	Training Plan			BIDVIE
Prepared For:	Birkie Skiers	Key:		Cycle Notes and Overview: SKI . RUN . BIKE . LIVE!
9/29/14	<u>to</u> 10/26/14	INT - Intensity	, ,	Final cycle of all drylandwe will be skiing next month maybe!!!!!
		ST - Strength		tought 28 daysthen a rest before we hit our first month with actual skiing!!!
		SP- Speed		Use this month smartly(that a word?) - very critical. At the end you should feel like you could race a 10km race if not, why not?
		OD - Over Dist.		Take fridays off if you are feeling at all tired in this cycle.
		REC - Recovery		I see this month as a time to get ready for snow with spec. strength and more lvl 4.
Week of:	9/29/14	Weekly Notes:		2 spec st. workouts, one lvl 4, 1 lvl 3
	Focus	Rating		Workout
Monday	x	x	0.00	rec day
Tuesday	ST/SP	2	1.25	Classic rollerski - 8-10 x 30sec single stick then 8-10 x 45sec DP up hill + warmup/cooldown - FAST & Quick
Wednesday	INT/ST	1	1.50	Uphill bound/run on longer climb if possible - 3 x 7-10min@ lvl 4, (full recovery between each)
Thrusday	ST	2	1.00	General Strength day (3 sets) + .575 of choice endurance + 8x 30sec ski immitation (4 v2 and 4 DP)
Friday	rec	3	0.50	Easy choice day - off if tiredif not 1.0 of easy workout
Saturday	SP	2	1.25	18 x 15 sec sprints - (6 stride, 6 PD, 6 kdpor 6 v1, 6 v2, 6 v2a), 20min Warm up, 20 Cooldwn
Sunday	OD/INT	1	3.00	2.5 - 3.0 od run or ski or MTB with .5 of lvl 3 in the middle, one continous "natural interval".
	00,	- Weekly Total -		
		The sectory for all	0.50	
Week of:	10/6/14	Weekly Notes:		2 spec st. workouts, one lvl 4, 1 lvl 3
	Focus	Rating	Volume	Workout
Monday	x	x	0.00	rec day
, Tuesday	ST/INT	2	1.50	Classic rollerski - 8-10 x 30sec single stick then 8-10 x 45sec DP up hill + warmup/cooldown - FAST
, Wednesday	INT	1	1.50	6 x 5mins @ HARD (for each minute of interval do 50sec lvl 4, then 10sec EZ), full recovery between each
Thrusday	ST	2	1.00	General Strength day (3-4 sets)+ .575 of choice endurance + 6x 45sec ski immitation (3 v2 and 3 DP)
Friday	rec	3	0.75	Easy choice day - off if tiredif not 1.0 of easy workout
Saturday	SP	2	1.25	2 x 15min legs only ski on rolling terrain - 10min btwn each one.
Sunday	OD/INT	1	2.75	2.5 - 3.0 od run or ski or MTB with .5 of lvl 3 in the middle, one continous "natural interval".
