Week	Dates	Focus	Approximate Hours
Week 1	5/27 - 6/2	Basic Aerobic Fitness/Strength	8.25
Neek 2	6/3 - 6/9	Basic Aerobic Fitness/Strength	8.25
Week 3	6/10 - 6/16	Basic Aerobic Fitness/Specific Strength	9
Week 4	6/17 - 6/23	Basic Aerobic Fitness/Specific Strength	9.5
Week 5	6/24 - 6/30	Anaerobic Threshold	9.5
Week 6	7/1 - 7/7	RECOVERY	7
Week 7	7/8 - 7/14	Aerobic Volume/Strength	12
Week 8	7/15 - 7/21	Anaerobic Threshold	9.5
Neek 9	7/22 - 7/28	Speed/Intensity	9.25
Week 10	7/29 - 8/4	RECOVERY	7
Week 11	8/5 - 8/11	Intensity	10.25
Week 12	8/12 - 8/18	Aerobic Volume/Strength	12
Week 13	8/19 - 8/25	Aerobic Volume	13.5
Week 14	8/26 - 9/1	RECOVERY	6.25
Week 15 Week 16	9/2 - 9/8	Intensity	10
Week 16 Week 17	9/9 - 9/15 9/16 - 9/22	Intensity/Speed Aerobic Volume	11.75 13.25
Week 17 Week 18	9/23 - 9/29	RECOVERY	6.5
Week 18 Week 19	9/30 - 10/6	Higher Intensity/Speed	9.75
Week 20	10/7 - 10/13	Higher Intensity/Speed	10.25
Week 20	10/14 - 10/20	Aerobic Volume	13
Week 22	10/21 - 10/27	RECOVERY	6
Week 23	10/28 - 11/3	Anaerobic Threshold	10.5
Neek 24	11/4 - 11/10	Aerobic Volume	13.5
Week 25	11/11 - 11/17	RECOVERY	5.75
Week 26	11/18 - 11/24	Anaerobic Threshold	11.25
Neek 27	11/25 - 12/1	Aerobic Volume	13.25
Week 28	12/2 - 12/8	RECOVERY	6
Neek 29	12/9 - 12/15	Race (10-15km)	9.25
Week 30	12/16 - 12/22	Intensity/Speed	6.75
Week 31	12/23 - 12/29	Aerobic Volume	13.25
Week 32	12/30 - 1/5	RECOVERY	4.75
Neek 33	1/6-1/12	RACE (30-35km)	8
Week 34	1/13 - 1/19	Aerobic Easy Volume	9.75
Week 35	1/20 - 1/26	Intensity/Speed	9.25
Neek 36	1/27 - 2/2	RACE (20-25km)	7.25
Week 37 Week 38	2/3 - 2/9 2/10 - 2/16	Taper/Recover	5
Week 30	2/10 - 2/10	Taper BIRKIE WEEK	5.75
VCCR 35	2/1/ 2/23		357

JUNE	Focus We	ek: 6/17 - 6/23		
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Basic Aerobic Fitness & Strength		
Monday	27-May	OFF	0	Recovery
Tuesday	28-May	Aerobic choice (bike/rollerski/run), easy	1	Basic Aerobic Fitness
Wednesday	29-May	Easy run/hike, preferably on trails	1.25	Basic Aerobic Fitness
Thursday	30-May	Aerobic choice (bike/rollerski/run), easy + bodyweight strength (below)	15	Basic Aerobic Fitness + Strength
Friday		Bike, easy, hit uphills as natural intervals		Basic Aerobic Fitness
Saturday	1-Jun	Easy rollerski (skate or classic)	1.5	Specific Aerobic Fitness
Sunday		Run/hike + bodyweight strength (below)	-	Basic Aerobic Fitness + Strength
Weekly Total			8.25	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Basic Aerobic Fitness & Strength		
Monday	3-Jun			Recovery
Tuesday	4-Jun	Easy run/hike	1.25	Basic Aerobic Fitness
Wednesday	5-Jun	Trail run, easy with 3x3 minutes at Birkie Race Pace, full recovery between	1.25	Threshold Intervals
Thursday	6-Jun	Bike, easy + bodyweight strength (below)		Basic Aerobic Fitness + Strength
	c Juli	Classic Rollerski, double pole only for 30 minutes of the total 1.25 hours (can	1.5	
Friday	7-Jun	be done on skate skis as well)	1.25	Specific Aerobic Fitness + Strength
Saturday	8-Jun	Run/hike, preferably on trails	1.5	Basic Aerobic Fitness
Sunday	9-Jun	Rollerski (skate or classic)	1.5	Specific Aerobic Fitness
Weekly Total			8.25	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Basic Aerobic Fitness & Specific Strength		
Monday	10-Jun	OFF	0	Recovery
Tuesday	11-Jun	Trail run, easy with 4x3 minutes Birkie Race Pace, full recovery between sets	1.25	Basic Aerobic Fitness
Wednesday		Run/hike + bodyweight strength (below)		Basic Aerobic Fitness + Strength
Thursday Friday		Skate rollerski including 3x5 minutes no pole skiing Bike, easy		Specific Aerobic Fitness Basic Aerobic Fitness
Saturday		Classic rollerski, flat terrain, majority (at least 50%) double pole		Specific Aerobic Fitness + Strength
Sunday		Run/hike, preferably on trails, easy		Basic Aerobic Fitness
Weekly Total			9	
		Workout	Duration (hrs.)	Focus
Week 4		Week Focus: Basic Aerobic Fitness, Introduce Threshold		
Monday	17-Jun	OFF	0	Recovery
Tuesday	18-Jun	Hike/run + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength
		Trail run, 20 minute warm up, 5x3 minutes Birkie Race Pace with full recovery		
Wednesday		in between each interval, 15 minute cool down		Anaerobic Threshold
Thursday	20-Jun	Bike, easy + Bodyweight Strength (below)	2	Basic Aerobic Fitness + Strength
Friday	21-lun	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		Run/hike, easy, add in short pickups (5 seconds) at tops of hills		Basic Aerobic Fitness
Sunday		Skate rollerski, overdistance easy		Specific Aerobic Fitness
Weekly Total	25 3011		9.5	- · · · · · · · · · · · · · · · · · · ·
			Copyright © 2019 End	durance United. All Rights Reserved.
