

MAY		Focus Week: 5/16 - 5/22	
		Workout	Duration (hrs.) Focus
Week 1		Week Focus: Get Back into Training!	
Monday	2-May	OFF	0 Typical Off Day
Tuesday	3-May	Aerobic choice (bike/rollerski/run)	0.75 Basic Training/Fitness
Wednesday	4-May	Easy Run/Hike, preferably on trails	1 Basic Aerobic Fitness
Thursday	5-May	Easy Skate Rollerski + Bodyweight Strength Routine (below)	1 Specific Aerobic Fitness
Friday	6-May	Bike, easy	1 Basic Aerobic Fitness
Saturday	7-May	Easy rollerski (skate or classic)	1 Specific Aerobic Fitness
Sunday	8-May	Run/Hike + Bodyweight Strength	1 Basic aerobic fitness + Strength
Weekly Total			5.75
		Workout	Duration (hrs.) Focus
Week 2		Week Focus: Aerobic Base Building	
Monday	9-May	OFF	0
Tuesday	10-May	Easy Run/Hike	1 Basic Aerobic Fitness
Wednesday	11-May	Rollerski, Easy with 4x3 minutes at birkie race pace at random times throughout the workout	1.25 Specific Aerobic Fitness + Threshold
Thursday	12-May	Bike, easy + Bodyweight Strength	1.5 Basic Aerobic Fitness
Friday	13-May	Classic Rollerski, double pole only for 45 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25 Basic aerobic fitness + Strength
Saturday	14-May	Run/Hike, preferably on trails	1.5 Basic Aerobic Fitness
Sunday	15-May	Rollerski (skate or classic)	1.5 Specific Aerobic Fitness
Weekly Total			8
		Workout	Duration (hrs.) Focus
Week 3		Week Focus: Continue Aerobic Base Development + Strength	
Monday	16-May	OFF	0
Tuesday	17-May	Rollerski (skate or classic), mostly easy with 4x3 minutes Birkie Race Pace at random intervals throughout the workout	1.5 Specific Aerobic Fitness + Threshold
Wednesday	18-May	Run/Hike + Bodyweight Strength	1.25 Basic aerobic fitness + Strength
Thursday	19-May	Skate Rollerski including 3x7 minutes no pole skiing. Bodyweight strength at the end.	1.5 Specific Aerobic Fitness
Friday	20-May	Bike, easy	2 Basic Aerobic Fitness
Saturday	21-May	Classic Rollerski, flat terrain, majority (at least 75%) double pole	1.5 Specific Aerobic Fitness + Strength
Sunday	22-May	Run/Hike, preferably on trails	2 Basic Aerobic Fitness
Weekly Total			9.75
		Workout	Duration (hrs.) Focus
Week 4		Week Focus: Aerobic Fitness + Strength	
Monday	23-May	OFF	0
Tuesday	24-May	Bodyweight Strength + Run/Hike + Bodyweight Strength (strength, then run 1 hour, then strength again)	1.5 Basic Aerobic Fitness + Strength
Wednesday	25-May	Rollerski (skate or classic), 20 minute warm up, 6x4 minutes Birkie Race Pace with full recovery in between each interval, 15 minute cool down	1.25 Anaerobic Threshold
Thursday	26-May	Bike, easy + Bodyweight Strength	2 Basic aerobic fitness + Strength
Friday	27-May	Classic Rollerski, double pole only for 45 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25 Specific Aerobic Fitness + Strength
Saturday	28-May	Run/Hike long and easy; bring water and food with you	2 Basic Aerobic Fitness
Sunday	29-May	Skate Rollerski, easy with food and water	2 Specific Aerobic Fitness
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)