

SEPTEMBER		Focus Week: 9/4-9/10		
		Workout	Duration (hrs.)	Focus
Week 14		Week Focus: RECOVERY		
Monday	28-Aug	OFF		
Tuesday	29-Aug	Run/Jog Easy w/8-10 x 30 second accelerations at the end	0.75	Recovery
Wednesday	30-Aug	Skate Rollerski Easy w/7x10 second sprints at random times during the ski	1	Recovery
Thursday	31-Aug	Classic Rollerski, 25 minute warm up, 5 x 1.5 minutes at 5k race pace (on flat terrain), 15 minute cool down	1.25	Anaerobic Fitness/Speed
Friday	1-Sep	Easy Aerobic Exercise (swim, bike, run, ski)	0.75	Recovery
Saturday	2-Sep	Run/Hike w/ski poles easy	1.5	Aerobic Fitness
Sunday	3-Sep	Skate Rollerski Easy	1	Aerobic Fitness
Weekly Total			6.25	
		Workout	Duration (hrs.)	Focus
Week 15		Week Focus: Intensity		
Monday	4-Sep	OFF		
Tuesday	5-Sep	Skate Rollerski, Uphill/flat/overspeed intervals (find a relatively steep hill, 20 minute warm up, 5x1 minute at 5k race pace up hill, 4x4 minutes 5k race pace on flat terrain, 3x2 minutes 5k+ pace on gradual downhill; 20 minute cool down)	1.5	Speed/Anaerobic Power
Wednesday	6-Sep	Run level 2 (not easy, but not hard), 1 hour + Bodyweight Strength Routine (below)	1.5	Aerobic Fitness, Strength
Thursday	7-Sep	Classic Rollerski, Threshold/Speed Workout, on gradual uphill, double pole as much as possible (15 minute warm up; find gradual uphill, 3x3 minutes 25k race pace with one minute rest between; 5 minute recovery/easy skiing; 2x5 minutes 25k race pace with 2 minutes rest between; 5 minute recovery; 3x3 minutes 25k race pace with 1 minute rest between; 15 minute cool down)	1.25	Anaerobic Fitness/Power
Friday	8-Sep	Easy Aerobic Exercise (swim, bike, run, ski)	1.5	Aerobic Fitness
Saturday	9-Sep	Skate rollerski, 20 minute warm up, 4x10 minutes birkie race pace, full recovery, cool down 15 minutes	2	Anaerobic Fitness
Sunday	10-Sep	Recovery run/bike, 30 minutes if run, 45 if bike	0.5	Recovery
Weekly Total			8.25	
		Workout	Duration (hrs.)	Focus
Week 16		Week Focus: Intensity/Speed		
Monday	11-Sep	OFF	0	Recovery
Tuesday	12-Sep	Skate Rollerski, 15 minute warm up; 2x7 minutes Birkie race pace intervals; 5x2 minutes 5k race pace, preferably up a relatively steep hill with full recovery between intervals; 20 minute cool down.	1.75	Anaerobic Fitness
Wednesday	13-Sep	Classic Rollerski, 20 minutes easy skiing, 10 x 1 minute FAST double pole on flat terrain, 20 minutes easy skiing	1.25	Speed/Power
Thursday	14-Sep	Easy Hike/Run with ski walking/pole hiking on uphills	1.5	Aerobic Fitness
Friday	15-Sep	Skate Rollerski, easy with 4x8 minutes no pole skiing, focusing on keeping shoulders square and still; 10x30 second accelerations at the end of the ski	1.5	Aerobic Fitness/Strength

Saturday	16-Sep	Skate Rollerski, 15 minute warm up; 2x7 minutes Birkie race pace intervals; 6x2 minutes 5k race pace, preferably up a relatively steep hill with full recovery between intervals; 10x10 second sprints with full recovery; 20 minute cool down.	2	Anaerobic Threshold
Sunday	17-Sep	Choice Aerobic workout (ski/bike/run)	2	Aerobic Fitness
Weekly Total			10	
		Workout	Duration (hrs.)	Focus
Week 17		Week Focus: Aerobic Volume		
Monday	18-Sep	OFF	0	Recovery
Tuesday	19-Sep	Easy Run/Bike	1.5	Aerobic Fitness
Wednesday	20-Sep	Skate Rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles.	1.25	Aerobic Fitness/Technique
Thursday	21-Sep	Easy Trail Run/Pole Hike	1.5	Aerobic Fitness
Friday	22-Sep	Classic Rollerski, 20 minute warm up; 3x7 minutes birkie race pace with half recovery between intervals; easy ski 5 minutes; 5x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down	1	Speed/Strength
Saturday	23-Sep	Easy Bike Ride	2.5	Aerobic Fitness
Sunday	24-Sep	Skate rollerski 1.5 hours, Classic 1.5 hours	3	Aerobic Fitness
Weekly Total			10.75	
		Workout	Duration (hrs.)	Focus
Week 18		Week Focus: RECOVERY		
Monday	25-Sep	OFF	0	Recovery
Tuesday	26-Sep	Choice Aerobic workout (ski/bike/run)	1	Recovery
Wednesday	27-Sep	Short distance rollerski (classic or skate) w/up to 5x2 minute Birkie race pace	1	Recovery
Thursday	28-Sep	OFF	0	Recovery
Friday	29-Sep	Easy Hike/Run with ski walking/pole hiking on uphill	1	Recovery
Saturday	30-Sep	Birkie Trail Run Festival, many races to choose from! I would choose the half marathon; fun, long race!	2	Anaerobic Threshold
Sunday	1-Oct	Skate Rollerski, 8x20 second accelerations at the end of the ski	1.25	Aerobic Fitness
Weekly Total			6.25	

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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 25 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)