		Bodyweight Strength Routine		
		Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break af	ter all exercises comple	ete in one set)
	1	Total time approximately 15-20 minutes 20 pushups (do from knees if necessary to maintain good technique)		
		15 squats (keep knees behind toes, go down to 90 degrees)		
		1 minute front plank with rotating hips		
		10 lunges (each leg, add weight if needed)		
	5	20 bird dogs (core exercise)		

	FOCUS VVE	ek: July 15-21		
		Workout	Duration (hrs.)	Focus
Week 5		Week Focus: Anaerobic Threshold		
Monday	24-Jun	OFF	0	Recovery
		Trail run, 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery		
Tuesday	25-Jun	· · · · · · · · · · · · · · · · · · ·		Anaerobic Threshold
Wednesday	26-Jun	Run/hike easy	1.25	Basic Aerobic Fitness
Thursday	27 1	Rollerski (skate or classic), 20 minute warm up, 5x4 minutes Birkie Race Pace	1.5	A
Thursday Friday	27-Jun	with rull recovery between intervals, 15 minute cool down Bike, easy +bodyweight strength (below)		Anaerobic Threshold Basic Aerobic Ftiness + Strength
Fludy	28-301	Run/hike w/ski poles on hilly terrain, easy, using poles with good ski walking	2	Basic Aerobic Fulless + Sciengui
Saturday	29-Jun	technique up hills	2	Basic Aerobic Fitness
Sunday	30-Jun	Rollerski (skate or classic) easy, focus on specific technique improvement	1.25	Specific Aerobic Fitness
Weekly Total			9.5	
		Workout	Duration (hrs.)	Focus
Week 6		Week Focus: RECOVERY		
Monday		Easy jog 30 minutes + body weight strength (below)		Body Weight Strength
Tuesday Wednesday		Bike, easy		Basic Aerobic Fitness Basic Aerobic Fitness
Thursday		Trail run, easy OFF - HAPPY 4TH OF JULY		Recovery
Friday		Easy jog 30 minutes + body weight strength (below)		Body Weight Strength
Saturday		Bike, easy		Basic Aerobic Fitness
		Rollerski (skate or classic); 20 minute warm up, 5x4 minutes Birkie Race Pace		
Sunday	7-Jul	with rull recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Weekly Total			7	
		Workout	Duration (hrs.)	Focus
Week 7		Week Focus: Aerobic Volume & Strength		
Monday	8-Jul	OFF	0	Recovery
Tuesday	lut-e	Run/hike, easy with ski poles on hilly trails. Use ski poles on uphills with good ski walking technique		Basic Aerobic Fitness
Tuesuay	9-30	Rollerski (skate or classic); 20 minute warm up, 7x4 minutes Birkie Race Pace	2	Basic Aerobic Fittiess
Wednesday	10-Jul	with rull recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
		Rollerski, classic 45 minutes easy skiing, 45 minutes double pole only, 30		
Thursday	11-Jul	minutes easy skiing		Specific Aerobic Fitness + Strength
Friday		Run, easy + bodyweight strength (below)		Basic Aerobic Fitness
Saturday		Skate Rollerski, long and slow with 3x7 minutes no pole skiing		Specific Aerobic Fitness + Strength
Sunday Weekly Total	14-Jul	Bike, easy	3	Basic Aerobic Fitness
weekly lotal		Workout	Duration (hrs.)	Focus
Week 8		Week Focus: Anaerobic Threshold	Duration (ms.)	rocus
Monday	15-Jul	OFF	0	Recovery
wonday	15-50	Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace	0	necovery
Tuesday	16-Jul	with rull recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
Wednesday	17-Jul	Easy Run	0.75	Basic Aerobic Fitness
		Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking		
	18 1.1	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging	1.5	Apporchic Development - Strength
Thursday	18-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down	1.5	Anaerobic Development + Strength
Friday	19-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement	1.25	Specific Aerobic Fitness
,		(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below)	1.25	
Friday Saturday	19-Jul 20-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute	1.25	Specific Aerobic Fitness Basic Aerobic Fitness
Friday Saturday Sunday	19-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below)	1.25 2.5 1.75	Specific Aerobic Fitness Basic Aerobic Fitness
Friday Saturday Sunday	19-Jul 20-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down	1.25 2.5 1.75 9.5	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold
Friday Saturday Sunday Weekly Total	19-Jul 20-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout	1.25 2.5 1.75	Specific Aerobic Fitness Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Week 9	19-Jul 20-Jul 21-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Weak focus: Speed/Intensity	1.25 2.5 1.75 9.5 Duration (hrs.)	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus
Friday Saturday Sunday Weekly Total	19-Jul 20-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Weak focus: Speed/Intensity	1.25 2.5 1.75 9.5 Duration (hrs.)	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold
Friday Saturday Sunday Weekly Total Week 9 Monday	19-Jul 20-Jul 21-Jul 22-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10	1.25 2.5 1.75 9.5 Duration (hrs.)	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery
Friday Saturday Sunday Weekly Total Week 9	19-Jul 20-Jul 21-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute s Sk race pace; full recovery between intervals), 10 minute cool down	1.25 2.5 1.75 9.5 Duration (hrs.)	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus
Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday	19-Jul 20-Jul 21-Jul 22-Jul 22-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week focus: Speed/Intensity OFF Skate rollerski, 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	1.25 2.5 1.75 9.5 Duration (hrs.) 0	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness
Friday Saturday Sunday Weekly Total Week 9 Monday	19-Jul 20-Jul 21-Jul 22-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Weck Focus: Speed/Intensity Off Skate rollerski, 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	1.25 2.5 1.75 9.5 Duration (hrs.) 0	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery
Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday	19-Jul 20-Jul 21-Jul 22-Jul 22-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 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	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed
Friday Saturday Sunday Weekly Total Weekl 9 Monday Tuesday Wednesday	19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 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	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1 1 1.5 1.25	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness + Strength
Friday Saturday Sunday Weekly Total Weekly 9 Monday Tuesday Wednesday Thursday	19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OfF Skate rollerski, 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 + bodyweight strength routine (below)	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1 1 1.5 1.25	Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Saturday	19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 23-Jul 24-Jul 25-Jul 25-Jul 25-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OfF Skate rollerski, 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 + bodyweight strength routine (below)	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.5 1.5 1.25 1.5 2.5 2.5	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Amaerobic Fitness Basic Aerobic Fitne
