

Monthly Training Plan

Prepared For: **BIRKIE SKIERS**

7/28/14 to 8/31/14



Key:

INT - Intensity
ST - Strength
SP - Speed
OD - Over Dist.
REC - Recovery

Cycle Notes and Overview:

≥ Lvl 4 ivls....about time!
 ≥ back to general and spec.strength.
 ≥ One big volume week again this cycle - will come early on...then rec....then Power/Intensity
 ≥ 2 cycles in this macro cycle! Really monitor how you are recovering.
 ≥

Week of: 7/28/14

Weekly Notes: Volume, Strength, Quickness

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Off
Tuesday	ST/SP	1	1.50	Classic rollerski with 5-8 x 45sec SS, 5-8 x 1mn DP, full gas last 10 sec, 5 x 10sec 1 leg doubl pole (do each leg)
Wednesday	REC	3	1.00	easy technique - work on balance!
Thursday	ST	2	1.25	dryland/ circuits workout with strength sets (2-3) -- 5 x V2 quickness jumps, 5 x V2a
Friday	REC	3	0.50	Easy .5 - .75 of your choice or off if tired
Saturday	ST/INT	2	1.25	Skate - Legs only 4-6 x 3min on steep uphill.... leg strength/Int workout - should be lvl 4! Good warmup/cooldown!
Sunday	OD	1	3.00	Distance choice, 3.0 + with 8-10x 10 sec sprints throughout
Weekly Total -			8.50	

Week of: 8/4/14

Weekly Notes: Strength, Quickness

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Off
Tuesday	ST	2	1.25	dryland/ circuits workout with strength sets (2-3) -- 10 (each leg) x 1 leg jumps for height - quick!
Wednesday	INT	1	1.75	Distance choice with 3 x 12min @ lvl 3 , 4-5min rec btwn
Thursday	ST	2	1.25	dryland/ circuits workout with strength sets (2-3) -- 10 x 1 legs jumps for height - quick!
Friday	REC	3	0.50	Easy .5 - .75 of your choice or off if tired
Saturday	OD	1	3.00	Distance choice, 3.0 + with 10-12x 10 sec sprints throughout
Sunday	REC	x	0.00	Rec day...golf or do something easy!
Weekly Total -			7.75	

Week of: 8/11/14

Weekly Notes: Recovery early on...then begin Power/Intensity

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Off
Tuesday	REC	x	1.50	Rec day - .5 to 1.0 easy ski
Wednesday	REC	x	1.50	Rec day - .5 to 1.0 easy ski
Thursday	INT	1	1.25	Climb a big steep hill skate rollerski 4 x 5 min...HARD! (can bound if you don't have RS's)
Friday	REC	3	0.50	rec day...go easy for .5 or less
Saturday	ST/SP	2	1.25	dryland/ circuit workout with strength sets (2-3) -- 5 x V2 quickness jumps, 5 x V2a -with weight on back.
Sunday	REC	3	0.50	rec day...go easy for .5 or less
Weekly Total -			6.50	

Week of: 8/18/14

Weekly Notes: Power / Intensity

	Focus	Rating	Volume	Workout
Monday	SP	1	2.00	Distance choice, 2.0 + with 15-20x 10 sec sprints throughout - use resistance/ or extra weight for sprints (makes quick power!)
Tuesday	REC	3	0.50	easy day
Wednesday	ST/SP	2	1.50	dryland/ Circuits workout with strength sets (2-3) -- 5 x V2 quickness jumps, 5 x V2a -with weight on back.
Thursday	REC	3	0.50	easy day
Friday	INT	1	1.50	4 x 4min dryland bounding up steep climb (off road best)....make it hurt!
Saturday	REC	3	0.50	rec day
Sunday	ST/SP	1	1.50	dryland/ circuits workout with strength sets (2-3) -- 5 x V2 quickness jumps, 5 x V2a -with 5lb's weight on back.
Weekly Total -			8.00	

Week of: 8/25/14

Weekly Notes: RECOVERY BABY!!

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	2	0.50	Easy jog or spin .5hrs or less
Tuesday	REC	x	0.00	Off
Wednesday	ST/REC	3	0.75	Easy ski/walk/bike 5 - 1.0 hrs
Thursday	INT	1	1.00	easy lvl 3 workout...3 x 3min@ lvl 2 with 5min rec btwn
Friday	REC	x	0.00	Off
Saturday	REC	3	1.00	Easy hike with ski walk or ride 1.0 or less
Sunday	ST/REC	2	0.75	Easy .5 - .75 of your choice
Weekly Total -			4.00	

Notes:

The rating system is 1-3. 1 is a very important workout to get in during the week, a 2 is good to get in if you have time.... A 3 is if you have extra time and can get some "extra credit" training in. This way if you organize you week and see you can only get 2-3 workouts in, do the 1's first, then the 2's etc...

- * Ski imitation/quickness jumps: jump back and forth imitating a V2 (or V2 alternate) -working on balance, quickness, relaxation. Do continuously for 1minute, rest for 2 minutes, repeat.
- ** Circuits are a series of 5-8 strenght exercises you can do like: pushups, pullups, crunches, planks, box jumps, squates, lat pull downs to name a few. Use what works best for your situation. Adding in quickness drills like side to side shuffle or short 15 meter sprints are great too!
- *** If you don't have rollerskis, you can always just bound/run up steep hills as an alternative. Plyometric exercises are good alternatives as well if you are comfortable doing them - things like skips, 2 footed jumps, 1 legged jumps, bounding etc are all good for quickness, speed and power.