

OCTOBER Focus Week: 10/17 - 10/23				
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Aerobic Volume		
Monday	3-Oct	OFF	0	Recovery
Tuesday	4-Oct	Easy Run/Bike	1.5	Aerobic Fitness
Wednesday	5-Oct	Skate Rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles.	1.25	Aerobic Fitness/Technique
Thursday	6-Oct	Easy Trail Run/Pole Hike	1.5	Aerobic Fitness
Friday	7-Oct	Classic Rollerski, 20 minute warm up; 6x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down	1	Speed/Strength
Saturday	8-Oct	Easy Bike Ride	2.5	Aerobic Fitness
Sunday	9-Oct	Skate rollerski 1.5 hours, Classic 1.5 hours	3	Aerobic Fitness
Weekly Total			10.75	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Recovery		
Monday	10-Oct	OFF	0	Recovery
Tuesday	11-Oct	Choice Aerobic workout (ski/bike/run)	1	Recovery
Wednesday	12-Oct	Short distance rollerski (classic or skate) w/up to 5x2 minute Birkie race pace	1	Recovery
Thursday	13-Oct	OFF	0	Recovery
Friday	14-Oct	Easy Hike/Run with ski walking/pole hiking on uphills	1	Recovery
Saturday	15-Oct	Bike Ride easy	1.5	Recovery
Sunday	16-Oct	Skate Rollerski, 8x20 second accelerations at the end of the ski	1.25	Aerobic Fitness
Weekly Total			5.75	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: High Intensity/Speed		
Monday	17-Oct	OFF	0	Recovery
Tuesday	18-Oct	Skate Rollerski, Speed day; 15 minute warm up; 10 x 30 seconds sprint on flat or gradual downhill (get moving FAST); 8 x sprint starts (start from a stop, get going to top speed, stay at speed for 5 seconds); 6 times uphill jump-skate/fast v1 (ski into the hill, sprint up the hill for at least 10 seconds); 10 minute cool down	1.5	Speed
Wednesday	19-Oct	Classic Rollerski, specific strength workout (do on an uphill); 15 minute warm up; 5x1 minute single stick w/1 minute recovery between each; 5 minute break; 5x1 minute double pole (powerful double pole) w/1 minute recovery in between; 5 minute break; 5x1 minute core initiation (lock and load) w/1 minute rest in between; 15 minute cool down	1.5	Strength/Power
Thursday	20-Oct	Trail run w/poles; 15 minute warm up; find a ~3km loop with hills, run the loop for 45 minutes, bounding every hill and jogging in between uphills; 15 minute cool down	1.25	Anaerobic Fitness
Friday	21-Oct	Bike Ride easy	1.5	Aerobic Fitness/Recovery
Saturday	22-Oct	Skate Rollerski, 15 minute warm up; 3x(10 minutes Birkie Race Pace + 2 Minutes 5k race pace) w/full recovery between intervals; 10 minute cool down	1.5	Anaerobic Threshold
Sunday	23-Oct	Classic Rollerski easy w/10x15 second sprints and random times throughout the workout	1.5	Aerobic Fitness/Speed
Weekly Total			8.75	
		Workout	Duration (hrs.)	Focus
Week 4		Week Focus: High Intensity/Speed		
Monday	24-Oct	OFF	0	Recovery
Tuesday	25-Oct	Classic Rollerski, Speed Workout; Same as skate workout from 10/20/15 (switch v1/hop-skate to striding)	1.5	Speed
Wednesday	26-Oct	Skate Rollerski, 15 minute warm up; 3x(10 minutes Birkie Race Pace + 2 Minutes 5k race pace) w/full recovery between intervals; 10 minute cool down	1.5	Anaerobic Fitness
Thursday	27-Oct	Choice Aerobic workout (ski/bike/run)	1.5	Aerobic Fitness
Friday	28-Oct	Classic Rollerski, 20 minutes easy skiing, 10 x 1 minute FAST double pole on flat terrain, 20 minutes easy skiing	1.5	Speed/Power
Saturday	29-Oct	Run/Hike w/ski poles	2	Aerobic Fitness
Sunday	30-Oct	Skate Rollerski easy w/10x15 seconds sprinting at the end	1.5	Aerobic Fitness
Weekly Total			9.5	

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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)