy	1	Recovery
Thursday	9-Jun	Classic Rollerskiing 1 hour, 30 minutes double pole only	1	Recovery
Friday	10-Jun	OFF	0	
Saturday	11-Jun	Bike, easy	2	Basic Aerobic Training
Sunday	12-Jun	Rollerski (skate or classic); 15 minute warm up, 7x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Weekly Total			6.5	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Aerobic Volume/Strength		
Monday	13-Jun	OFF	0	
Tuesday	14-Jun	Run/Hike, easy with ski poles on hilly trails. Use ski poles on uphill with good ski walking technique	2	Basic Aerobic Training
Wednesday	15-Jun	Rollerski (skate or classic); 15 minute warm up, 8x5 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Thursday	16-Jun	Rollerski, Classic 30 minutes skiing, 1 hour double pole only, 30 minutes easy skiing	2	Specific Aerobic Training + Strength
Friday	17-Jun	Run, easy + bodyweight strength	1.25	Basic Aerobic Training
Saturday	18-Jun	Skate Rollerski, long and slow with 3x15 minutes no pole skiing	2	Specific Aerobic Training + Strength
Sunday	19-Jun	Bike, easy	2.5	Basic Aerobic Training
Weekly Total			11.25	
		Workout	Duration (hrs.)	Focus
Week 4		Week Focus: Anaerobic Threshold Development		
Monday	20-Jun	OFF	0	
Tuesday	21-Jun	Rollerski (skate or classic); 15 minute warm up, 8x5 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Wednesday	22-Jun	Easy Run	1	Basic Aerobic Training
Thursday	23-Jun	Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down	1.5	Anaerobic Development
Friday	24-Jun	Skate Rollerski, long and slow with 3x15 minutes no pole skiing	1.5	Specific Aerobic Training + Strength
Saturday	25-Jun	Bike, easy; Bring food and water!	3	Basic Aerobic Training
Sunday	26-Jun	Classic Rollerskiing, 20 minute warm up, 7x4 minutes Birkie Race Pace, 20 minute cool down	1.5	Anaerobic Threshold
Weekly Total			10	

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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)