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Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Saturday	19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 23-Jul 24-Jul 25-Jul 25-Jul 25-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week focus: Speed/Intensity OFF Skate rollerski, 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, fat 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 + bodyweight strength routine (below) Skate rollerski easy 45 min, (tassic Rollerski easy 45 min	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.5 1.5 1.25 1.5 2.5 2.5	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Amaerobic Fitness Basic Aerobic Fitne
Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Saturday	19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 23-Jul 24-Jul 25-Jul 25-Jul 25-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week focus: Speed/Intensity OFF Skate rollerski, 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, fat 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 + bodyweight strength routine (below) Skate rollerski easy 45 min, (tassic Rollerski easy 45 min	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.5 1.5 1.25 1.5 2.5 2.5	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Amaerobic Fitness Basic Aerobic Fitne
Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Sunday	19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 23-Jul 24-Jul 25-Jul 25-Jul 25-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week focus: Speed/Intensity OFF Skate rollerski, 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, fat 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 + bodyweight strength routine (below) Skate rollerski easy 45 min, (tassic Rollerski easy 45 min	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.25 1.25 2.5 9.25	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitnes Basic A
Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Saturday	19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 23-Jul 24-Jul 25-Jul 25-Jul 25-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 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, 6x(3 minutes Sk race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski easy 45 min, classic Rollerski easy 45 min Easy bike, w/10x15 second sprints throughout workout	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.25 1.25 2.5 9.25	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Amaerobic Fitness Basic Aerobic Fitne
Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Sunday	19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 23-Jul 24-Jul 25-Jul 25-Jul 25-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week focus: Speed/Intensity OFF Skate rollerski, 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, fat 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 + bodyweight strength routine (below) Skate rollerski easy 45 min, (tassic Rollerski easy 45 min	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.25 1.5 2.5 9.25 Copyright © 2019 En	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Anaerobic Fitness Basic Aerobic Fitnes Basic Aero
Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Saturday	19-Juli 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 25-Jul 27-Jul 28-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week focus: Speed/Intensity OFF Skate rollerski, 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, 6x(3 minutes Sk race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski easy 45 min, classic Rollerski easy 45 min Easy bike, w/10x15 second sprints throughout workout Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after a Total time approximately 15-20 minutes	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.25 1.5 2.5 9.25 Copyright © 2019 En	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Anaerobic Fitness Basic Aerobic Fitnes Basic Aero
Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Saturday	19-Juli 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 27-Jul 27-Jul 28-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week focus Speed/Intensity OFF Classic Rollerski, 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, 71 minute warm up, 6x(3 minutes Sirkie race pace followed Icasic Rollerski, 71 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski easy 45 min, classic Rollerski easy 45 min Easy bike, w/10x15 second sprints throughout workout Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after a Total time approximately 15-20 minutes	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.25 1.5 2.5 9.25 Copyright © 2019 En	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Anaerobic Fitness Basic Aerobic Fitnes Basic Aero
Friday Saturday Sunday Weekly Total Weekly Total Weekly Total Tuesday Wednesday Wednesday Thursday Friday Saturday Saturday	19-Juli 20-Juli 20-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, 10 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski eay 45 min (assic: Rollerski e	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.25 1.5 2.5 9.25 Copyright © 2019 En	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Anaerobic Fitness Basic Aerobic Fitnes Basic Aero
Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Sunday	19-Juli 20-Juli 20-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x1 minutes Birkie race pace followed immediately by 2 minutes 5k race pace, full recovery between intervals), 10 minute cool down Classic Rollerski, 115 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski, asy 45 min, classic Rollerski easy 45 min Easy bike, w/10x15 second sprints throughout workout Bodyweight strength Routine Da 3 sets in a circuit fashion (one exercise after another, 2 minute break after a Total time approximately 15-00 minutes 25 pushups (do from knees if necessary to maintain good technique) 20 squats (keep knees behind toes, go down to 90 degrees) 15 chair dips	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.25 1.5 2.5 9.25 Copyright © 2019 En	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Anaerobic Fitness Basic Aerobic Fitnes Basic Aero
Friday Saturday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Sunday	19-Juli 20-Juli 20-Jul	(continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, 10 minute warm up, 6x3 minutes Sk race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski eay 45 min (assic: Rollerski e	1.25 2.5 1.75 9.5 Duration (hrs.) 0 1.5 1.5 1.25 1.5 2.5 9.25 Copyright © 2019 En	Specific Aerobic Fitness Basic Aerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Anaerobic Fitness Basic Aerobic Fitnes Basic Aero

AUGUST	Focus We	ock.		
