

Monthly Training Plan

Prepared For: **BIRKIE**

11/24/14 to 12/28/14

Key:

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

Cycle Notes and Overview:

≥ Now - this is time for fitness, specific strength, a few long skis....and listening to your body!!
≥ Critical transition time to get fitness in, continue strength...and BALANCE - we all need it...equates to efficiency!
≥ **AT end of this cycle, should be tired, then after rest feeling FIT and FAST - ready to race!!!**

Week of: 11/24/14

Weekly Notes: Are you on snow now???

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	x	0.00	Recovery Day
Tuesday	ST/INT	1	1.50	Power effort - 4-6 x legs only up steep hill x 30-40sec, then 4-6 x DP hill x 30sec, then 6 x climb V1 jump skate, 30sec, 1-2 min rec btwn Power!
Wednesday	ST	3	1.25	Downhill balance - ski down every hill on one leg
Thursday	INT	1	1.50	lvl 4 intensity work - (6 x 2.5min) - 4min rec btwn - THIS SHOULD BE HARD!!!!!! Then enjoy the Turkey and football!
Friday	REC	x	0.50	rec/core/easy walk.
Saturday	ST	2	1.00	Specific Strength 6 x ss; 6 x dp, both 30-45 sec long; 8 x 10 sec sprints - keep hr in zone 2 top end, be quick and crisp
Sunday	OD/SP	1	3.00	OD ski (80-90% of race total time), ... ski Marathon race pace (threshold) for 30min in the middle of it ...finish workout -
Weekly Total -			8.75	

Week of: 12/1/14

Weekly Notes: little rest at end of week

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	x	0.00	Recovery Day
Tuesday	ST	2	1.25	6 x Short quick DP crunch on steep hill - 15 sec, then 6 x crunch/DP flatter hill, 30-45 sec long 2 x 10min legs only skiing
Wednesday	INT	1	1.50	5min L4 intervals with lots of climb if possible - equal recovery 4-5x- or until you are slower than the previous by more than 10%
Thursday	ST	3	3.00	General Strength (2 sets) and Flexibility + .5 easy run/ski/bike + PM: 1.5 distance for longer day
Friday	rec	x	1.00	easy Recovery Day or Off it totally spent
Saturday	rec	x	0.00	Off
Sunday	rec	x	1.00	easy Recovery Day
Weekly Total -			7.75	

Week of: 12/8/14

Weekly Notes: Ok...big push to rest of month....time to get fit!!!

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	x	0.00	off
Tuesday	ST/INT	2	1.50	Power/Balance effort - 8-10 x legs only on rolling hills, 2-3 min long, 3-4 min rec btwn -
Wednesday	SP	3	1.25	V2 and V2A speeds- 8 x each tech....fast as you can for 10-15 sec + warm up / cool down
Thursday	INT	1	1.50	Lvl 4 ivls 4-6 x 3mins long - HARD!!! , 4-5mn btwn
Friday	REC	3	0.00	Easier day - or off if at all tired
Saturday	ST	2	1.00	Specific Strength 8 x ss; 8 x dp, both 30-45 sec long; 8 x 10 sec sprints (skate or classic)
Sunday	OD/INT	1	3.00	OD ski, with <u>10 x (1min @ Lvl 4, 2min easier ski) in the middle of it (30 min total)</u> ...finish workout to 90-100% of Race time
Weekly Total -			8.25	

Week of: 12/15/14

Weekly Notes:

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	x	0.00	Recovery Day
Tuesday	ST/INT	2	1.50	Power/Balance/End effort - 8-10 x legs only on rolling hills, 1-2 min long, 3-4 min rec btwn -
Wednesday	SP	3	1.25	V2 and V2A speeds- 8 x each tech....fast as you can for 10-15 sec + warm up / cool down
Thursday	INT	1	1.50	Lvl 4 ivls 4- 6 x 4mins long - HARD!!! , 4-5mn btwn
Friday	REC	x	0.00	Off
Saturday	ST	3	1.00	Specific Strength 8 x ss; 8 x dp, both 30-45 sec long; 8 x 10 sec sprints (skate or classic)
Sunday	OD/INT	1	3.00	OD ski, with <u>13 x (1min @ Lvl 4, 2min easier ski) in the middle of it (39 min total)</u> ...finish workout to 90-100% of Race time
Weekly Total -			8.25	

Week of: 12/22/14

Weekly Notes: Easy Rec week -

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
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Monday	REC	2	0.50	Easy jog or swim or ride .5hrs or less
Tuesday	REC	x	0.00	Off
Wednesday	ST/REC	2	1.00	Easy endurance - up to 1hr
Thursday	INT	1	1.25	Strength maintenance - keep hr down
Friday	REC	x	0.00	Off
Saturday	REC	2	1.50	Easy hike with ski walk or ride 1.5 or less - some pickups to threshold 2-3 x 30sec...just to get blood flowing again.
Sunday	ST/REC	3	1.00	Easy .5 - .75 of your choice
Weekly Total -			5.25	

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 immitating 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.