

NOVEMBER		Focus Week: 11/19-11/25		
		Workout	Duration (hrs.)	Focus
<b>Week 23</b>		<b>Week Focus: Intensity</b>		
Monday	29-Oct	OFF	0	Recovery
Tuesday	30-Oct	Classic Rollerski or Ski, 20 minute warm up; 4x12 minutes Birkie Race Pace on rolling terrain, 20 minute cool down	1.75	Anaerobic Threshold
Wednesday	31-Oct	Skate Rollerski or Ski, 4x10 minutes no pole skiing. Happy Halloween!	1.5	Aerobic Fitness
Thursday	1-Nov	Skate Rollerski or Ski, 20 minute warm up; 5 x (8 minutes Birkie Race Pace + 2 minutes 5k race pace); 15 minute cool down	1.75	Anaerobic Threshold
Friday	2-Nov	Run, 45 minutes easy + Bodyweight Strength Workout (Listed Below)	1	Aerobic Fitness + Strength
Saturday	3-Nov	Classic Rollerski or Ski easy, hilly terrain, focus on powerful kick while striding	1	Aerobic Fitness
Sunday	4-Nov	Skate Rollerski or Ski easy, hilly terrain, 20 minute warm up; 4x10 minutes Birkie Race Pace; 15 minute cool down	1.5	Anaerobic Threshold
<b>Weekly Total</b>			<b>8.5</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 24</b>		<b>Week Focus: Aerobic Volume</b>		
Monday	5-Nov	OFF	0	Recovery
Tuesday	6-Nov	Classic rollerski or ski, keep heart rate low with good technique (hips forward)	1.5	Aerobic Fitness/Technique
Wednesday	7-Nov	Easy skate rollerski or ski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer)	2.5	Aerobic Fitness
Thursday	8-Nov	Skate Rollerski or ski, 4x10 minutes no pole skiing	1.5	Aerobic Fitness
Friday	9-Nov	Classic Rollerski or ski, 3x4 minutes single stick, 4x5 minutes double pole only	1.5	Aerobic Fitness/Strength
Saturday	10-Nov	Skate Rollerski 1 hour, Classic Rollerski 1 hour; or ski	2	Aerobic Fitness
Sunday	11-Nov	Run/Hike with ski poles, or if snow then easy distance ski (birkie technique)	2	Aerobic Fitness
<b>Weekly Total</b>			<b>11</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 25</b>		<b>Week Focus: Recovery</b>		
Monday	12-Nov	OFF	0	Recovery
Tuesday	13-Nov	Choice Aerobic Workout (run/bike/ski, swim)	1	Recovery
Wednesday	14-Nov	Run, 45 minutes easy + Bodyweight Strength Workout (Listed Below)	1	Aerobic Fitness/Strength
Thursday	15-Nov	OFF		
Friday	16-Nov	Skate Rollerski or ski, easy	1	Aerobic Fitness
Saturday	17-Nov	Classic Rollerski or ski, 45 minutes double pole only, 10x10 second sprints at end	1	Aerobic Fitness/Strength
Sunday	18-Nov	Choice Aerobic Workout (run/bike/ski, swim)	1.5	Aerobic Fitness
<b>Weekly Total</b>			<b>5.5</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 26</b>		<b>Week Focus: Big Volume (Holiday Week)</b>		
Monday	19-Nov	OFF	0	Recovery
Tuesday	20-Nov	AM: Classic ski easy, 2 hours. PM: Skate Ski easy, 1.5 hours	3.5	Aerobic Fitness
Wednesday	21-Nov	AM: Skate Ski easy, 3x10 minutes no pole skiing, 1.5 hours total. PM: Classic ski easy, 1 hour	2.5	Aerobic Fitness
Thursday	22-Nov	AM: Skate Ski, easy, 2 hours with 10x15 sprints throughout ski. PM: OFF Happy Thanksgiving!	2	Aerobic Fitness
Friday	23-Nov	AM: Classic ski easy, 2.5 hours. PM: 30 minute jog + body weight strength (below)	3.25	Aerobic Fitness
Saturday	24-Nov	AM: Classic ski, easy, 3 hours	3	Aerobic Fitness
Sunday	25-Nov	OFF	0	Recovery
<b>Weekly Total</b>			<b>14.25</b>	
Copyright © 2018 Endurance United. All Rights Reserved.				
<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 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 leg lifts (core exercise)				