		Workout	Duration (hrs.)	Focus
			Duration (nrs.)	Pocus
Week 10		Week Focus: Recovery		
Monday	29-Jul			Recovery
Tuesday	30-Jul	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
		Classic rollerski specific strength workout (5x1 minute double pole up hill, 3x1		
		minute single stick up hill, 5x1 minute double pole up hill, 5 minute easy ski		
Wednesday	31-Jul	between each set) 15 minute warm up, 15 minute cool down	1.5	Specfic Strength
Thursday	1-Aug	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Friday		Run/hike easy w/10 x 15 second accelerations at end of workout		Basic Aerobic Fitness + Speed
Saturday	3-Aug	Easy bike + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength
Sunday	4-Aug	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Weekly Total			7	
		Workout	Duration (hrs.)	Focus
Week 11		Week Focus: Intensity		
Monday	5-Aug		0	Recovery
	Ĭ	Classic rollerski, 20 minute warm up 6x6 minutes Birkie Race Pace intervals, half		
Tuesday	6-Aug	recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
Wednesday	7-Aug		1	Specific Strength + Speed
		Skate rollerski, 20 minute warm up, 7x(3 minutes Birkie Race Pace followed		
Thursday	0	immediately by 2 minutes 5k race pace; full recovery between intervals), 15 minute cool down	1 75	Anaerobic Development
Friday		Easy run + bodyweight strength (below)		Basic Aerobic Fitness + Strength
Saturday		Skate rollerski easy 1 hour, classic rollerski easy 1 hour		Specific Aerobic Fitness
Sunday		Easy bike w/10x15 second sprints throughout workout		Basic Aerobic Fitness + Speed
Sulluay	11-Aug	Easy bike w/ 10x13 second sprints throughout workout	2.3	Basic Aerobic Pittless + Speed
Weekly Total			10.25	
Weekly Total		Workout	Duration (hrs.)	Focus
Mar. 1. 40			Duration (ms.)	rocus
Week 12		Week Focus: Aerobic Volume & Strength		
Monday	12-Aug			Recovery
Tuesday	13-Aug	Skate rollerski easy, heavy focus on V1 technique	2	Specific Aerobic Fitness
Wednesday	14-Aug	Run/hike w/ski poles, easy, hit top of uphills at high speed for 5 seconds	1.5	Basic Aerobic Fitness + Speed
		Classic rollerski specific strength workout (5x1 minute double pole up hill, 3x1		
		minute single stick up hill, 5x1 minute double pole up hill, 5 minute easy ski		
Thursday		between each set) 15 minute warm up, 15 minute cool down		Specific Strength
Friday		Bike, easy		Basic Aerobic Fitness
Saturday	17-Aug	Skate rollerski, easy, focus on one specific technique improvement	2	Specific Aerobic Fitness
		Classic rollerski, mostly double pole, but will be long, so mix in some striding and		
Sunday	18-Aug	kick-double pole also		Specific Aerobic Fitness + Strength
Weekly Total			12	
		Workout	Duration (hrs.)	Focus
Week 13		Week Focus: Aerobic Volume		
Monday	19-Aug	OFF	0	Recovery
		Classic rollerski easy over distance w/4x15 minutes double pole and 3x5 minutes		
Tuesday	20-Aug	single stick		Specific Aerobic Fitness + Strength
Wednesday	21-Aug	Bike easy overdistance	3	Basic Aerobic Fitness
		Skate rollerski, 20 minute warm up, 2x7 minutes Birkie Race Pace (3 minutes rest		
		between sets), ski easy 5 minutes, 3x2 minutes 5k race pace (1.5 minutes rest		
Thursda		between sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute		Constitut Annahia Filmana a Constitu
Thursday		rest between sprints), 20 minute cool down		Specific Aerobic Fitness + Speed
Friday	23-Aug	Choice aerobic workout (rollerski, bike, run, paddle), easy over distance	2.5	Basic Aerobic Fitness
Saturday		Birkie technique rollerski, focus on one specific technique improvement, easy		Specific Aerobic Fitness
Saturuay	24 4	over distance	3	Specific Aerobic Fitness
Sunday		Easy ing 20 minutes + had weight strength (halaw)		
Sunday		Easy jog 30 minutes + bodyweight strength (below)		Strength
Sunday Weekly Total		Easy jog 30 minutes + bodyweight strength (below)	1 13.5	
		Easy jog 30 minutes + bodyweight strength (below)	13.5	
		Easy jog 30 minutes + bodyweight strength (below)	13.5	
			13.5	
		Bodyweight Strength Routine	13.5 Copyright © 2019 Endura	nce United. All Rights Reserved.
		Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a	13.5 Copyright © 2019 Endura	nce United. All Rights Reserved.
	25-Aug	Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes	13.5 Copyright © 2019 Endura	nce United. All Rights Reserved.
	25-Aug	Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique)	13.5 Copyright © 2019 Endura	nce United. All Rights Reserved.
	25-Aug 1 2	Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees)	13.5 Copyright © 2019 Endura	nce United. All Rights Reserved.
	25-Aug 1 2 3	Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees) 1.5 minute walking plank	13.5 Copyright © 2019 Endura	nce United. All Rights Reserved.
	25-Aug 1 2 3 4	Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees)	13.5 Copyright © 2019 Endura	nce United. All Rights Reserved.