,	- ,	Weekly Total -		
Week of:	<u>10/13/14</u>	Weekly Notes:		VOLUME, one hard day
	Focus			
		Rating	<u>Volume</u>	<u>Workout</u>
Monday	x	<u>Rating</u> x		Workout rec day
			<u>Volume</u>	
Monday Tuesday Wednesday	x	x	<u>Volume</u> 0.00	rec day
Tuesday Wednesday	x ST/SP	x 2	<u>Volume</u> 0.00 1.50	rec day Classic rollerski - 3-4 x 6-8min continous DP, 5-10 min ski btwn
Tuesday Wednesday Thrusday	x ST/SP INT	x 2 1	<u>Volume</u> 0.00 1.50 1.50	rec day Classic rollerski - 3-4 x 6-8min continous DP, 5-10 min ski btwn on foot bounding - <u>full gas (</u> 3.5 - 4min), steep hill, 4-5x, much as you can handle - quick, fast, powerful, full recovery btwn
Tuesday Wednesday Thrusday Friday	x ST/SP INT ST	x 2 1 2	Volume 0.00 1.50 1.50 1.25	rec day Classic rollerski - 3-4 x 6-8min continous DP, 5-10 min ski btwn on foot bounding - <u>full gas (</u> 3.5 - 4min), steep hill, 4-5x, much as you can handle - quick, fast, powerful, full recovery btwn General Strength day (2 sets)+ .575 of choice endurance + 6x 1 min ski immitation (3 v2 and 3 DP)
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Tuesday Wednesday Thrusday Friday Saturday Sunday Week of: Monday Tuesday Wednesday	x ST/SP INT ST rec ST/INT OD <u>10/20/14</u> <u>Focus</u> REC REC	x 2 1 2 3 1 1 Weekly Total - Weekly Notes: Rating 4 x	Volume 0.00 1.50	rec day Classic rollerski - 3-4 x 6-8min continous DP, 5-10 min ski btwn on foot bounding - <u>full gas (</u> 3.5 - 4min), steep hill, 4-5x, much as you can handle - quick, fast, powerful, full recovery btwn General Strength day (2 sets)+ .575 of choice endurance + 6x 1 min ski immitation (3 v2 and 3 DP) Easy choice day - off if tirederror to conservative side todaythis is a tough cyclebe smart. Skate rollerski - 10 x :30-45sec legs only up Stee hill as possible, full rec btwn 3-4 od - go big. Get to 100% of your longest race time, 50% - 50% time btwn zone 1 and 2 <u>Workout</u> Easy jog or swim or ride .5hrs or less Off
Tuesday Wednesday Thrusday Friday Saturday Sunday	x ST/SP INT ST rec ST/INT OD 10/20/14 Focus REC REC ST/REC	x 2 1 2 3 1 1 Weekly Total - Weekly Notes: Rating 4 x 5	Volume 0.00 1.50 1.52 0.75 1.50 1.50 1.50 1.50 0.75 1.50 0.00 0.50 0.50 1.00	rec day Classic rollerski - 3-4 x 6-8min continous DP, 5-10 min ski btwn on foot bounding - <u>full gas</u> (3.5 - 4min), steep hill, 4-5x, much as you can handle - quick, fast, powerful, full recovery btwn General Strength day (2 sets)+ .575 of choice endurance + 6x 1 min ski immitation (3 v2 and 3 DP) Easy choice day - off if tirederror to conservative side todaythis is a tough cyclebe smart. Skate rollerski - 10 x :30-45sec legs only up Stee hill as possible, full rec btwn 3-4 od - go big. Get to 100% of your longest race time, 50% - 50% time btwn zone 1 and 2 <u>Workout</u> Easy jog or swim or ride .5hrs or less Off Easy endurance - up to 1hr
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Tuesday Wednesday Thrusday Friday Saturday Sunday Week of: Monday Tuesday Wednesday Thrusday	x ST/SP INT ST rec ST/INT OD 10/20/14 Focus REC REC REC ST/REC INT REC	x 2 1 2 3 1 1 Weekly Total - Weekly Notes: Rating 4 x 5 1 x	Volume 0.00 1.50 1.50 0.75 1.50 1.50 1.50 1.50 0.75 0.00 0.00 1.00 1.50 0.50 0.50 1.50 0.00 1.50 0.00	rec day Classic rollerski - 3-4 x 6-8min continous DP, 5-10 min ski btwn on foot bounding - <u>full gas (</u> 3.5 - 4min), steep hill, 4-5x, much as you can handle - quick, fast, powerful, full recovery btwn General Strength day (2 sets)+ .575 of choice endurance + 6x 1 min ski immitation (3 v2 and 3 DP) Easy choice day - off if tirederror to conservative side todaythis is a tough cyclebe smart. Skate rollerski - 10 x :30-45sec legs only up Stee hill as possible, full rec btwn 3-4 od - go big. Get to 100% of your longest race time, 50% - 50% time btwn zone 1 and 2 Workout Easy jog or swim or ride .5hrs or less Off Easy endurance - up to 1hr Strength maintenance - keep hr down Off
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Monthly Total -

32.75