

JANUARY		Focus Week: 1/7-1/13		
		Workout	Duration (hrs.)	Focus
<b>Week 32</b>		<b>Week Focus: Recovery</b>		
Monday	31-Dec	OFF. Happy New Year!	0	Holiday
Tuesday	1-Jan	Ski, easy or easy jog for 45 minutes	1	Aerobic Fitness
Wednesday	2-Jan	Ski, easy	1.25	Aerobic Fitness
Thursday	3-Jan	Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down	1	Speed
Friday	4-Jan	OFF	0	Recovery
Saturday	5-Jan	Ski, easy	1.5	Aerobic Fitness
Sunday	6-Jan	Ski, easy or easy jog for 45 minutes	1	Aerobic Fitness
<b>Weekly Total</b>			<b>5.75</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 33</b>		<b>Week Focus: Weekend Race</b>		
Monday	7-Jan	OFF	0	Recovery
Tuesday	8-Jan	Ski, easy	1.5	Aerobic Fitness
Wednesday	9-Jan	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	10-Jan	Ski, easy	1.5	Aerobic Fitness
Friday	11-Jan	Jog, easy, 30-45 minutes	0.75	Recovery
Saturday	12-Jan	<b>RACE, or race-style workout (longer 20-25km)</b>	1.75	Race Fitness
Sunday	13-Jan	Ski, very easy	1	Recovery
<b>Weekly Total</b>			<b>7.75</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 34</b>		<b>Week Focus: Aerobic Easy Volume</b>		
Monday	14-Jan	OFF	0	Recovery
Tuesday	15-Jan	Ski, easy with 3x10 minutes no pole skiing (skate or classic)	1.5	Aerobic Fitness
Wednesday	16-Jan	Ski, easy	1.5	Aerobic Fitness
Thursday	17-Jan	OFF	0	Recovery
Friday	18-Jan	Classic Ski, easy, double pole only on relatively hilly terrain (specific strength building)	1	Aerobic Fitness/Specific Strength
Saturday	19-Jan	Ski, easy	2	Aerobic Fitness
Sunday	20-Jan	Ski, long and easy	2	Aerobic Fitness
<b>Weekly Total</b>			<b>8</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 35</b>		<b>Week Focus: Intensity/Speed</b>		
Monday	21-Jan	OFF	0	Recovery
Tuesday	22-Jan	Ski, easy with 10x15 second sprints at end of workout	1	Aerobic Fitness
Wednesday	23-Jan	Ski, easy + Bodyweight strength (below)	1.25	Aerobic Fitness/Strength
Thursday	24-Jan	Ski, easy	1.5	Aerobic Fitness
Friday	25-Jan	Ski, 15 minute warm up, 10x30 seconds FAST Skiing, 20 minute cool down	1	Speed
Saturday	26-Jan	Ski, easy	1.5	Aerobic Fitness
Sunday	27-Jan	Ski, easy with 10x15 second sprints at end of workout	1	Aerobic Fitness
<b>Weekly Total</b>			<b>7.25</b>	
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<b>Bodyweight Strength Routine</b>				
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 15 squats (keep knees behind toes, go down to 90 degrees)				
3 1 minute front plank				
4 12 vertical jumps				
5 1 minute crunches (core exercise)				