SEPTEMBER	Focus We	ek: 9/2-9/9		
		Workout	Duration (hrs.)	Focus
Week 14		Week Focus: RECOVERY		
Monday	26-Aug	OFF		Recovery
Tuesday	27-Aug	Run easy w/8-10x15 second accelerations at the end	0.75	Basic Aerobic Fitness + Speed
Wednesday	28-Aug	Skate rollerski easy w/2x5 minutes no pole skiing	1	Specific Aerobic Fitness
weathesday	20-Aug	Classic rollerski, 25 minute warm up, 5 x 1.5 minutes at 5k race pace (on flat		Specific Aerobic Hitless
Thursday	29-Aug	terrain), 15 minute cool down	1.25	Anaerobic Fitness Development
Friday	30-Aug	Easy aerobic exercise (swim, bike, run, ski, paddle)	0.75	Basic Aerobic Fitness
Saturday		Run/hike w/ski poles easy, add in 5 second accelerations at tops of uphills		Basic Aerobic Fitness + Speed
Sunday	1-Sep	Classic rollerski easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Weekly Total		Workout	6.25 Duration (hrs.)	Focus
Week 15		Week Focus: Intensity	Duration (nrs.)	rocus
Monday	2-Sep		0	Recovery
		Skate rollerski, uphill/flat/overspeed intervals (find a relatively steep hill, 20 minute warm up, 5x1 minute at 5k race pace up hill, 4x4 minutes 5k race pace on flat terrain, 3x2 minutes 5k+ pace on gradual downhill; 20 minute cool		
Tuesday	3-Sep	down)		Speed + Anaerobic Power
Wednesday	4-Sep	Trail run/hike with poles, easy + bodyweight strength routine (below)	2	Basic Aerobic Fitness + Strength
Thursday	5-Sep	Classic rollerski, threshold/speed workout (15 minute warm up; find gradual uphil), 3x3 minutes 25k race pace with one minute rest between sets; 5 minute recover/leasy sking; 2x6 minutes 25k race pace with 2 minutes rest between; 5 minute recover; 3x3 minutes 25k race pace with 1 minute rest between; 15 minute coil down)	1.5	Anaerobic Power
Friday	6-Sep	Easy aerobic exercise (swim, bike, run, ski, paddle)		Basic Aerobic Fitness
		Skate rollerski, 20 minute warm up, 4x8 minutes Birkie Race Pace, full recovery,		
Saturday	7-Sep	cool down 15 minutes		Anaerobic Threshold Fitness
Sunday Weekly Total	8-Sep	Recovery spin bike	0.5	Recovery
weekly lotal		Workout	Duration (hrs.)	Focus
Week 16		Week Focus: Intensity& Speed	Salation (iiis)	
Monday	9-Sep		0	Recovery
Tuesday	10-Sep	Skate rollerski, 15 minute warm up; 2x7 minutes Birkie Race Pace intervals; 5x2 minutes Sk race pace, preferably up a relatively steep hill with full recovery between intervals; 20 minute cool down.		Anaerobic Fitness
luciday	10 500	Classic rollerski, 20 minutes easy skiing, 10x1 minute FAST double pole on flat	1.05	And crobic Hereis
Wednesday Thursday	11-Sep	terrain, 20 minutes easy skiing		Specific Aerobic Fitness + Speed
Friday	12-Sep 13-Sep	Easy hike/run with ski walking/pole hiking on uphills	2	Basic Aerobic Fitness
	13-Sep	Skate rollerski, easy with 3x5 minutes no pole skiing Skate rollerski, 20 minute warm up; 4-5x8 minutes Birkie Race Pace intervals with full recovery between intervals; 10x10 second sprints with full recovery; 20	1.5	Specific Aerobic Fitness
Saturday		minute cool down.		Anaerobic Fitness
Sunday			3	Anaerobic Fitness Basic Aerobic Fitness
		minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle)	3 11.75	Basic Aerobic Fitness
Sunday		minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout	3	
Sunday Weekly Total	15-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume	3 11.75 Duration (hrs.)	Basic Aerobic Fitness Focus
Sunday Weekly Total Week 17		minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume	3 11.75 Duration (hrs.)	Basic Aerobic Fitness
Sunday Weekly Total Week 17 Monday	15-Sep 16-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume OFF	3 11.75 Duration (hrs.) 0	Basic Aerobic Fitness Focus Recovery
Sunday Weekly Total Week 17	15-Sep 16-Sep 17-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume	3 11.75 Duration (hrs.) 0 2.5	Basic Aerobic Fitness Focus
Sunday Weekly Total Week 17 Monday Tuesday	15-Sep 16-Sep 17-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole [10 minutes with each arm], 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half	3 11.75 Duration (hrs.) 0 2.5 1.5	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness
Sunday Weekiy Total Week 17 Monday Tuesday Wednesday	15-Sep 16-Sep 17-Sep 18-Sep 19-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Foous: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkace Pace with half Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkace Pace with half	3 11.75 Duration (hrs.) 0 2.5 1.5 2	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness + Strength
Sunday Weekly Total Week 17 Monday Tuesday Wednesday Thursday Friday	15-Sep 16-Sep 17-Sep 18-Sep 19-Sep 20-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy sk5 minutes; 2-3x2 minutes Sk race pace, double poling on flat terrain; 20 minutes sid own	3 11.75 Duration (hrs.) 0 2.5 1.5 2 2	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness
Sunday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Friday Friday Saturday Saturday Saturday	15-Sep 16-Sep 17-Sep 18-Sep 19-Sep 20-Sep 21-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Foous: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-682 minutes Birkle Race Pace with half recovery between intervals; easy ski 5 minutes; 2x32 minutes Sk race pace, double poling on fat terrain; 20 minute; cool down Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second	3 11.75 Duration (hrs.) 0 2.5 1.5 2 2 2 2.25	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness
Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Thursday Friday Saturday Sunday	15-Sep 16-Sep 17-Sep 18-Sep 19-Sep 20-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Foous: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy ski 5 minutes; 3-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down Easy road birk role, long cruise	3 11.75 Duration (hrs.) 2.5 1.5 2 2 2 2.25 3	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness
Sunday Sunday Weekly Total Weekly Total Monday Tuesday Wednesday Wednesday Friday Friday Saturday Saturday Saturday	15-Sep 16-Sep 17-Sep 18-Sep 19-Sep 20-Sep 21-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkle Race Pace with half recovery between intervals; easy 45 minutes; 3-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down Easy road bike ride, long cruise Skate rollerski 15 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski	33 11.75 Duration (hrs.) 0 2.5 1.5 2 2 2 2.25 3 3 13.25	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed
