ULY	Focus We	ek: 7/16-7/22		
		Workout	Duration (hrs.)	Focus
eek 5		Week Focus: Anaerobic Threshold		
onday	25-Jun	OFF	0	
		Skate Rollerski; 15 minute warm up, 6x4 minutes Birkie Race pace with full		
uesday		recovery in between intervals (approx. 3 minutes), 15 minute cool down		Anaerobic Threshold
ednesday ednesday	27-Jun	Run/Hike Easy	1	Basic Aerobic Training
		Rollerski (skate or classic); 15 minute warm up, 6x4 minutes Birkie Race Pace		
nursday	28-Jun	with rull recovery between intervals, 15 minute cool down	1.5	
iday	29-Jun	Bike, easy + Bodyweight Strength (below)	1.5	Basic Aerobic Training + Strength
sturdou	20 lun	Run/Hike w/ski poles on hilly terrain, easy, using poles with good ski walking technique up hills	1.5	Racio Aerobio Training
nturday unday		Rollerski (Skate or classic) easy, bring water and food		Basic Aerobic Training Basic Aerobic Training
eekly Total	1701	Troncesti (State of classic) easy, bring water and rood	8.25	
cerry rotar		Workout	Duration (hrs.)	Focus
/eek 6		Week Focus: RECOVERY	Duration (ms.)	rocus
reek u		Easy jog 45 minutes + Abbreviated (2 sets instead of 3)Bodyweight Strength		
onday	2-Jul	(below)	1 1	Recovery
iesday		Bike, easy		Recovery
ednesday	4-Jul	OFF - HAPPY 4TH OF JULY	0	
nursday		Classic Rollerskiing 1 hour, 30 minutes double pole only		Recovery
iday	6-Jul		0	
nturday		Bike, easy		Basic Aerobic Training
		Rollerski (skate or classic); 15 minute warm up, 6x4 minutes Birkie Race Pace		
ınday	8-Jul	with rull recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
eekly Total			6.5	
		Workout	Duration (hrs.)	Focus
/eek 7		Week Focus: Aerobic Volume/Strength		
londay	9-Jul		0	
		Run/Hike, easy with ski poles on hilly trails. Use ski poles on uphills with good		
iesday	10-Jul	ski walking technique	2	Basic Aerobic Training
		Rollerski (skate or classic); 15 minute warm up, 7x4 minutes Birkie Race Pace		
ednesday	11-Jul	with rull recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
		Rollerski, Classic 45 minutes skiing, 45 minutes double pole only, 30 minutes		L
nursday	12-Jul	easy skiing	2	Specific Aerobic Training + Strength
iday		Run, easy + bodyweight strength (below)		Basic Aerobic Training
turday		Skate Rollerski, long and slow with 3x15 minutes no pole skiing		Specific Aerobic Training + Strength
ınday	15-Jul	Bike, easy	2.5	Basic Aerobic Training
eekly Total		Walland	11.25	
		Workout		Focus
/eek 8	46.1	Week Focus: Anaerobic Threshold	11.25 Duration (hrs.)	Focus
	16-Jul	Week Focus: Anaerobic Threshold OFF	11.25	Focus
/eek 8		Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace	Duration (hrs.)	Focus
/eek 8 londay uesday	17-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down	11.25 Duration (hrs.)	Focus Anaerobic Threshold
/eek 8	17-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run	11.25 Duration (hrs.)	Focus
/eek 8 londay uesday	17-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking	11.25 Duration (hrs.)	Focus Anaerobic Threshold
/eek 8 londay uesday	17-Jul 18-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run	11.25 Duration (hrs.) 0 1.5 0.75	Focus Anaerobic Threshold
Jeek 8 Jonday Jesday Jednesday	17-Jul 18-Jul 19-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down	11.25 Duration (hrs.) 0 1.5 0.75	Anaerobic Threshold Basic Aerobic Training Anaerobic Development
/eek 8 londay Jesday rednesday	17-Jul 18-Jul 19-Jul 20-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength
/eek 8 londay Jesday rednesday	17-Jul 18-Jul 19-Jul 20-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy; Bring food and water!	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25	Anaerobic Threshold Basic Aerobic Training Anaerobic Development
veek 8 onday sesday sednesday sednesday surrsday siday sturday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20	11.25 Duration (hrs.) 0 1.5 0.75 1.5 2.5	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training
deek 8 onday useday dednesday usursday usursday uturday unday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy; Bring food and water!	11.25 Duration (hrs.) 0 1.5 0.75 1.5 2.5	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold
deek 8 onday useday dednesday usursday usursday uturday unday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down	11.25 Duration (hrs.) 0 1.5 0.75 1.5 2.5 2.5 9	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Training Anaerobic Threshold
Jeek 8 Jonday Jeesday Jednesday Jedn	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout	11.25 Duration (hrs.) 0 1.5 0.75 1.5 2.5 1.25	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold
reek 8 rednesday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic): 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy; Bring food and water! Classic Rollersking, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Workout	11.25 Duration (hrs.) 0 1.5 0.75 1.5 2.5 2.5 9	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Training Anaerobic Threshold
