

DECEMBER		Focus Week: 12/25-12/31		
		Workout	Duration (hrs.)	Focus
Week 27		Week Focus: Intensity/Speed		
Monday	27-Nov	OFF	0	Recovery
Tuesday	28-Nov	Skate ski, 15 minute warm up, 5x(4-5 minute 5k+ race pace. Preferably find a friend or a couple friends to do this with, and race each other on a short loop that takes about 4-5 minutes); 15 minute cool down	1.25	Anaerobic Fitness/Speed
Wednesday	29-Nov	Classic Ski, Double Pole only	1	Aerobic Fitness/Strength
Thursday	30-Nov	Classic Ski, 15 minute warm up, 6x2 minute sprint pace (again, would be good to get a couple of friends and race each other on an even shorter loop that takes ~3 minutes)	1.25	Anaerobic Fitness/Speed
Friday	1-Dec	Easy Jog 45 minutes + Bodyweight strength (below)	1.25	Aerobic Fitness + Strength
Saturday	2-Dec	Skate Ski easy on flat terrain, focused on long glide on each ski during V2	1.5	Aerobic Fitness
Sunday	3-Dec	Classic Rollerski easy on hilly terrain, focus on driving the knee forward while striding	1.5	Aerobic Fitness
Weekly Total			7.75	
		Workout	Duration (hrs.)	Focus
Week 28		Week Focus: Recovery		
Monday	4-Dec	OFF	0	Recovery
Tuesday	5-Dec	Ski, easy	1	Recovery
Wednesday	6-Dec	Ski, easy w/8x15 second sprints at the end	1	Aerobic Fitness
Thursday	7-Dec	Ski, 15 minute warm up, 5x3 minutes 5k+ race pace, 15 minute cool down	1	Speed, Anaerobic Fitness
Friday	8-Dec	OFF		
Saturday	9-Dec	Ski, easy	1.5	Aerobic Fitness
Sunday	10-Dec	Ski, easy + bodyweight strength routine (below)	1.25	Aerobic Fitness + Strength
Weekly Total			5.75	
		Workout	Duration (hrs.)	Focus
Week 29		Week Focus: Intensity/Race		
Monday	11-Dec	OFF	0	Recovery
Tuesday	12-Dec	Ski, 15 minute warm up; 3x10 minutes Birkie Race Pace with full recovery in between; 15 minute cool down	1.25	Anaerobic Threshold
Wednesday	13-Dec	Ski, easy + bodyweight strength routine (below)	1.25	Aerobic Fitness
Thursday	14-Dec	Ski, 15 minute warm up, 5x3 minutes 5k+ race pace, 15 minute cool down	1	Anaerobic Fitness
Friday	15-Dec	Ski, easy	1.5	Aerobic Fitness
Saturday	16-Dec	Ski, easy with 5x15 second sprints at end of workout	1.5	Aerobic Fitness
Sunday	17-Dec	Birkie Technique Time Trial; find a good 10k - 15k course, do a the warm up you would normally do for a race, do the 10-15k course at race pace, good cool down. Good idea to have a couple of friends come with you and race with each other	2	Race effort
Weekly Total			8.5	
		Workout	Duration (hrs.)	Focus
Week 30		Week Focus: Intensity/Speed		
Monday	18-Dec	OFF	0	Recovery
Tuesday	19-Dec	Ski, easy	1	Aerobic Fitness
Wednesday	20-Dec	Ski, 20 minute warm up; 5x3 minutes FAST skiing with full recovery in between each one; 20 minute cool down	1.25	Anaerobic Fitness/Speed

Thursday	21-Dec	Ski, easy	1	Aerobic Fitness
Friday	22-Dec	Jog, easy, 30-45 minutes	0.75	Recovery
Saturday	23-Dec	RACE, or race-style workout (similar to last Sunday but 5km instead)	1.5	Race Fitness
Sunday	24-Dec	Ski, very easy	1	Recovery
Weekly Total			6.5	
		Workout	Duration (hrs.)	Focus
Week 31		Week Focus: Volume Block (Christmas)		
Monday	25-Dec	OFF; Merry Christmas!	0	Recovery
Tuesday	26-Dec	AM: Skate ski, 2 hours w/3x10 minutes no pole skiing; PM: Classic Ski, 1 hour on rolling hills to focus on powerful kick and long glide	3	Aerobic Fitness
Wednesday	27-Dec	AM: Classic Ski, 1.5 hours w/ 45 minutes of Double Pole Only; PM: 45 minute jog	2.25	Aerobic Fitness
Thursday	28-Dec	AM: Skate Ski, 2 hours on flatter terrain with a focus on very long glide during V2 and V2 alternate; PM: Classic Ski, easy, 1 hour	3	Aerobic Fitness
Friday	29-Dec	AM: Skate Ski, 2 hours easy; PM: Classic Ski, 1.5 hours easy	3.5	Aerobic Fitness
Saturday	30-Dec	Skate ski; 20 minute warm up; 10x45 second sprint pace, full recovery between sprints; long cool down	1.5	Aerobic Fitness
Sunday	31-Dec	OFF. New Year's Eve!	0	Holiday
Weekly Total			13.25	

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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)

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)