Sunday Weeky Total Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weeky Total	15-Sep 16-Sep 17-Sep 18-Sep 19-Sep 20-Sep 21-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half Classic Rollerski, 20 minute warm up; 5-6x8 minutes Sirkie Race Pace with half Classic Rollerski, 20 minute warm up; 5-6x8 minutes Sirkie Race Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes Sk race pace, double poling on fat terrain; 20 minute coid down Easy road bike ride, long cruise Skate rollerski 1: 5 hours, daski crollerski 1: 5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout	3 11.75 Duration (hrs.) 2.5 1.5 2 2 2 2.25 3	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness
Sunday Weekky Total Weekky Total Tuesday Tuesday Wednesday Thursday Thursday Saturday Saturday Sunday Weekky Total	15-Sep 16-Sep 17-Sep 18-Sep 20-Sep 21-Sep 22-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Foous: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkle Race Pace with half recovery between intervals; easy ski 5 minute; 3-3x2 minutes Sk race pace, double poling on flat terrain; 20 minute cool down Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Foous: RECOVERY	3 11.75 Duration (hrs.) 2.5 1.5 2 2 2 2 2 2 3 13.25 Duration (hrs.)	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Focus
Sunday Weekly Total Wenday Tuesday Wednesday Wednesday Thursday Friday Saturday Saturday Weekly Total Weekl 18 Monday	15-Sep 16-Sep 17-Sep 18-Sep 20-Sep 21-Sep 22-Sep 22-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkle Race Pace with half recovery between intervals; easy ski 5 minute; 3-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down Easy road bike ride, long cruise Skater rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Focus: RECOVERY OFF	33 11.75 Duration (hrs.) 0 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) 0	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Recovery Recovery
Sunday Weekky Total Weekky Total Tuesday Tuesday Wednesday Thursday Thursday Saturday Saturday Sunday Weekky Total	15-Sep 16-Sep 17-Sep 18-Sep 20-Sep 21-Sep 22-Sep 22-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Foous: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkle Race Pace with half recovery between intervals; easy ski 5 minute; 3-3x2 minutes Sk race pace, double poling on flat terrain; 20 minute cool down Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Foous: RECOVERY	33 11.75 Duration (hrs.) 0 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) 0	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Focus
Sunday Weekky Total Weekky Total Monday Tuesday Wednesday Thursday Friday Saturday Saturday Sunday Weekky Total Week 18 Monday Tuesday	15-Sep 16-Sep 17-Sep 18-Sep 20-Sep 21-Sep 22-Sep 23-Sep 24-Sep	minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) Workout Week Foous: Aerobic Volume OFF Easy run or bike Sate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkle Race Pace with half recovery between intervals; easy ski 5 minute; 3-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down Easy road birk ende, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Foous: RECOVERY OFF Classic rollerski with focus on one specific technique improvement	3 11.75 Duration (hrs.) 2.5 1.5 2 2 2 2.25 3 13.25 Duration (hrs.) 0 0	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Recovery Basic Aerobic Fitness
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Sunday Weekly Total Weekly Total Monday Tuesday Usednesday Tuesday Saturday Saturday Weekly Total Weekly Total Weekly Total Weekly Total Weekly Total Weekly Total Saturday Friday Saturday Saturday Saturday	15-Sep 16-Sep 17-Sep 18-Sep 20-Sep 21-Sep 22-Sep 23-Sep 24-Sep 25-Sep 25-Sep 25-Sep 25-Sep 29-Sep 11 29-Sep 20-Sep 20	minute cool down. Choice aerobic workout (sk/bike/run/swim/paddle) Workout Week Focus: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birke Race Pace with half recovery between intervals; easy sk15 minutes; 3-3x2 minutes Sk race pace, double poling on flat terrain; 20 minute cool down Easy road bike ride, long cruise Skater rollerski 15 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski 1.5 hours, add in 3x15 second accelerations with focus on one specific technique improvement Easy jog + bodyweight strength (below) Easy inke/run with natural intervals on uphills Shake out[ge] Birkie Trail Run Festival, many races to choose from! I would choose the half marathon; fun, long race! OFF Bodyweight Strength Routine Do 3 sets in a circuit Tabion (one exercise right after another, 2 minute break afte Total time approximately 15-20 minutes 20 sjolerman pushups 20 slow, control squast (keep knees behind toes, go down to 90 degrees) 20 stability ball runches	33 1175 Duration (hrs.) 2.5 2.5 2 2 2.25 3 3 13.25 Duration (hrs.) 0 1 1 1 1 1 1 5 0.5 3 0 0 6.5 Copyright © 2019 End	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Strength Basic Aerobic Fitness + Speed Recovery Anaerobic Fitness + Speed Recovery arance United. All Rights Reserved.
Sunday Sunday Weeky Total Weeky Total Monday Control Sunday Sunda	15-Sep 16-Sep 17-Sep 18-Sep 20-Sep 21-Sep 22-Sep 22-Sep 24-Sep 25-Sep 26-Sep 27-Sep 28-Sep 29-Sep 29-Sep 29-Sep 28-Sep 29-Sep 28-Sep 29-Sep 28-Sep 29-Sep 28-Sep	minute cool down. Choice aerobic workout (sk/bike/run/swim/paddle) Workout Week Foous: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkle Race Pace with half recovery between intervals; easy ski 5 minute; 3-2x3 minutes Sk race pace, double poling on flat terrain; 20 minute cool down Easy road bike mitervals; easy ski 5 minute; 3-2x3 minutes Sk race pace, double poling on flat terrain; 20 minute cool down Easy road bike ride, long cruie Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Foous: RECOVERY OFF Classic rollerski with focus on one specific technique improvement Easy ling + bodyweight strength (below) Easy hike/run with natural intervals on uphills Shake out jog Birkie Trail Run Festival, many races to choose from! I would choose the half marathon; fun, long race! OFF Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break afte Total time approximately 13-20 minutes 20 spiderman pushups 20 20 slow, control squats (keep knees behind toes, go down to 90 degrees)	33 1175 Duration (hrs.) 2.5 2.5 2 2 2.25 3 3 13.25 Duration (hrs.) 0 1 1 1 1 1 1 5 0.5 3 0 0 6.5 Copyright © 2019 End	Basic Aerobic Fitness Focus Recovery Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Strength Basic Aerobic Fitness + Speed Recovery Anaerobic Fitness + Speed Recovery arance United. All Rights Reserved.

