

Monthly Training Plan

Prepared For: **Birkie 2015!!!**

6/2/11 to 6/29/11

Key:

Cycle Notes and Overview:

BIRKIE
SKI . RUN . BIKE . LIVE!

INT - Intensity

ST - Strength

SP - Speed

OD - Over Dist.

REC - Recovery

vc
Week of: 6/2/11

Weekly Notes:

week 1 (strength/power I)

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	x	0.00	Off
Tuesday	ST/SP	1	1.25	Warm-up/Cool-dwn .5 each (run/bike etc) + Strength/Quickness/balance** - (2-3 sets, 5-7 exercises, heavier wt) + ski imm* - 6 x 1mn
Wednesday	INT/L3	1	1.25	Distance choice, 3x 7min@threshold/Lvl 3, 4 min recovery btwn, .25 to .5 warmup and cool down
Thursday	ST	2	1.00	.25 Warm-up, General Strength repeat** (see below), 2-3 sets, cool down
Friday	REC	3	0.50	Easy .5 of your choice
Saturday	OD	1	2.50	Hike/bike/roller ski 2 - 3 hours (zone I (70%) / II(30%)) with 10 x 10sec sprints during it.
Sunday	ST/INT	2	1.00	Skate rollerski, 10 x :30-45 sec legs only up hill, then , 10 x :30sec V2 (5 quick tempo, 5 long gliders...) ***
Weekly Total -		7.50		

Week of: 6/9/11

Weekly Notes:

week 2 (strength/power II)

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	x	0.00	Off
Tuesday	ST/SP	1	1.25	Warm-up/Cool-dwn .5 each (run/bike etc) + Strength/Quickness/balance** - (2-3 sets, 5-7 exercises, heavier wt) + ski imm* - 6 x 1mn
Wednesday	INT/L3	1	1.25	Distance choice, 3x 7min@threshold/Lvl 3, 4 min recovery btwn, .25 to .5 warmup and cool down
Thursday	ST	2	1.00	.25 Warm-up, General Strength repeat** (see below), 2-3 sets, cool down
Friday	REC	3	0.50	Easy .5 of your choice
Saturday	OD	1	2.50	Hike/bike/roller ski 2 - 3 hours (zone I (70%) / II(30%)) with 10 x 10sec sprints during it.
Sunday	ST/INT	2	1.25	rollerski, 10 x :45 sec DP up hill, then , 10 x :15 sec classic sprints/fast!
Weekly Total -		7.75		

Week of: 6/16/11

Weekly Notes:

Volume / Tough week - will be hard - monitor and adjust

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	x	0.00	Off
Tuesday	INT/ST	2	1.25	Warm-up/Cool-dwn .5 each (run/bike etc) + Strength/Quickness/balance** - (3-4 sets, 5-7 exercises, heavier wt, power) + ski imm* - 6 x 1mn
Wednesday	INT	1	2.00	Distance choice, 4 x 7min@threshold, (serge to lvl 4 from 3:30-4:00min), then back to lvl 3, 4 min recovery btwn, + warmup and cool down
Thursday	ST/SP	2	1.25	Plyos set (2-3 depending on how comfortable doing)* or similar (run on rolling terrain?) + V2 Imitation (5 x 1mn)+ cool down
Friday	rec	3	0.75	Easy .5 - .75 of your choice
Saturday	OD	1	3.00	Hike/bike/ski 3 - 4 hours (zone I (70%) / II(30%)) with 10 x 10sec sprints during it.
Sunday	ST/INT	1	1.50	rollerski, 8 x :45 sec Double Poll up hill, 8 x :30sec single stick, then , 10 x :15 sec classic sprints/fast!
Weekly Total -		9.75		

Week of: 6/23/11

Weekly Notes:

Important to assess how you are recovering after this last 3 weeks. Will be important for future cycles.

	<u>Focus</u>	<u>Rating</u>	<u>Volume</u>	<u>Workout</u>
Monday	REC	1	0.50	Easy jog or spin .5hrs or less
Tuesday	REC	x	0.00	Off
Wednesday	ST/REC	3	1.00	Easy ski/bike/run .75 - 1.0 hrs + light strength training
Thursday	INT	2	1.50	Maintain. - one day you can go lvl 3 this week if you want and are feeling like you are getting rested
Friday	REC	x	0.00	Off
Saturday	REC	2	1.50	Easy hike with ski walk or ride 1.5 or less
Sunday	ST/REC	3	1.00	Easy .5 - .75 of your choice
Weekly Total -		5.50		

Monthly Total - **30.50**

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 your week and see you can only get 2-3 workouts in, do the 1's first, then the 2's etc...

- * Ski imitation: jump back and forth imitating a V2 - working on balance, quickness, relaxation. Do continuously for 1 minute, rest for 2 minutes.....repeat.
- ** Circuits are a series of 5-8 strength exercises you can do like: pushups, pullups, crunches, planks, box jumps, squats, 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.