JUNE	UNE Focus Week: 5/30 - 6/5				
		Workout	Duration (hrs.)	Focus	
Week 1		Week Focus: Anaerobic Threshold			
	30-May		0		
Monday	30-iviay	Skate Rollerski; 15 minute warm up, 6x4 minutes Birkie Race pace	0		
		with full recovery in between intervals (approx. 3 minutes), 15			
Tuesday	31-May	minute cool down	1 5	Anaerobic Threshold	
Wednesday		Run/Hike Easy		Basic Aerobic Training	
vvcunesday	1 3411	Hully Fine Eddy	1.5	Busic Acrobic Huming	
		Rollerski (skate or classic); 15 minute warm up, 7x4 minutes Birkie			
Thursday	2-Jun	Race Pace with rull recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold	
Friday		Bike, easy + Bodyweight Strength		Basic Aerobic Training + Strength	
		Run/Hike w/ski poles on hilly terrain, easy, using poles with good ski			
Saturday	4-Jun	walking technique up hills	1.5	Basic Aerobic Training	
Sunday		Rollerski (Skate or classic) easy, bring water and food		Basic Aerobic Training	
Weekly Total		, , ,	9.5	-	
		Workout	Duration (hrs.)	Focus	
Week 2		Week Focus: Recovery	()		
Monday	6-Jun	·	0		
Wioriday	0-3011	Easy jog 45 minutes + Abbreviated (2 sets instead of 3)Bodyweight	0		
Tuesday	7-lun	Strength	1	Recovery	
Wednesday		Bike, easy		Recovery	
Thursday		Classic Rollerskiing 1 hour, 30 minutes double pole only		Recovery	
Friday	10-Jun		0	'	
Saturday		Bike, easy		Basic Aerobic Training	
Saturday	11 3411	Direct cusy		Busic Acrobic Truming	
		Rollerski (skate or classic); 15 minute warm up, 7x4 minutes Birkie			
Sunday	12-lun	Race Pace with rull recovery between intervals, 15 minute cool down	1 5	Anaerobic Threshold	
Weekly Total	12 34	nade i dee with run recovery between miterials, 15 minute econ down	6.5		
1100					
		Workout			
Week 3		Workout Week Focus: Aerobic Volume/Strength	Duration (hrs.)		
Week 3	13-lun	Week Focus: Aerobic Volume/Strength	Duration (hrs.)	Focus	
Week 3 Monday	13-Jun	Week Focus: Aerobic Volume/Strength OFF		Focus	
Monday		Week Focus: Aerobic Volume/Strength OFF Run/Hike, easy with ski poles on hilly trails. Use ski poles on uphills	Duration (hrs.)	Focus	
		Week Focus: Aerobic Volume/Strength OFF	Duration (hrs.)	Focus	
Monday		Week Focus: Aerobic Volume/Strength OFF Run/Hike, easy with ski poles on hilly trails. Use ski poles on uphills with good ski walking technique	Duration (hrs.)	Focus	
Monday Tuesday	14-Jun	Week Focus: Aerobic Volume/Strength OFF Run/Hike, easy with ski poles on hilly trails. Use ski poles on uphills with good ski walking technique Rollerski (skate or classic); 15 minute warm up, 8x5 minutes Birkie	Duration (hrs.) 0 2	Focus Basic Aerobic Training	
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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)