

Monthly Training Plan



Prepared For: **BIRKIE**

Key:

Cycle Notes and Overview:

12/29/14 to 3/1/15

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

≥ Time to go hard or go home!!!
 ≥ 8 weeks to birkie...now it is time for hard or easy...no inbetween!
 ≥ Enjoy your days on the skis...the real fun!!!
 ≥ This is a series of hard efforts, then recovery blocks leading up to Birkie
 ≥

Week of: 12/29/14 **8** *Weekly Notes:* Fitness Wk 1

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Recovery Day
Tuesday	ST/INT	1	1.25	Power effort - 3 - 4 x climb steep hill -NO poles, 1min long, 2 min rec btwn, then repeat with poles - Go All out on these - HARD!
Wednesday	REC	3	1.00	Easier day - nice easy ski - work on balance and complete kick
Thursday	INT	2	1.50	10 x 1 min full gas on small rollers - "TRANSITIONS" - think about transitioning from up to down and carrying speed.
Friday	REC	3	1.00	Easier day - nice easy ski
Saturday	INT	1	1.00	Race? All out effort of 35-45 minutes - however hard that is OR 5 X 7 MIN LVL 4, 3 MIN REC
Sunday	OD	2	3.00	Longer OD - try and get to 100% of longest race....keep it easy and relaxed
Weekly Total -				8.75

Week of: 1/5/15 **7** *Weekly Notes:* Fitness Wk 2

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Recovery Day
Tuesday	ST/INT	1	1.25	Power effort - 3 - 4 x climb steep hill -NO poles, 1min long, 2 min rec btwn, then repeat with poles - Go All out on these - HARD!
Wednesday	REC	3	1.00	Easier day - nice easy ski - work on balance and complete kick
Thursday	INT	2	1.50	10 x 1 min full gas on small rollers - "TRANSITIONS"
Friday	REC	3	1.00	Easier day - nice easy ski
Saturday	INT	1	1.00	Race? All out effort of 35-45 minutes - however hard that is OR 5 X 7 MIN LVL 4, 3 MIN REC
Sunday	OD	1	3.00	Longer OD - try and get to 100% of longest race....keep it easy and relaxed
Weekly Total -				8.75

Week of: 1/12/15 **6** *Weekly Notes:* final strength week - none after this week until after race

	Focus	Rating	Volume	Workout
Monday	REC	x	0.00	Recovery Day
Tuesday	ST	2	1.25	easy ski wth .5 of easy no poles skiing and 3 x 5min continous dp - keep it easier and on flat terrain
Wednesday	REC	3	1.00	easy ski
Thursday	ST	1	1.50	8 X crunch, 8 x DP, 8 x legs only on 1min hill, not too steep - quick and fast.
Friday	REC	3	1.00	Easier day - nice easy ski
Saturday	OD/INT	1	3.00	2.5 -3hr OD -hilly hard middle...so from hr 1-2 make it a marathon race pace or as hard as you can push for 1hr.....
Sunday	ST	2	1.25	easy ski wth 3 X 5MIN of easy no poles skiing and 3 x 5min continous dp - keep it easier and on flat terrain - BALANCE!!!
Weekly Total -				9.00

Week of: 1/19/15 **5** *Weekly Notes:* recovery

	Focus	Rating	Volume	Workout
Monday	REC	3	0.50	Easy walk or similar
Tuesday	REC	x	0.00	Off
Wednesday	REC	3	1.00	Easy ski .75 - 1.0 hrs
Thursday	Int/SP	1	1.25	workout as you feel - ok to push lvl 3 fpr 4 x 90 sec if feeling ok -
Friday	REC	x	0.00	Off
Saturday	REC/SP	2	1.00	easy ski of 1.0 or less. Short little pick ups
Sunday	Int/SP	1	1.50	rec day off if fatigued or tired....if not, easy ski.
Weekly Total -				5.25

Week of: 1/26/15 **4** *Weekly Notes:* RACE PREP 1

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	x	0.00	Recovery Day
Tuesday	INT	1	1.25	Race effort - 4 x 5mins @ 10km pace - on rolling terrain
Wednesday	REC	3	1.00	easy ski
Thursday	int/sp	2	1.25	10 X 1 min up big hill, full gas! 2-3min rec btwn
Friday	REC	3	1.00	Easier day - nice easy ski
Saturday	OD/INT	1	2.00	2.0hr OD -hilly hard middle...so from hr 1.25-1.75 make it as hard as you can push for .5hr..... OR race again - under 25km
Sunday	ST	2	1.25	Easy ski with 10 x 10sec pickups - quick - you will be tired from day before. Focus!
Weekly Total -			7.75	

Week of: **2/2/15** **3** *Weekly Notes:* RACE PREP 2

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	x	0.00	Recovery Day
Tuesday	INT	1	1.25	Race effort - 4 x 5mins @ 10km pace - on rolling terrain
Wednesday	REC	3	1.00	easy ski
Thursday	int/sp	2	1.25	10 X 1 min up big hill, full gas! 2-3min rec btwn
Friday	REC	3	1.00	Easier day - nice easy ski
Saturday	OD/INT	1	2.00	1.5 hr OD -hilly hard middle...so from hr .75-1.25 make it as hard as you can push for .5hr.....
Sunday	ST	2	1.25	Easy ski with 10 x 10sec pickups - quick - you will be tired from day before. Focus!
Weekly Total -			7.75	

Week of: **2/9/15** **2** *Weekly Notes:* VERY IMPORTANT RECOVERY WEEK

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	3	0.50	Easy walk or similar
Tuesday	REC	x	0.00	Off
Wednesday	REC	3	1.00	Easy ski .75 - 1.0 hrs
Thursday	Int/SP	1	1.25	workout as you feel - ok to push lvl 3 for 4 x 90 sec if feeling ok -
Friday	REC	x	0.00	Off
Saturday	REC/SP	2	1.00	easy ski of 1.0 or less. Short little pick ups
Sunday	Int/SP	1	1.50	4 x 3min HARD and fast...rolling terrain- or Gear West Race?
Weekly Total -			5.25	

Week of: **2/16/15** **1** *Weekly Notes:* PREP WEEK - SHARP - REST UP...EXTRA TRAINING NOW WON'T HELP - YOU ARE READY!

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	re	x	0.75	rec day - easy .75 ski or less
Tuesday	rec	x	0.00	rec day
Wednesday	Int/SP	1	1.25	6-8 x 1min all out hard!, full recovery btwn
Thursday	rec	x	0.00	rest day
Friday	SP	2	1.00	travel, easy ski with pick ups
Saturday	RACE	1	????	Birkie Saturday....RACE + Party!!!!
Sunday				Party, recover and have a good time doing it!!!
Weekly Total -			3.00	

Week of: **2/23/15** *Weekly Notes:*

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday				Let the Spring skiing begin!
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly Total -			0.00	

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...

>> **The Red Box:** Weeks to race

>> **The Green Box:** A hard training block weekend

>> **The Blue Box:** A Recovery block- IMPORTANT time to rest up and get ready.