

JANUARY		Focus Week: 1/8-1/14		
		Workout	Duration (hrs.)	Focus
Week 32		Week Focus: Recovery		
Monday	1-Jan	OFF; Happy New Year!	0	Recovery
Tuesday	2-Jan	Ski, easy or easy jog for 45 minutes	1	Aerobic Fitness
Wednesday	3-Jan	Ski, easy	1.25	Aerobic Fitness
Thursday	4-Jan	Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down	1	Speed
Friday	5-Jan	OFF	0	Recovery
Saturday	6-Jan	Ski, easy	1.5	Aerobic Fitness
Sunday	7-Jan	Ski, easy or easy jog for 45 minutes	1	Aerobic Fitness
Weekly Total			5.75	
		Workout	Duration (hrs.)	Focus
Week 33		Week Focus: Weekend Race		
Monday	8-Jan	OFF	0	Recovery
Tuesday	9-Jan	Ski, easy	1.5	Aerobic Fitness
Wednesday	10-Jan	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	11-Jan	Ski, easy	1.5	Aerobic Fitness
Friday	12-Jan	Jog, easy, 30-45 minutes	0.75	Recovery
Saturday	13-Jan	RACE, or race-style workout (longer 20-25km)	1.75	Race Fitness
Sunday	14-Jan	Ski, very easy	1	Recovery
Weekly Total			7.75	
		Workout	Duration (hrs.)	Focus
Week 34		Week Focus: Aerobic Easy Volume		
Monday	15-Jan	OFF	0	Recovery
Tuesday	16-Jan	Ski, easy with 3x10 minutes no pole skiing (skate or classic)	1.5	Aerobic Fitness
Wednesday	17-Jan	Ski, easy	1.5	Aerobic Fitness
Thursday	18-Jan	OFF	0	Recovery
Friday	19-Jan	Classic Ski, easy, double pole only on relatively hilly terrain (specific strength building)	1	Aerobic Fitness/Specific Strength
Saturday	20-Jan	Ski, easy	2	Aerobic Fitness
Sunday	21-Jan	Ski, long and easy	2	Aerobic Fitness
Weekly Total			8	
		Workout	Duration (hrs.)	Focus
Week 35		Week Focus: Intensity/Speed		
Monday	22-Jan	OFF	0	Recovery
Tuesday	23-Jan	Ski, easy with 10x15 second sprints at end of workout	1	Aerobic Fitness
Wednesday	24-Jan	Ski, easy + Bodyweight strength (below)	1.25	Aerobic Fitness/Strength
Thursday	25-Jan	Ski, easy	1.5	Aerobic Fitness
Friday	26-Jan	Ski, 15 minute warm up, 10x30 seconds FAST Skiing, 20 minute cool down	1	Speed
Saturday	27-Jan	Ski, easy	1.5	Aerobic Fitness
Sunday	28-Jan	Ski, easy with 10x15 second sprints at end of workout	1	Aerobic Fitness
Weekly Total			7.25	

	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)		