	Focus We	ek: 9/30-10/6		
		Workout	Duration (hrs.)	Focus
Week 19		Week Focus: Higher Intensity/Speed		
Monday	30-Sep		0	Recovery
		Skate rollerski, speed day; 15 minute warm up; 10x30 seconds sprint on flat or gradual downhill (get moving FAST); 8 x sprint starts on flat terrain (start		
		from a stop, get going to top speed, stay at speed for 5 seconds); 6 x uphill		
		jump-skate/fast v1 (ski into the hill, sprint up the hill for at least 10		
Tuesday	1-0ct	seconds); 15 minute cool down	1.5	Speed
		Classic rollerski, specific strength workout (do on an uphill); 15 minute warm up; 5x1 minute single stick w/1 minute recovery between each; 5		
		minute break; 5x1 minute single stick w/1 minute recovery between each; 5 minute break; 5x1 minute double pole (powerful double pole) w/1 minute		
		recovery between each; 5 minute break; 5x1 minute core initiation (lock		
Wednesday	2-Oct	and load) w/1 minute rest in between; 15 minute cool down	1.5	Specific Strength + Power
		Trail run w/poles; 15 minute warm up; find a ~3km loop with hills, run the		
Thursday	3-0ct	loop for 45 minutes, bounding every hill and jogging easy in between uphills; 15 minute cool down	1 25	Anaerobic Fitness
marsday	5-000	aprilis, 15 minute cool down	1.25	Anaerobic Hitless
Friday	4-Oct	Bike ride easy	2	Basic Aerobic Fitness
		Skate or classic rollerski, 25 minute warm up; 3x(8 minutes Birkie Race Pace		
Calmadan	5.0.1	+ 2 minutes 5k race pace) w/full recovery between intervals; 15 minute		A second to The she bit
Saturday Sunday		cool down Classic rollerski easy w/10x15 second sprints throughout the workout		Anaerobic Threshold Specific Aerobic Fitness + Speed
Weekly Total	0-000	second sprints throughout the workout	9.75	
		Workout	Duration (hrs.)	Focus
Week 20		Week Focus: Higher Intensity/Speed		
Monday	7-0ct	OFF	0	Recovery
Tuesday		Classic rollerski, speed workout; same as skate workout from 10/1/19		Cd
Tuesday	8-Oct	(switch v1/hop-skate to striding) Skate rollerski, 25 minute warm up; 3x(9 minutes Birkie Race Pace + 2	1.5	Speed
		minutes 5k race pace) w/full recovery between intervals; 15 minute cool		
Wednesday	9-Oct	down	2	Anaerobic Threshold
Thursday	10-Oct	Choice aerobic workout (ski/bike/run/swim/paddle)	1.75	Basic Aerobic Fitness
e data i	44.00	Classic rollerski, 25 minutes easy skiing, 10x1 minute FAST double pole on	4.05	C
Friday Saturday		flat terrain, 25 minutes easy skiing Run/hike w/ski poles + bodyweight strength (below)		Speed Basic Aerobic Fitness + Strength
Sunday		Skate rollerski easy w/10x15 seconds sprinting at the end		Specific Aerobic Fitness + Speed
Weekly Total			10.25	
		Workout	Duration (hrs.)	Focus
Week 21		Week Focus: Aerobic Volume		
Monday	14-Oct		0	Recovery
		Run/hike w/ski poles, ski walking up all hills, keep heart rate low while ski		
Tuesday	15-Oct	walking. Focus on good technique more than pace/tempo (some good videos on Youtube demonstrating solid ski walking technique)	2	Basic Aerobic Fitness
		Bike ride, mildly hard (level 1-2); level 2 is harder than you would go if you		
Wednesday	16-Oct	were going easy, but not quite as hard as if you were doing a long race	2.5	Basic Aerobic Fitness
		Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one		
Thursday	17-Oct	pole skiing + bodyweight strength (below)	2	Specific Aerobic Fitness + Strength
	17-Oct	pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full		
	17-Oct	pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes		Specific Aerobic Fitness + Strength Anaerobic Threshold
	17-Oct 18-Oct	pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints	1.5	
Friday	17-Oct 18-Oct 19-Oct	pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout	1.5	Anaerobic Threshold
Friday Saturday Sunday	17-Oct 18-Oct 19-Oct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy	1.5 3 2 13	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness
Friday Saturday Sunday Weekly Total	17-Oct 18-Oct 19-Oct	pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout	1.5 3 2	Anaerobic Threshold Specific Aerobic Fitness + Speed
Friday Saturday Sunday Weekly Total Week 22	17-Oct 18-Oct 19-Oct 20-Oct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY	1.5 3 2 13 Duration (hrs.)	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus
Friday Saturday Sunday Weekly Total Week 22 Monday	17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF	1.5 3 2 13 Duration (hrs.)	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery
Friday Saturday Sunday Weekly Total Week 22 Monday	17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY	1.5 3 2 13 Duration (hrs.)	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus
Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday	17-Oct 18-Oct 20-Oct 21-Oct 22-Oct 22-Oct 23-Oct	pole skiing + bodyweight strength (below) Classic rollersk, warm up 20 minutes, 3-44.0 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below)	1.5 3 2 13 Duration (hrs.) 0 1.25 1	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength
Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday	17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 22-Oct 23-Oct 23-Oct 24-Oct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF	1.5 3 2 13 Duration (hrs.) 0 1.25 1 1 0	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery
Friday Saturday Sunday Weekly Total Weekly Z2 Monday Tuesday Wednesday Thursday Friday	17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 22-Oct 24-Oct 24-Oct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement	1.5 3 2 2 3 3 0uration (hrs.) 0 0 1.25 1 0 0 0 0 1.25	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Useday Monday Tursday Wednesday Wednesday Friday Saturday	17-Oct 18-Oct 19-Oct 20-Oct 22-Oct 22-Oct 23-Oct 225-Oct 26-Oct	pole skiing + bodyweight strength (below) Classic rollersk, 43 minutes 3-44.0 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, 45 minutes double pole only. 10x10 second sprints at end	1.5 3 2 3 0 uration (hrs.) 0 1.25 1 1 0 0 1.25 1	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed
Friday Saturday Sunday Weekly Total Wenk 22 Monday Tuesday Wednesday Thursday Thursday Friday Saturday Saturday	17-Oct 18-Oct 19-Oct 20-Oct 22-Oct 22-Oct 23-Oct 225-Oct 26-Oct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement	1.5 3 2 3 0 uration (hrs.) 0 1.25 1 1 0 0 1.25 1	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness
Friday Saturday Sunday Weekly Total Wedky Total Monday Totasday Uednesday Wednesday Friday Saturday	17-Oct 18-Oct 19-Oct 20-Oct 22-Oct 22-Oct 23-Oct 225-Oct 26-Oct	pole skiing + bodyweight strength (below) Classic rollersk, 43 minutes 3-44.0 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, 45 minutes double pole only. 10x10 second sprints at end	1.5 3 2 2 3 3 0uration (hrs.) 0 1.25 1 0 0 0 1.25 1 5 1 5 6	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed
