

BIRKIE

SKI . RUN . BIKE . LIVE!

Training Periodization 2014-15

Weeks	Dates	Goals	Focus	Notes
1	6/2/14	Begin Consistent Training	Acclimatization	x
2	6/9/14			
3	6/16/14			
4	6/23/14			
5	6/30/14	Recovery	Recovery	Recovery
6	7/7/14	General St/Volume/Power	Build Strength	Full Commitment to ski
7	7/14/14			
8	7/21/14			
9	7/28/14	Recovery	Recovery	Recovery
10	8/4/14	Specific Strength	Quick Power	As it implies
11	8/11/14			
12	8/18/14			
13	8/25/14	Recovery	Recovery	Recovery
14	9/1/14	Fitness Block		
15	9/8/14			
16	9/15/14			
17	9/22/14	Recovery	Recovery	Recovery
18	9/29/14	General St/Volume/Power	Build Strength	Full Commitment to ski
19	10/6/14			
20	10/13/14			
21	10/20/14	Recovery	Recovery	Recovery
22	10/27/14	Specific Strength	Quick Power	
23	11/3/14			
24	11/10/14			
25	11/17/14	Fitness Block		
26	11/24/14	Recovery	Recovery	Recovery
27	12/1/14	Volume/Spec St	Being specific & Quick	
28	12/8/14			
29	12/15/14			
30	12/22/14	Recovery	Recovery	Recovery
31	12/29/14	Race Prep Period	Fitness/Spec Strength/Quickness	
32	1/5/15			
33	1/12/15			
34	1/19/15	Recovery	Recovery	Recovery
35	1/26/15	Race Period	Being Fit/Fast/Rested	Race/Recover/Repeat
36	2/2/15			
37	2/9/15			
38	2/16/15	Birkie Week		