

DECEMBER Focus Week: 12/24-12/30			
Week	Workout	Duration (hrs.)	Focus
Week 27	Week Focus: Intensity/Speed		
Monday	26-Nov OFF	0	Recovery
Tuesday	27-Nov Skate ski, 15 minute warm up, 5x(4-5 minute 5k+ race pace. Preferably find a friend or a couple friends to do this with, and race each other on a short loop that takes about 4-5 minutes); 15 minute cool down	1.25	Anaerobic Fitness/Speed
Wednesday	28-Nov Classic Ski, Double Pole only	1	Aerobic Fitness/Strength
Thursday	29-Nov Classic Ski, 15 minute warm up, 6x2 minute sprint pace (again, would be good to get a couple of friends and race each other on an even shorter loop that takes ~3 minutes)	1.25	Anaerobic Fitness/Speed
Friday	30-Nov Easy Jog 45 minutes + Bodyweight strength (below)	1.25	Aerobic Fitness + Strength
Saturday	1-Dec Skate Ski easy on flat terrain, focused on long glide on each ski during V2	1.5	Aerobic Fitness
Sunday	2-Dec Classic Rollersk easy on hilly terrain, focus on driving the knee forward while striding	1.5	Aerobic Fitness
Weekly Total		7.75	
Week 28	Week Focus: Recovery		
Monday	3-Dec OFF	0	Recovery
Tuesday	4-Dec Ski, easy	1	Recovery
Wednesday	5-Dec Ski, easy w/8x15 second sprints at the end	1	Aerobic Fitness
Thursday	6-Dec Ski, 15 minute warm up, 5x3 minutes 5k+ race pace, 15 minute cool down		Speed, Anaerobic Fitness
Friday	7-Dec OFF		
Saturday	8-Dec Ski, easy	1.5	Aerobic Fitness
Sunday	9-Dec Ski, easy + bodyweight strength routine (below)	1.25	Aerobic Fitness + Strength
Weekly Total		5.75	
Week 29	Week Focus: Intensity/Race		
Monday	10-Dec OFF	0	Recovery
Tuesday	11-Dec Ski, 15 minute warm up; 3x10 minutes Birkie Race Pace with full recovery in between; 15 minute cool down	1.25	Anaerobic Threshold
Wednesday	12-Dec Ski, easy + bodyweight strength routine (below)	1.25	Aerobic Fitness
Thursday	13-Dec Ski, 15 minute warm up, 5x3 minutes 5k+ race pace, 15 minute cool down	1	Anaerobic Fitness
Friday	14-Dec Ski, easy	1.5	Aerobic Fitness
Saturday	15-Dec Ski, easy with 5x15 second sprints at end of workout	1.5	Aerobic Fitness
Sunday	16-Dec Birkie Technique Time Trial; find a good 10k - 15k course, do a the warm up you would normally do for a race, do the 10-15k course at race pace, good cool down. Good idea to have a couple of friends come with you and race with each other	2	Race effort
Weekly Total		8.5	
Week 30	Week Focus: Intensity/Speed		
Monday	17-Dec OFF	0	Recovery
Tuesday	18-Dec Ski, easy	1	Aerobic Fitness
Wednesday	19-Dec Ski, 20 minute warm up; 5x3 minutes FAST skiing with full recovery in between each one; 20 minute cool down	1.25	Anaerobic Fitness/Speed
Thursday	20-Dec Ski, easy	1	Aerobic Fitness
Friday	21-Dec Jog, easy, 30-45 minutes	0.75	Recovery
Saturday	22-Dec RACE, or race style workout (similar to last Sunday but 5km instead)	1.5	Race Fitness
Sunday	23-Dec Ski, very easy	1	Recovery
Weekly Total		6.5	
Week 31	Week Focus: Volume Block (Christmas)		
Monday	24-Dec AM: Skate ski, 2 hours w/3x10 minutes no pole skiing; PM: Classic Ski, 1 hour on rolling hills to focus on powerful kick and long glide	3	Aerobic Fitness
Tuesday	25-Dec OFF, Merry Christmas!	0	Holiday
Wednesday	26-Dec AM: Classic Ski, 1.5 hours w/ 45 minutes of Double Pole Only; PM: 45 minute jog	2.25	Aerobic Fitness
Thursday	27-Dec AM: Skate Ski, 2 hours on flatter terrain with a focus on very long glide during V2 and V2 alternate; PM: Classic Ski, easy, 1 hour	3	Aerobic Fitness
Friday	28-Dec AM: Skate Ski, 2 hours easy; PM: Classic Ski, 1.5 hours easy	3.5	Aerobic Fitness
Saturday	29-Dec Skate ski; 20 minute warm up; 10x45 second sprint pace, full recovery between sprints; long cool down	1.5	Aerobic Fitness
Sunday	30-Dec OFF.	0	
Weekly Total		13.25	

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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 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 minute front plank, 30 seconds right side plank, 30 seconds left side plank
- 4 20 vertical jumps
- 5 1.5 minute russian twist (core exercise)