

<b>AUGUST</b>		Focus Week: 8/21-8/27			
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>	
<b>Week 10</b>		<b>Week Focus: Recovery</b>			
Monday	31-Jul	OFF			
Tuesday	1-Aug	Choice of aerobic exercise (bike, run, ski)		1	Aerobic Fitness
Wednesday	2-Aug	Classic Specific Strength Workout (5x1 minute double pole up hill, 1 minute rest in between each; 5 minute break; 1 minute single stick up hill, 1 minute rest between each; 5 minute break; 1 minute double pole up hill, 1 minute rest between each) 15 minute warm up, 10 minute cool down		1.5	Specific Strength
Thursday	3-Aug	Choice of aerobic exercise (bike, run, ski)		1	Aerobic Fitness
Friday	4-Aug	Run/Hike easy w/ 10 x 20 second accelerations after		1	Aerobic Fitness
Saturday	5-Aug	Easy Bike + body weight strength (below)		1.5	Aerobic Fitness
Sunday	6-Aug	Choice of aerobic exercise (bike, run, ski)		1	Aerobic Fitness
<b>Weekly Total</b>				<b>7</b>	
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>	
<b>Week 11</b>		<b>Week Focus: Intensity</b>			
Monday	7-Aug	OFF			
Tuesday	8-Aug	Classic Rollerski intervals, 20 minute warm up 7x6 minute Birkie Race pace intervals, half recovery between intervals, 15 minute cool down		1.5	Anaerobic Fitness
Wednesday	9-Aug	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end		1	Strength, Speed
Thursday	10-Aug	Skate rollerskiing intervals, 20 minute warm up, 7x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down		1.5	Anaerobic fitness
Friday	11-Aug	Easy Run + Bodyweight Strength (below)		1.25	Aerobic Fitness, Strength
Saturday	12-Aug	Skate Rollerski easy 1 hour, Classic Rollerski easy 1 hour		2	Aerobic Fitness, Technique
Sunday	13-Aug	Easy Biking w/10x15 second sprints throughout workout		2	Aerobic Fitness
<b>Weekly Total</b>				<b>9.25</b>	
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>	
<b>Week 12</b>		<b>Week Focus: Aerobic Volume/Strength</b>			
Monday	14-Aug	OFF			
Tuesday	15-Aug	Skate Rollerski easy, heavy focus on V1 technique		1.5	Aerobic Fitness
Wednesday	16-Aug	Run/Hike w/ski poles, easy		1.5	Aerobic Fitness
Thursday	17-Aug	Classic Specific Strength Workout (5x1 minute double pole up hill, 1 minute rest in between each; 5 minute break; 1 minute single stick up hill, 1 minute rest between each; 5 minute break; 1 minute double pole up hill, 1 minute rest between each) 15 minute warm up, 10 minute cool down		1.5	Specific Strength
Friday	18-Aug	Run/Hike w/ski poles, easy		1.75	Aerobic Fitness
Saturday	19-Aug	Skate Rollerski, focus on riding a flat ski, esp. during V2		2	Aerobic Fitness, Technique
Sunday	20-Aug	Classic Rollerski, mostly double pole, but will be long, so mix in some striding and kick-double pole also		2.5	Aerobic Fitness, Strength
<b>Weekly Total</b>				<b>10.75</b>	

		Workout	Duration (hrs.)	Focus
<b>Week 13</b>		<b>Week Focus: Aerobic Volume</b>		
Monday	21-Aug	OFF		
Tuesday	22-Aug	Classic Rollerski long and easy w/4x15 minutes double pole and 3x5 minutes single stick		2 Aerobic Fitness/Specific Strength
Wednesday	23-Aug	Run/Bike easy		2 Aerobic Fitness
Thursday	24-Aug	Skate Rollerski 20 minute warm up, 2x7 minutes birkie race pace (3 minutes rest between sets), ski easy 5 minutes, 3x2 minutes 5k race pace (1.5 minutes rest between sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute rest between sprints) 20 minute cool down		2 Aerobic Fitness, Speed
Friday	25-Aug	Choice Aerobic Workout		2 Aerobic Fitness
Saturday	26-Aug	Birkie Technique (skate or classic) rollerski, bring water and energy bar		3 Aerobic Fitness
Sunday	27-Aug	Easy Jog 30 minutes + Bodyweight Strength		1 Recovery/Strength
<b>Weekly Total</b>			<b>12</b>	

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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)

Total time approximately 15-20 minutes

- 1 25 pushups (do from knees if necessary to maintain good technique)
- 2 25 squats (keep knees behind toes, go down to 90 degrees)
- 3 1.5 minute planks
- 4 15 vertical jumps
- 5 1.5 minute bicycle (core exercise)