

Birkie 2018 – Basic Training Outline

Overall Training Outline: The general progression of training should be to gradually increase volume and intensity in the months leading up to the race, with a two to three week tapering period just prior to the race.

Pacing:

Easy - Long and slow, used for long run/rollerski/bike ride

Birkie Pace – Faster than easy pace; heart rate should be elevated, and you should be breathing more heavily)

5k – Faster than Birkie Pace, but not sprinting (pace you would run/ski a 5k...)

Sprint – Exactly what it sounds like.

June

Focus: Continue building aerobic base, begin light intensity

Approximate hours per week: 7-10

Areas of Emphasis: Long, easy training sessions (1-2.5 hours at easy pace), shorter, lighter intensity workouts to start working on speed.

Sample Week: 3-4 workouts during the week, 2-3 of which should be easy pace, 1-1.5 hours; 3rd or 4th workout should be intensity, either running, rollerskiing, or on a bike – 15 minute warm up, 4-6 times 5-6 minutes at Birkie Race Pace with full recovery between each interval (approximately 3-4 minutes, depending on fitness level), 15 minute cool down; Weekend workout should still be a long, easy day (2+ hours at easy pace, bring food and water with you to stay hydrated and fed)

July

Focus: Continue both aerobic volume and intensity, increase total volume slightly

Approximate hours per week: 8-12

Areas of Emphasis: Longer easy training sessions, quality intensity workouts.

Sample Week: 3-4 workouts during the week of slightly longer duration than previous months (1.25-2 hours), with 2 of those workouts being intensity focused (e.g. 15 minute warm up, 6x7 minutes Birkie Race Pace with full recovery in between intervals –

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approximately 3-4 minutes – 15 minute cool down); Weekend workout(s) should be long and easy (1-2 workouts, 2+ hours easy; bring food and water).

August

Focus: Similar to July, aerobic volume and maintain volume

Approximate hours per week: 7-12

Areas of Emphasis: Long training sessions, quality intensity

Sample Week: Very similar to July, with 3-4 quality workouts during the week, 1-2 of which should be intensity focused, 6-7 intervals of 6-7 minutes at Birkie Race Pace with a good warm up and cool down; Long, easy sessions on the weekend, with 2 sessions this month touching or exceeding 3 hours.

September

Focus: Reduce total volume slightly, increased intensity

Approximate hours per week: 7-10

Areas of Emphasis: Quality intensity workouts, continued aerobic base development/maintenance

Sample Week: 3-4 workouts during the week, with durations of 1-1.5 hours; 1-2 quality intensity workouts during the week, with one being at Birkie Race Pace (6-7 repetitions, 6-8 minutes each with full recovery between intervals), and one workout being a higher intensity workout (e.g. 15-20 minute warm up, 4x4 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down); Continue with at least one long workout (2+ hours) on the weekend.

October

Focus: Reduce total volume, increased intensity

Approximate hours per week: 6-9

Areas of Emphasis: Quality intensity workouts, aerobic base maintenance

Sample Week: 3-4 workouts during the week, with durations of 1-1.5 hours; 2 quality intensity workouts during the week, with one being at Birkie Race Pace (6-7 repetitions, 6-8 minutes each with full recovery between intervals), and one workout being a higher intensity workout (e.g. 15-20 minute warm up, 4x4 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down) OR 2 workouts during the week at 5k intensity, depending on how you feel your fitness level is currently; Continue with at

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least one long workout (2+ hours) on the weekend.

November

Focus: Increase Volume, maintain intensity

Approximate hours per week: 7-10

Areas of Emphasis: Refocus on aerobic volume, maintain intensity

Sample Week: 3-4 workouts during the week, with durations of 1-1.5 hours; 1-2 quality intensity workouts during the week, with one being at Birkie Race Pace (6-7 repetitions, 6-8 minutes each with full recovery between intervals), and one workout being a higher intensity workout (e.g. 15-20 minute warm up, 4x4 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down); Continue with 1-2 long workouts (2+ hours) on the weekend;

December

Focus: Reduce total volume, increased intensity; Race

Approximate hours per week: 6-8

Areas of Emphasis: Quality intensity workouts, aerobic base maintenance

Sample Week: 3-4 workouts during the week, with durations of 1-1.5 hours; 2 quality intensity workouts during the week, with one being at Birkie Race Pace (5-6 repetitions, 5-6 minutes each with full recovery between intervals), and one workout being a higher intensity workout (e.g. 15-20 minute warm up, 4x4 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down); Try to find one race of medium distance (10-15k), and practice going hard for an extended period of time; Reduce weekend workouts to 1.5-2 hours.

January

Focus: Reduce volume, maintain intensity, race 2-3 times

Approximate hours per week: 6-8

Areas of Emphasis: Shorter, high quality intensity workouts, aerobic base maintenance

Sample Week: 3-4 workouts during the week, with durations of 1-1.5 hours; 1 quality intensity workout during the week (harder intensity, 15-20 minute warm up, 4x3 minutes 5k race pace with full recovery between intervals, 15-20 minute cool down); Races – try to find 2-3 races to participate in during this month, with 1 being approximately 10k, 1 15-20k, and one 20-30k.

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February

Focus: Taper for Birkie

Approximate hours per week: 5-7

Areas of Emphasis: Short, quick intensity workouts, taper/recover

Sample Week: 2-3 workouts during the week, with durations of ≤ 1 hour; 1 quality intensity workout during the week, a higher intensity workout (e.g. 10-15 minute warm up, 3x3 minutes 5k race pace with full recovery between intervals, 15 minute cool down); recovery is a priority, especially the week prior to the race – hours during that week should be minimal, with a few very short workouts just to keep your body moving. Enjoy the race!

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