

FEBRUARY		Focus Week: 2/19-2/25		
		Workout	Duration (hrs.)	Focus
Week 36		Week Focus: Taper/Race		
Monday	29-Jan	OFF	0	
Tuesday	30-Jan	Ski, easy	0.75	Aerobic Fitness
Wednesday	31-Jan	Ski, easy	1	
Thursday	1-Feb	OFF	0	
Friday	2-Feb	Ski, easy	0.75	Get ready to race
Saturday	3-Feb	Long Race (30-35km); Good warm up and cool down before and after. Lots of recovery food also.	2	
Sunday	4-Feb	Ski, easy distance	1	
Weekly Total			5.5	
		Workout	Duration (hrs.)	Focus
Week 37		Week Focus: Taper/Recover		
Monday	5-Feb	OFF	0	Recovery
Tuesday	6-Feb	Ski (Birkie Technique) easy	0.75	Taper
Wednesday	7-Feb	Ski, (Birkie Technique); easy with 10x20 second accelerations at the end of the ski	1	Taper/Quickness
Thursday	8-Feb	OFF	0	Recovery
Friday	9-Feb	Ski (Birkie Technique); 20 minute warm up, 5x3 minutes 5k race pace, 20 minute cool down	1	Quickness
Saturday	10-Feb	Ski (Birkie Technique) easy	1	Taper
Sunday	11-Feb	Ski (Birkie Technique) easy	1	Taper
Weekly Total			4.75	
		Workout	Duration (hrs.)	Focus
Week 38		Week Focus: Taper		
Monday	12-Feb	OFF	0	Recovery
Tuesday	13-Feb	Jog, easy	0.5	Taper
Wednesday	14-Feb	Ski (whichever technique you're doing the race) easy	1	Taper
Thursday	15-Feb	Ski (whichever technique you're doing the race) easy	0.75	Taper
Friday	16-Feb	Ski, Birkie Technique, 20 minute warm up, 2x3 minutes Birkie Pace, 6x45 seconds 5k pace, 20 minute cool down	1	Speed/Quickness
Saturday	17-Feb	Ski, either technique, easy	0.75	Aerobic Fitness
Sunday	18-Feb	Ski, either technique, easy	1.25	Aerobic Fitness
Weekly Total			5.25	
		Workout	Duration (hrs.)	Focus
Week 39		Week Focus: Taper		
Monday	19-Feb	OFF	0	Recovery
Tuesday	20-Feb	Jog, easy	0.5	Taper
Wednesday	21-Feb	Ski (whichever technique you're doing the race) easy	0.75	Taper
Thursday	22-Feb	Ski (whichever technique you're doing the race) easy	0.75	Taper
Friday	23-Feb	Jog, easy	0.5	Taper
Saturday	24-Feb	AMERICAN BIRKEBEINER 2018! GOOD LUCK AND HAVE FUN!	3.5	

Sunday	25-Feb	OFF (you deserve it...)	0	Recovery
Weekly Total			6	
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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 20 pushups (do from knees if necessary to maintain good technique)		
		2 15 squats (keep knees behind toes, go down to 90 degrees)		
		3 1 minute planks		
		4 10 vertical jumps		
		5 1 minute bicycle (core exercise)		