

SEPTEMBER		Focus Week: 9/3-9/9	
Week	Workout	Duration (hrs.)	Focus
Week 14	Week Focus: RECOVERY		
Monday	27-Aug OFF		
Tuesday	28-Aug Run/Log Easy w/8-10 x 30 second accelerations at the end	0.75	Recovery
Wednesday	29-Aug Skate Rollerski Easy w/7x10 second sprints at random times during the ski	1	Recovery
Thursday	30-Aug Classic Rollerski, 25 minute warm up, 5 x 1.5 minutes at 5k race pace (on flat terrain), 15 minute cool down	1.25	Anaerobic Fitness/Speed
Friday	31-Aug Easy Aerobic Exercise (swim, bike, run, ski)	0.75	Recovery
Saturday	1-Sep Run/Hike w/ski poles easy	1.5	Aerobic Fitness
Sunday	2-Sep Skate Rollerski Easy	1	Aerobic Fitness
Weekly Total		6.25	
Week 15	Week Focus: Intensity		
Monday	3-Sep OFF		
Tuesday	4-Sep Skate Rollerski, Uphill/flat/overspeed intervals (find a relatively steep hill, 20 minute warm up, 5x1 minute at 5k race pace up hill, 4x4 minutes 5k race pace on flat terrain, 3x2 minutes 5k+ pace on gradual downhill); 20 minute cool down	1.5	Speed/Anaerobic Power
Wednesday	5-Sep Run level 2 (not easy, but not hard), 1 hour + Bodyweight Strength Routine (below)	1.5	Aerobic Fitness, Strength
Thursday	6-Sep Classic Rollerski, Threshold/Speed Workout, on gradual uphill, double pole as much as possible (15 minute warm up; find gradual uphill, 3x3 minutes 25k race pace with one minute rest between; 5 minute recovery/easy skiing; 2x5 minutes 25k race pace with 2 minutes rest between; 5 minute recovery; 3x3 minutes 25k race pace with 1 minute rest between; 15 minute cool down)	1.25	Anaerobic Fitness/Power
Friday	7-Sep Easy Aerobic Exercise (swim, bike, run, ski)	1.5	Aerobic Fitness
Saturday	8-Sep Skate rollerski, 20 minute warm up, 4x10 minutes birkie race pace, full recovery, cool down 15 minutes	2	Anaerobic Fitness
Sunday	9-Sep Recovery run/bike, 30 minutes if run, 45 if bike	0.5	Recovery
Weekly Total		8.25	
Week 16	Week Focus: Intensity/Speed		
Monday	10-Sep OFF	0	Recovery
Tuesday	11-Sep Skate Rollerski, 15 minute warm up; 2x7 minutes Birkie race pace intervals; 5x2 minutes 5k race pace, preferably up a relatively steep hill with full recovery between intervals; 20 minute cool down.	1.75	Anaerobic Fitness
Wednesday	12-Sep Classic Rollerski, 20 minutes easy skiing, 10 x 1 minute FAST double pole on flat terrain, 20 minutes easy skiing	1.25	Speed/Power
Thursday	13-Sep Easy Hike/Run with ski walking/pole hiking on uphills	1.5	Aerobic Fitness
Friday	14-Sep Skate Rollerski, easy with 4x8 minutes no pole skiing, focusing on keeping shoulders square and still; 10x30 second accelerations at the end of the ski	1.5	Aerobic Fitness/Strength
Saturday	15-Sep Skate Rollerski, 15 minute warm up; 2x7 minutes Birkie race pace intervals; 6x2 minutes 5k race pace, preferably up a relatively steep hill with full recovery between intervals; 10x10 second sprints with full recovery; 20 minute cool down.	2	Anaerobic Threshold
Sunday	16-Sep Choice Aerobic workout (ski/bike/run)	2	Aerobic Fitness
Weekly Total		10	
Week 17	Week Focus: Aerobic Volume		
Monday	17-Sep OFF	0	Recovery
Tuesday	18-Sep Easy Run/Bike	1.5	Aerobic Fitness
Wednesday	19-Sep Skate Rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles.	1.25	Aerobic Fitness/Technique
Thursday	20-Sep Easy Trail Run/Pole Hike	1.5	Aerobic Fitness
Friday	21-Sep Classic Rollerski, 20 minute warm up; 3x7 minutes birkie race pace with half recovery between intervals; easy ski 5 minutes; 5x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down	1	Speed/Strength
Saturday	22-Sep Easy Bike Ride	2.5	Aerobic Fitness
Sunday	23-Sep Skate rollerski 1.5 hours, Classic 1.5 hours	3	Aerobic Fitness
Weekly Total		10.75	
Week 18	Week Focus: RECOVERY		
Monday	24-Sep OFF	0	Recovery
Tuesday	25-Sep Choice Aerobic workout (ski/bike/run)	1	Recovery
Wednesday	26-Sep Short distance rollerski (classic or skate) w/up to 5x2 minute Birkie race pace	1	Recovery
Thursday	27-Sep OFF	0	Recovery
Friday	28-Sep Easy Hike/Run with ski walking/pole hiking on uphills	1	Recovery
Saturday	29-Sep Birkie Trail Run Festival, many races to choose from! I would choose the half marathon; fun, long race!	2	Anaerobic Threshold
Sunday	30-Sep Skate Rollerski, 8x20 second accelerations at the end of the ski	1.25	Aerobic Fitness
Weekly Total		6.25	
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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	25 pushups (do from knees if necessary to maintain good technique)		
2	25 squats (keep knees behind toes, go down to 90 degrees)		
3	1.5 minute front plank		
4	18 vertical jumps		
5	1.5 minute crunches (core exercise)		