

JUNE		Focus Week: 6/18 - 6/24		
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Get back into training		
Monday	28-May	OFF	0	
Tuesday	29-May	Aerobic choice (bike/rollerski/run)	1	Basic Aerobic Fitness
Wednesday	30-May	Easy Run/Hike, preferably on trails	1	Basic Aerobic Fitness
Thursday	31-May	Easy Skate Rollerski + Bodyweight Strength Routine (below)	1.5	Specific Aerobic Fitness
Friday	1-Jun	Bike, easy	1	Basic Aerobic Fitness
Saturday	2-Jun	Easy rollerski (skate or classic)	1.5	Specific Aerobic Fitness
Sunday	3-Jun	Run/Hike + Bodyweight Strength (below)	1.5	Basic Aerobic Fitness + Strength
Weekly Total			7.5	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Get back into training		
Monday	4-Jun	OFF	0	
Tuesday	5-Jun	Easy Run/Hike	1	Basic Aerobic Fitness
Wednesday	6-Jun	Rollerski, Easy with 4x3 minutes at birkie race pace at random times throughout the workout	1.25	Specific Aerobic Fitness + Threshold
Thursday	7-Jun	Bike, easy + Bodyweight Strength (below)	1.5	Basic Aerobic Fitness
Friday	8-Jun	Classic Rollerski, double pole only for 30 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25	Basic Aerobic Fitness + Strength
Saturday	9-Jun	Run/Hike, preferably on trails	1.5	Basic Aerobic Fitness
Sunday	10-Jun	Rollerski (skate or classic)	1.5	Aerobic Fitness
Weekly Total			8	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Mid-Volume		
Monday	11-Jun	OFF	0	
Tuesday	12-Jun	Rollerski (skate or classic), mostly easy with 4x4 minutes Birkie Race Pace at random intervals throughout the workout	1.25	Specific Aerobic Fitness + Threshold
Wednesday	13-Jun	Run/Hike + Bodyweight Strength (below)	1.25	Basic Aerobic Fitness + Strength
Thursday	14-Jun	Skate Rollerski including 3x7 minutes no pole skiing	1.5	Specific Aerobic Fitness
Friday	15-Jun	Bike, easy	1.5	Basic Aerobic Fitness
Saturday	16-Jun	Classic Rollerski, flat terrain, majority (at least 75%) double pole	1.5	Specific Aerobic Fitness + Strength
Sunday	17-Jun	Run/Hike, preferably on trails	2	Basic Aerobic Fitness
Weekly Total			9	
		Workout	Duration (hrs.)	Focus
Week 4		Week Focus: Mid-Volume		
Monday	18-Jun	OFF	0	
Tuesday	19-Jun	Hike/run + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength
Wednesday	20-Jun	Rollerski (skate or classic), 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery in between each interval, 15 minute cool down	1.25	Anaerobic Threshold
Thursday	21-Jun	Bike, easy + Bodyweight Strength (below)	2	Basic aerobic fitness + Strength
Friday	22-Jun	Classic Rollerski, double pole only for 45 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25	Specific Aerobic Fitness + Strength
Saturday	23-Jun	Run/Hike long and easy; bring water and food with you	1.5	Basic Aerobic Fitness
Sunday	24-Jun	Skate Rollerski, easy with food and water	1.5	Specific Aerobic Fitness
Weekly Total			9	
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Bodyweight Strength Routine				
Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after all exercises complete in one set)				
Total time approximately 15-20 minutes				
1 20 pushups (do from knees if necessary to maintain good technique)				
2 25 squats (keep knees behind toes, go down to 90 degrees)				
3 1 minute front plank				
4 15 vertical jumps				
5 1 minute bicycle (core exercise)				