reek 8 rednesday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF	11.25 Duration (hrs.) 0 1.5 0.75 1.5 2.5 2.5 9	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Training Anaerobic Threshold
reek 8 rednesday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace	11.25 Duration (hrs.) 0 1.5 0.75 1.5 2.5 2.5 9	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Training Anaerobic Threshold
/eek 8 Ionday Jeednesday Jeednesday Jeednesday Jeednesday Jeednesday Jeednesday Jeekly	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic): 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy; Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.9 Duration (hrs.)	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Training Anaerobic Threshold
/eek 8 Ionday Jeednesday Jeednesday Jeednesday Jeednesday Jeednesday Jeednesday Jeekly	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.9 Duration (hrs.)	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus
Veek 8 Ionday Jesday Jednesday Jednesday Jednesday Jednesday Jednesday Jednesday Jeek 9 Jednesday Jednesday Jeek 9	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy; Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	11.25 Duration (hrs.) 0 1.5 0.75 1.5 2.5 2.5 2.5 Duration (hrs.)	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus
reek 8 onday sesday ednesday uursday iiday turday eekly Total reek 9 onday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy; Bring food and water! Classic Rollersking, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.)	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed
reek 8 onday onday ednesday ednesday iday tutrday unday eekly Total reek 9 onday ednesday ednesday	17-Jul 18-Jul 19-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 26	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollersking, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute warm up, 6x3 minutes Sk race pace w/full	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 9 Duration (hrs.) 1.5	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic Fitness
reek 8 onday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 11, bour + Bodyweight Strength Routine (below)	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.)	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Aerobic Fitness, Strength
reek 8 onday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic): 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy; Bring food and water! Classic Rollersking, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/log 1 hour + Bodyweight Stocks Rollerski easy 45 min, 10sts	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.)	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic Fitness
reek 8 onday ednesday day turday edkly Total reek 9 onday ednesday ednesday turday ednesday turday ednesday ednesday ednesday turday turday turday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min Skate Rollerski easy 45 min Skate Rollerski easy 85 min Scholerski easy 45 min	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Aerobic Fitness, Strength Aerobic Fitness, Strength Aerobic Fitness, Technique
reek 8 onday sesday sednesday siday turday sekly Total reek 9 onday sesday sednesday ursday turday turday sednesday sednesday turday turday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic): 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy; Bring food and water! Classic Rollersking, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/log 1 hour + Bodyweight Stocks Rollerski easy 45 min, 10sts	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Anaerobic fitness Aerobic Fitness, Strength Aerobic Fitness, Technique Aerobic Fitness, Technique Aerobic Fitness, Technique
reek 8 onday sesday sednesday siday turday sekly Total reek 9 onday sesday sednesday ursday turday turday sednesday sednesday turday turday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min Skate Rollerski easy 45 min Skate Rollerski easy 85 min Scholerski easy 45 min	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Anaerobic fitness Aerobic Fitness, Technique Aerobic Fitness, Technique Aerobic Fitness, Technique
reek 8 onday sesday sednesday siday turday sekly Total reek 9 onday sesday sednesday ursday turday turday sednesday sednesday turday turday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min Skate Rollerski easy 45 min Skate Rollerski easy 85 min Scholerski easy 45 min	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Anaerobic fitness Aerobic Fitness, Technique Aerobic Fitness, Technique Aerobic Fitness, Technique
