

NOVEMBER		Focus Week: 11/20-26		
		Workout	Duration (hrs.)	Focus
<b>Week 23</b>		<b>Week Focus: Intensity</b>		
Monday	30-Oct	OFF	0	Recovery
Tuesday	31-Oct	Classic Rollerski or Ski, 20 minute warm up; 4x12 minutes Birkie Race Pace on rolling terrain, 20 minute cool down; Happy Halloween!	1.75	Anaerobic Threshold
Wednesday	1-Nov	Skate Rollerski or Ski, 4x10 minutes no pole skiing	1.5	Aerobic Fitness
Thursday	2-Nov	Skate Rollerski or Ski, 20 minute warm up; 5 x (8 minutes Birkie Race Pace + 2 minutes 5k race pace); 15 minute cool down	1.75	Anaerobic Threshold
Friday	3-Nov	Run, 45 minutes easy + Bodyweight Strength Workout (Listed Below)	1	Aerobic Fitness + Strength
Saturday	4-Nov	Classic Rollerski or Ski easy, hilly terrain, focus on powerful kick while striding	1	Aerobic Fitness
Sunday	5-Nov	Skate Rollerski or Ski easy, hilly terrain, 20 minute warm up; 4x10 minutes Birkie Race Pace; 15 minute cool down	1.5	Anaerobic Threshold
<b>Weekly Total</b>			<b>8.5</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 24</b>		<b>Week Focus: Aerobic Volume</b>		
Monday	6-Nov	OFF	0	Recovery
Tuesday	7-Nov	Classic rollerski or ski, keep heart rate low with good technique (hips forward)	1.5	Aerobic Fitness/Technique
Wednesday	8-Nov	Easy skate rollerski or ski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer)	2.5	Aerobic Fitness
Thursday	9-Nov	Skate Rollerski or ski, 4x10 minutes no pole skiing	1.5	Aerobic Fitness
Friday	10-Nov	Classic Rollerski or ski, 3x4 minutes single stick, 4x5 minutes double pole only	1.5	Aerobic Fitness/Strength
Saturday	11-Nov	Skate Rollerski 1 hour, Classic Rollerski 1 hour; or ski	2	Aerobic Fitness
Sunday	12-Nov	Run/Hike with ski poles, or if snow then easy distance ski (birkie technique)	2	Aerobic Fitness
<b>Weekly Total</b>			<b>11</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 25</b>		<b>Week Focus: Recovery</b>		
Monday	13-Nov	OFF	0	Recovery
Tuesday	14-Nov	Choice Aerobic Workout (run/bike/ski, swim)	1	Recovery
Wednesday	15-Nov	Run, 45 minutes easy + Bodyweight Strength Workout (Listed Below)	1	Aerobic Fitness/Strength
Thursday	16-Nov	OFF		
Friday	17-Nov	Skate Rollerski or ski, easy	1	Aerobic Fitness
Saturday	18-Nov	Classic Rollerski or ski, 45 minutes double pole only, 10x10 second sprints at end	1	Aerobic Fitness/Strength
Sunday	19-Nov	Choice Aerobic Workout (run/bike/ski, swim)	1.5	Aerobic Fitness
<b>Weekly Total</b>			<b>5.5</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 26</b>		<b>Week Focus: Big Volume (Holiday Week)</b>		
Monday	20-Nov	OFF	0	Recovery

Tuesday	21-Nov	AM: Classic ski easy, 2 hours. PM: Skate Ski easy, 1.5 hours	3.5	Aerobic Fitness
Wednesday	22-Nov	AM: Skate Ski easy, 3x10 minutes no pole skiing, 1.5 hours total. PM: Classic ski easy, 1 hour	2.5	Aerobic Fitness
Thursday	23-Nov	AM: Skate Ski, easy, 2 hours with 10x15 sprints throughout ski. PM: OFF Happy Thanksgiving!	2	Aerobic Fitness
Friday	24-Nov	AM: Classic ski easy, 2.5 hours. PM: 30 minute jog + body weight strength (below)	3.25	Aerobic Fitness
Saturday	25-Nov	AM: Classic ski, easy, 3 hours	3	Aerobic Fitness
Sunday	26-Nov	OFF	0	Recovery
<b>Weekly Total</b>			<b>14.25</b>	

Copyright © 2015 Endurance United. All Rights Reserved.

**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 30 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)