

OCTOBER		Focus Week: 10/1-10/7		
		Workout	Duration (hrs.)	Focus
<b>Week 19</b>		<b>Week Focus: Higher Intensity/Speed</b>		
Monday	1-Oct	OFF	0	Recovery
Tuesday	2-Oct	Skate Rollerski, Speed day; 15 minute warm up; 10 x 30 seconds sprint on flat or gradual downhill (get moving FAST); 8 x sprint starts (start from a stop, get going to top speed, stay at speed for 5 seconds); 6 times uphill jump-skate/fast v1 (ski into the hill, sprint up the hill for at least 10 seconds); 10 minute cool down	1.5	Speed
Wednesday	3-Oct	Classic Rollerski, specific strength workout (do on an uphill); 15 minute warm up; 5x1 minute single stick w/1 minute recovery between each; 5 minute break; 5x1 minute double pole (powerful double pole) w/1 minute recovery in between; 5 minute break; 5x1 minute core initiation (lock and load) w/1 minute rest in between; 15 minute cool down	1.5	Strength/Power
Thursday	4-Oct	Trail run w/poles; 15 minute warm up; find a ~3km loop with hills, run the loop for 45 minutes, bounding every hill and jogging in between uphill; 15 minute cool down	1.25	Anaerobic Fitness
Friday	5-Oct	Bike Ride easy	1.5	Aerobic Fitness/Recovery
Saturday	6-Oct	Skate Rollerski, 15 minute warm up; 3x(10 minutes Birkie Race Pace + 2 Minutes 5k race pace) w/full recovery between intervals; 10 minute cool down	1.5	Anaerobic Threshold
Sunday	7-Oct	Classic Rollerski easy w/10x15 second sprints and random times throughout the workout	1.5	Aerobic Fitness/Speed
<b>Weekly Total</b>			<b>8.75</b>	
<b>Week 20</b>		<b>Week Focus: Higher Intensity/Speed</b>		
Monday	8-Oct	OFF	0	Recovery
Tuesday	9-Oct	Classic Rollerski, Speed Workout; Same as skate workout from 10/3/17 (switch v1/hop-skate to striding)	1.5	Speed
Wednesday	10-Oct	Skate Rollerski, 15 minute warm up; 3x(10 minutes Birkie Race Pace + 2 Minutes 5k race pace) w/full recovery between intervals; 10 minute cool down	1.5	Anaerobic Fitness
Thursday	11-Oct	Choice Aerobic workout (ski/bike/run)	1.5	Aerobic Fitness
Friday	12-Oct	Classic Rollerski, 20 minutes easy skiing, 10 x 1 minute FAST double pole on flat terrain, 20 minutes easy skiing	1.5	Speed/Power
Saturday	13-Oct	Run/Hike w/ski poles	2	Aerobic Fitness
Sunday	14-Oct	Skate Rollerski easy w/10x15 seconds sprinting at the end	1.5	Aerobic Fitness
<b>Weekly Total</b>			<b>9.5</b>	
<b>Week 21</b>		<b>Week Focus: High Aerobic Volume</b>		
Monday	15-Oct	OFF	0	Recovery
Tuesday	16-Oct	Run/Hike w/ski poles, ski walking up all hills, keep heart rate low while ski walking. Focus on good technique more than pace (some good videos on Youtube demonstrating good ski walking technique)	1.5	Aerobic Fitness/Technique
Wednesday	17-Oct	Bike Ride easy - mildly hard (level 1-2); Level 2 is harder than you would go if you were going easy, but not quite as hard as if you were doing a long race.	2	Aerobic Fitness
Thursday	18-Oct	Skate Rollerski, 3x10 minutes no pole skiing	1.5	Aerobic Fitness
Friday	19-Oct	Classic Rollerski, 3x3 minutes single stick, 4x5 minutes double pole only	1.5	Aerobic Fitness/Strength
Saturday	20-Oct	Skate Rollerski 1 hour, Classic Rollerski 1 hour	2	Aerobic Fitness
Sunday	21-Oct	Run/Hike with ski poles	1.5	Aerobic Fitness
<b>Weekly Total</b>			<b>10</b>	
<b>Week 22</b>		<b>Week Focus: RECOVERY</b>		
Monday	22-Oct	OFF	0	Recovery
Tuesday	23-Oct	Choice Aerobic Workout (run/bike/ski)	1.25	Recovery
Wednesday	24-Oct	Run, 45 minutes easy + Bodyweight Strength Workout (Listed Below)	1	Aerobic Fitness/Strength
Thursday	25-Oct	OFF		
Friday	26-Oct	Skate Rollerski, easy	1.25	Aerobic Fitness
Saturday	27-Oct	Classic Rollerski, 45 minutes double pole only, 10x10 second sprints at end	1	Aerobic Fitness/Strength
Sunday	28-Oct	Choice Aerobic Workout (run/bike/ski)	1.5	Aerobic Fitness
<b>Weekly Total</b>			<b>6</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 25 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 18 vertical jumps				
5 1.5 minute bicycle (core exercise)				