

JUNE		Focus Week: 6/19 - 6/25		
		Workout	Duration (hrs.)	Focus
<b>Week 1</b>		<b>Week Focus: Get back into training</b>		
Monday	29-May	OFF	0	
Tuesday	30-May	Aerobic choice (bike/rollerski/run)	1	Basic Aerobic Fitness
Wednesday	31-May	Easy Run/Hike, preferably on trails	1	Basic Aerobic Fitness
Thursday	1-Jun	Easy Skate Rollerski + Bodyweight Strength Routine (below)	1.5	Specific Aerobic Fitness
Friday	2-Jun	Bike, easy	1	Basic Aerobic Fitness
Saturday	3-Jun	Easy rollerski (skate or classic)	1.5	Specific Aerobic Fitness
Sunday	4-Jun	Run/Hike + Bodyweight Strength (below)	1.5	Basic Aerobic Fitness + Strength
<b>Weekly Total</b>			<b>7.5</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 2</b>		<b>Week Focus: Get back into training</b>		
Monday	5-Jun	OFF	0	
Tuesday	6-Jun	Easy Run/Hike	1	Basic Aerobic Fitness
Wednesday	7-Jun	Rollerski, Easy with 4x3 minutes at birkie race pace at random times throughout the workout	1.25	Specific Aerobic Fitness + Threshold
Thursday	8-Jun	Bike, easy + Bodyweight Strength (below)	1.5	Basic Aerobic Fitness
Friday	9-Jun	Classic Rollerski, double pole only for 30 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25	Basic Aerobic Fitness + Strength
Saturday	10-Jun	Run/Hike, preferably on trails	1.5	Basic Aerobic Fitness
Sunday	11-Jun	Rollerski (skate or classic)	1.5	Aerobic Fitness
<b>Weekly Total</b>			<b>8</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 3</b>		<b>Week Focus: Mid-Volume</b>		
Monday	12-Jun	OFF	0	
Tuesday	13-Jun	Rollerski (skate or classic), mostly easy with 4x4 minutes Birkie Race Pace at random intervals throughout the workout	1.25	Specific Aerobic Fitness + Threshold
Wednesday	14-Jun	Run/Hike + Bodyweight Strength (below)	1.25	Basic Aerobic Fitness + Strength
Thursday	15-Jun	Skate Rollerski including 3x7 minutes no pole skiing	1.5	Specific Aerobic Fitness
Friday	16-Jun	Bike, easy	1.5	Basic Aerobic Fitness
Saturday	17-Jun	Classic Rollerski, flat terrain, majority (at least 75%) double pole	1.5	Specific Aerobic Fitness + Strength
Sunday	18-Jun	Run/Hike, preferably on trails	2	Basic Aerobic Fitness
<b>Weekly Total</b>			<b>9</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 4</b>		<b>Week Focus: Mid-Volume</b>		
Monday	19-Jun	OFF	0	
Tuesday	20-Jun	Hike/run + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength
Wednesday	21-Jun	Rollerski (skate or classic), 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery in between each interval, 15 minute cool down	1.25	Anaerobic Threshold
Thursday	22-Jun	Bike, easy + Bodyweight Strength (below)	2	Basic aerobic fitness + Strength

Friday	23-Jun	Classic Rollerski, double pole only for 45 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25	Specific Aerobic Fitness + Strength
Saturday	24-Jun	Run/Hike long and easy; bring water and food with you	1.5	Basic Aerobic Fitness
Sunday	25-Jun	Skate Rollerski, easy with food and water	1.5	Specific Aerobic Fitness
<b>Weekly Total</b>			<b>9</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 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)