

NOVEMBER Focus Week: 11/21 - 11/27

		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Aerobic Volume/Strength		
Monday	31-Oct	OFF	0	Recovery
Tuesday	1-Nov	Run/Hike w/ski poles, ski walking up all hills, keep heart rate low while ski walking. Focus on good technique more than pace (some good videos on Youtube demonstrating good ski walking technique)	1.5	Aerobic Fitness/Technique
Wednesday	2-Nov	Bike Ride easy - mildly hard (level 1-2); Level 2 is harder than you would go if you were going easy, but not quite as hard as if you were doing a long race.	2	Aerobic Fitness
Thursday	3-Nov	Skate Rollerski, 4x10 minutes no pole skiing	1.5	Aerobic Fitness
Friday	4-Nov	Classic Rollerski, 4x5 minutes single stick, 4x5 minutes double pole only	1.5	Aerobic Fitness/Strength
Saturday	5-Nov	Skate Rollerski 1 hour, Classic Rollerski 1 hour	2	Aerobic Fitness
Sunday	6-Nov	Run/Hike with ski poles	1.5	Aerobic Fitness
Weekly Total			10	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Recovery		
Monday	7-Nov	OFF	0	Recovery
Tuesday	8-Nov	Choice Aerobic Workout (run/bike/ski)	1	Recovery
Wednesday	9-Nov	Run, 45 minutes easy + Bodyweight Strength Workout (Listed Below)	1	Aerobic Fitness/Strength
Thursday	10-Nov	OFF		
Friday	11-Nov	Skate Rollerski, easy	1	Aerobic Fitness
Saturday	12-Nov	Classic Rollerski, 45 minutes double pole only, 10x10 second sprints at end	1	Aerobic Fitness/Strength
Sunday	13-Nov	Choice Aerobic Workout (run/bike/ski)	1.5	Aerobic Fitness
Weekly Total			5.5	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Intensity		
Monday	14-Nov	OFF	0	Recovery
Tuesday	15-Nov	Classic Rollerski or Ski, 20 minute warm up; 4x12 minutes Birkie Race Pace on rolling terrain, 20 minute cool down	1.75	Anaerobic Threshold
Wednesday	16-Nov	Skate Rollerski or Ski, 4x7 minutes no pole skiing	1.5	Aerobic Fitness
Thursday	17-Nov	Skate Rollerski or Ski, 20 minute warm up; 5 x (8 minutes Birkie Race Pace + 2 minutes 5k race pace); 15 minute cool down	1.75	Anaerobic Threshold
Friday	18-Nov	Run, 45 minutes easy + Bodyweight Strength Workout (Listed Below)	1	Aerobic Fitness + Strength
Saturday	19-Nov	Classic Rollerski or Ski easy, hilly terrain, focus on powerful kick while striding	1.5	Aerobic Fitness
Sunday	20-Nov	Skate Rollerski or Ski easy, hilly terrain, 20 minute warm up; 4x10 minutes Birkie Race Pace; 15 minute cool down	1.5	Anaerobic Threshold
Weekly Total			9	
		Workout	Duration (hrs.)	Focus
Week 4		Week Focus: Big Volume (Holiday Week)		
Monday	21-Nov	OFF	0	Recovery
Tuesday	22-Nov	AM: Classic ski easy, 2 hours. PM: Skate Ski easy, 1.5 hours	3.5	Aerobic Fitness
Wednesday	23-Nov	AM: Skate Ski easy, 3x10 minutes no pole skiing, 1.5 hours total. PM: Classic ski easy, 1 hour	2.5	Aerobic Fitness
Thursday	24-Nov	AM: Skate Ski, easy, 2 hours. PM: OFF Happy Thanksgiving!	2	Aerobic Fitness
Friday	25-Nov	AM: Classic ski easy, 2.5 hours. PM: 45 minute jog	3.25	Aerobic Fitness
Saturday	26-Nov	AM: Classic ski, easy, 3 hours	3	Aerobic Fitness
Sunday	27-Nov	OFF	0	Recovery
Weekly Total			14.25	

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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)