

JULY Focus Week: 7/16-7/22			
	Workout	Duration (hrs.)	Focus
Week 5	Week Focus: Anaerobic Threshold		
Monday	25-Jun OFF	0	
Tuesday	26-Jun Skate Rollerski; 15 minute warm up, 6x4 minutes Birkie Race pace with full recovery in between intervals (approx. 3 minutes), 15 minute cool down	1.5	Anaerobic Threshold
Wednesday	27-Jun Run/Hike Easy	1	Basic Aerobic Training
Thursday	28-Jun Rollerski (skate or classic); 15 minute warm up, 6x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Friday	29-Jun Bike, easy + Bodyweight Strength (below)	1.5	Basic Aerobic Training + Strength
Saturday	30-Jun Run/Hike w/ski poles on hilly terrain, easy, using poles with good ski walking technique up hills	1.5	Basic Aerobic Training
Sunday	1-Jul Rollerski (Skate or classic) easy, bring water and food	1.25	Basic Aerobic Training
Weekly Total		8.25	
Week 6	Week Focus: RECOVERY		
Monday	2-Jul Easy jog 45 minutes + Abbreviated (2 sets instead of 3)Bodyweight Strength (below)	1	Recovery
Tuesday	3-Jul Bike, easy	1	Recovery
Wednesday	4-Jul OFF - HAPPY 4TH OF JULY	0	
Thursday	5-Jul Classic Rollerskiing 1 hour, 30 minutes double pole only	1	Recovery
Friday	6-Jul OFF	0	
Saturday	7-Jul Bike, easy	2	Basic Aerobic Training
Sunday	8-Jul Rollerski (skate or classic); 15 minute warm up, 6x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Weekly Total		6.5	
Week 7	Week Focus: Aerobic Volume/Strength		
Monday	9-Jul OFF	0	
Tuesday	10-Jul Run/Hike, easy with ski poles on hilly trails. Use ski poles on uphills with good ski walking technique	2	Basic Aerobic Training
Wednesday	11-Jul Rollerski (skate or classic); 15 minute warm up, 7x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Thursday	12-Jul Rollerski, Classic 45 minutes skiing, 45 minutes double pole only, 30 minutes easy skiing	2	Specific Aerobic Training + Strength
Friday	13-Jul Run, easy + bodyweight strength (below)	1.25	Basic Aerobic Training
Saturday	14-Jul Skate Rollerski, long and slow with 3x15 minutes no pole skiing	2	Specific Aerobic Training + Strength
Sunday	15-Jul Bike, easy	2.5	Basic Aerobic Training
Weekly Total		11.25	
Week 8	Week Focus: Anaerobic Threshold		
Monday	16-Jul OFF	0	
Tuesday	17-Jul Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Wednesday	18-Jul Easy Run	0.75	Basic Aerobic Training
Thursday	19-Jul Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down	1.5	Anaerobic Development
Friday	20-Jul Skate Rollerski, long and slow with 3x15 minutes no pole skiing	1.25	Specific Aerobic Training + Strength
Saturday	21-Jul Bike, easy: Bring food and water!	2.5	Basic Aerobic Training
Sunday	22-Jul Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down	1.5	Anaerobic Threshold
Weekly Total		9	
Week 9	Week Focus: Speed/Intensity		
Monday	23-Jul OFF		
Tuesday	24-Jul Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down	1.5	Anaerobic Fitness
Wednesday	25-Jul Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Strength, Speed
Thursday	26-Jul Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down	1.5	Anaerobic fitness
Friday	27-Jul Easy Run/Jog 1 hour + Bodyweight Strength Routine (below)	1.25	Aerobic Fitness, Strength
Saturday	28-Jul Skate Rollerski easy 45 min, Classic Rollerski easy 45 min	1.5	Aerobic Fitness, Technique
Sunday	29-Jul Easy Biking, w/10x15 second sprints throughout workout, bring food and water	2.5	Aerobic Fitness
Weekly Total		9.25	
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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 20 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			
4 15 vertical jumps			
5 1 minute leg lifts (core exercise)			