Veek 8 Indiana Veek 9	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min Skate Rollerski easy 45 min Skate Rollerski easy 85 min Scholerski easy 45 min	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Anaerobic fitness Aerobic Fitness, Technique Aerobic Fitness, Technique Aerobic Fitness, Technique
Veek 8 Indiana Veek 9	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min Skate Rollerski easy 45 min Skate Rollerski easy 85 min Scholerski easy 45 min	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Aerobic Fitness, Strength Aerobic Fitness, Technique Aerobic Fitness
Jeek 8 londay Jesday Jednesday	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min Skate Rollerski easy 45 min Skate Rollerski easy 85 min Scholerski easy 45 min	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Anaerobic fitness Aerobic Fitness, Strength Aerobic Fitness, Technique Aerobic Fitness, Technique Aerobic Fitness, Technique
Veek 8 Indiana Veek 9	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min, Classic Rollerski easy 45 min Easy Biking, w/10x15 second sprints throughout workout, bring food and water Bodyweight Strength Routine	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Aerobic Fitness, Strength Aerobic Fitness, Technique Aerobic Fitness, Technique
Veek 8 Indiana Veek 9	17-Jul 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x[3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute cool down Skate Rollerski easy 45 min, Classic Rollerski easy 45 min Easy Biking, w/10x15 second sprints throughout workout, bring food and water Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after al	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness, Strength Aerobic Fitness, Strength Aerobic Fitness, Technique Aerobic Fitness, Technique
Veek 8 Indiana Veek 9	17-Jul 18-Jul 19-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 28-Jul 28-Jul 29-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min, Classic Rollerski easy 45 min Easy Biking, w/10x15 second sprints throughout workout, bring food and water Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after al Total time approximately 15 -20 minutes	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Aerobic Fitness, Strength Aerobic Fitness, Technique Aerobic Fitness, Technique
Veek 8 Indiana Veek 9	17-Jul 18-Jul 19-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 25-Jul 25-Jul 25-Jul 28-Jul 29-Jul 19-Jul 19	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy; Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min, Classic Rollerski easy 45 min Easy Biking, w/10x15 second sprints throughout workout, bring food and water Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after al Total time approximately 15-20 minutes	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Aerobic Fitness, Strength Aerobic Fitness, Technique Aerobic Fitness, Technique
Veek 8 Indiana Veek 9	17-Jul 18-Jul 19-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 25-Jul 25-Jul 29-Jul 29-Jul 19-Jul 28-Jul 28	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min, Classic Rollerski easy 45 min Easy Biking, w/10x15 second sprints throughout workout, bring food and water Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after al Total time approximately 15 -20 minutes	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Aerobic Fitness, Strength Aerobic Fitness, Technique Aerobic Fitness, Technique
Veek 8 Indiana Veek 9	17-Jul 18-Jul 19-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 25-Jul 27-Jul 28-Jul 29-Jul 29-Jul 29-Jul 29-Jul 31-29-Jul 31-29-Jul 31-29-Jul 31-3-3-3-3-3-3-3-3-3-3-3-3-3-3-3-3-3-3-	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 15 minute warm up, 7x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 7x1 minute hard bounding, 20 minute jogging cool down Skate Rollerski, long and slow with 3x15 minutes no pole skiing Bike, easy, Bring food and water! Classic Rollerskiing, 20 minute warm up, 7x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski intervals, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy Run/Jog 1 hour + Bodyweight Strength Routine (below) Skate Rollerski easy 45 min, Classic Rollerski easy 45 min Easy Biking, w/10x15 second sprints throughout workout, bring food and water Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after al Total time approximately 15-20 minutes 20 pushups (do from knees if necessary to maintain good technique) 23 squats (keep knees behind toes, go down to 90 degrees)	11.25 Duration (hrs.) 0 1.5 0.75 1.5 1.25 2.5 1.5 9 Duration (hrs.) 1.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Anaerobic Threshold Basic Aerobic Training Anaerobic Development Specific Aerobic Training + Strength Basic Aerobic Training Anaerobic Threshold Focus Anaerobic Fitness Strength, Speed Anaerobic fitness Aerobic Fitness, Strength Aerobic Fitness, Technique Aerobic Fitness, Technique