

JULY		Focus Week: 7/17-7/23		
		Workout	Duration (hrs.)	Focus
Week 5		Week Focus: Anaerobic Threshold		
Monday	26-Jun	OFF	0	
Tuesday	27-Jun	Skate Rollerski; 15 minute warm up, 6x4 minutes Birkie Race pace with full recovery in between intervals (approx. 3 minutes), 15 minute cool down	1.5	Anaerobic Threshold
Wednesday	28-Jun	Run/Hike Easy	1	Basic Aerobic Training
Thursday	29-Jun	Rollerski (skate or classic); 15 minute warm up, 6x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Friday	30-Jun	Bike, easy + Bodyweight Strength (below)	1.5	Basic Aerobic Training + Strength
Saturday	1-Jul	Run/Hike w/ski poles on hilly terrain, easy, using poles with good ski walking technique up hills	1.5	Basic Aerobic Training
Sunday	2-Jul	Rollerski (Skate or classic) easy, bring water and food	1.25	Basic Aerobic Training
Weekly Total			8.25	
		Workout	Duration (hrs.)	Focus
Week 6		Week Focus: RECOVERY		
Monday	3-Jul	Easy jog 45 minutes + Abbreviated (2 sets instead of 3)Bodyweight Strength (below)	1	Recovery
Tuesday	4-Jul	OFF - HAPPY 4TH OF JULY!!!!	0	
Wednesday	5-Jul	Bike, easy	1	Recovery
Thursday	6-Jul	Classic Rollerskiing 1 hour, 30 minutes double pole only	1	Recovery
Friday	7-Jul	OFF	0	
Saturday	8-Jul	Bike, easy	2	Basic Aerobic Training
Sunday	9-Jul	Rollerski (skate or classic); 15 minute warm up, 6x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Weekly Total			6.5	
		Workout	Duration (hrs.)	Focus
Week 7		Week Focus: Aerobic Volume/Strength		
Monday	10-Jul	OFF	0	
Tuesday	11-Jul	Run/Hike, easy with ski poles on hilly trails. Use ski poles on uphill with good ski walking technique	2	Basic Aerobic Training
Wednesday	12-Jul	Rollerski (skate or classic); 15 minute warm up, 7x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Thursday	13-Jul	Rollerski, Classic 45 minutes skiing, 45 minutes double pole only, 30 minutes easy skiing	2	Specific Aerobic Training + Strength
Friday	14-Jul	Run, easy + bodyweight strength (below)	1.25	Basic Aerobic Training
Saturday	15-Jul	Skate Rollerski, long and slow with 3x15 minutes no pole skiing	2	Specific Aerobic Training + Strength
Sunday	16-Jul	Bike, easy	2.5	Basic Aerobic Training
Weekly Total			11.25	
		Workout	Duration (hrs.)	Focus
Week 8		Week Focus: Anaerobic Threshold		
Monday	17-Jul	OFF	0	
Tuesday	18-Jul	Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold

Wednesday	19-Jul	Easy Run	0.75	Basic Aerobic Training
Thursday	20-Jul	Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down	1.5	Anaerobic Development
Friday	21-Jul	Skate Rollerski, long and slow with 3x15 minutes no pole skiing	1.25	Specific Aerobic Training + Strength
Saturday	22-Jul	Bike, easy; Bring food and water!	2.5	Basic Aerobic Training
Sunday	23-Jul	Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down	1.5	Anaerobic Threshold
Weekly Total			9	
		Workout	Duration (hrs.)	Focus
Week 9		Week Focus: Speed/Intensity		
Monday	24-Jul	OFF		
Tuesday	25-Jul	Skate rollerski intervals, 20 minute warm up, 6x(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
Wednesday	26-Jul	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Strength, Speed
Thursday	27-Jul	Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down	1.5	Anaerobic fitness
Friday	28-Jul	Easy Run/Jog 1 hour + Bodyweight Strength Routine (below)	1.25	Aerobic Fitness, Strength
Saturday	29-Jul	Skate Rollerski easy 45 min, Classic Rollerski easy 45 min	1.5	Aerobic Fitness, Technique
Sunday	30-Jul	Easy Biking, w/10x15 second sprints throughout workout, bring food and water	2.5	Aerobic Fitness
Weekly Total			9.25	
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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 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)		