Friday Saturday Sunday Weekly Total Weekly Total Tuesday Tuesday Wednesday Thursday Thursday Friday Saturday Sunday	17-Oct 18-Oct 19-Oct 20-Oct 22-Oct 22-Oct 23-Oct 225-Oct 26-Oct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, easy with focus on one specific technique improvement Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle)	1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 Copyright © 2019 End	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed Basic Aerobic Fitness + Speed Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday Thursday Friday Saturday Saturday	17-Oct 18-Oct 19-Oct 20-Oct 22-Oct 22-Oct 23-Oct 225-Oct 26-Oct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break	1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 Copyright © 2019 End	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness
Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday Thursday Friday Saturday Saturday	17-0ct 18-0ct 19-0ct 20-0ct 21-0ct 22-0ct 23-0ct 23-0ct 23-0ct 25-0ct 25-0ct	pole sking + bodyweight strength (below) Classic rollersk, usvrm up 20 minutes, 3-44.0 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break Total time approximately 15-20 minutes	1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 Copyright © 2019 End	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed Basic Aerobic Fitness + Speed Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Tuesday Tuesday Wednesday Thursday Thursday Friday Saturday Sunday	17-0ct 18-0ct 19-0ct 20-0ct 22-0ct 22-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 24-0ct 23-0ct 24-0ct 23-0ct 24-0ct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break Total time approximately 15-20 minutes 25 spiderman pushups	1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 Copyright © 2019 End	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed Basic Aerobic Fitness + Speed Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Tuesday Tuesday Wednesday Thursday Thursday Friday Saturday Sunday	17-0ct 18-0ct 19-0ct 20-0ct 22-0ct 22-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 24-0ct 23-0ct 24-0ct 23-0ct 24-0ct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run,hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break Total time approximately 15-20 minutes 25 sipiderman pushups	1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 Copyright © 2019 End	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed Basic Aerobic Fitness + Speed Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Week 22 Monday Tuusday Wednesday Thursday Thursday Friday Saturday Sunday	17-0ct 18-0ct 19-0ct 20-0ct 22-0ct 22-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 24-0ct 23-0ct 24-0ct 23-0ct 24-0ct	pole skiing + bodyweight strength (below) Classic rollerski, varum up 20 minutes, 3-44.0 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break Total time approximately 15-20 minutes 25 spiderman pushups 25 slow, control squats (keep knees behind toes, go down to 90 degrees) 1 minute front plank, 30 seconds left side plank is de plank. 30 seconds left side plank	1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 Copyright © 2019 End	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed Basic Aerobic Fitness + Speed Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Tuesday Tuesday Wednesday Thursday Thursday Friday Saturday Sunday	17-0ct 18-0ct 19-0ct 20-0ct 22-0ct 23-0ct 23-0ct 23-0ct 25-0ct 25-0ct 27-0ct 1 2 2 2 2 2 2 2 2 2 2 2 2 2	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run,hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break Total time approximately 15-20 minutes 25 sipiderman pushups	1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 Copyright © 2019 End	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed Basic Aerobic Fitness + Speed Basic Aerobic Fitness
Friday Saturday Sunday Weekly Total Weekly Total Tuesday Tuesday Wednesday Thursday Thursday Friday Saturday Sunday	17-0ct 18-0ct 19-0ct 20-0ct 21-0ct 22-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 23-0ct 24-0ct 23-0ct 24-0ct	pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break Total time approximately 15-20 minutes 25 sjoiderman pushups 25 slow, control squats (keep knees behind toes, go down to 90 degrees) 1 minute front plank, 30 seconds right side plank, 30 seconds left side plank (front plank try rotating hips while holding position, side plank try lifting	1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 5 6 Copyright © 2019 End	Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed Basic Aerobic Fitness + Speed Basic Aerobic Fitness

NOVEMBER	Focus We	ek: 10/28-11/3		
		Workout	Duration (hrs.)	Focus
Week 23		Week Focus: Anaerobic Threshold		
Monday	28-Oct	OFF	0	Recovery
		Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race Pace on		
Tuesday	29-Oct	rolling terrain, 20 minute cool down	2	Anaerobic Threshold
Wednesday	30-Oct	Skate rollerski, 2x15 minutes no pole skiing, 1x10 minute(each arm) one pole skiing	1 75	Specific Aerobic Fitness
Thursday	31-Oct	Run/hike, easy + bodyweight strength (below)		Basic Aerobic Fitness + Strength
mulsuay	51-000	Skate rollerski, 25 minute warm up; 5x(8 minutes Birkie Race Pace + 1	1.25	
Friday	1-Nov	minute 5k race pace); 15 minute cool down	2	Anaerobic Threshold
Saturday	2-Nov	Classic rollerski, easy, hilly terrain, focus on powerful kick while striding	1	Specific Aerobic Fitness
Sunday	3-Nov	Choice aerobic workout (ski/run/bike/paddle)	2.5	Basic Aerobic Fitness
Weekly Total			10.5	
		Workout	Duration (hrs.)	Focus
Week 24		Week Focus: Aerobic Volume		
Monday	4-Nov	OFF	0	Recovery
		Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace,		
Tuesday	5-Nov	full recovery between sets, cool down 15 minutes	2	Anaerobic Threshold
Wednesday	6-Nov	Easy skate rollerski with 10x15 second sprints at the end of workout,		Specific Aerobic Eitness Specific
Wednesday	6-NOV	keep heart rate low (think long glide with good weight transfer)	2.5	Specific Aerobic Fitness + Speed
Thursday	7-Nov	Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below)	15	Specific Aerobic Fitness + Strength
marsuay	7-1000	Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-	1.5	Specific Actionic Fittless + Strength
Friday	8-Nov	4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes	2	Anaerobic Threshold
		Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second	1	
Saturday	9-Nov	sprints during each technique throughout workout	3	Specific Aerobic Fitness + Speed
Sunday	10-Nov	Run/hike with ski poles, easy	2.5	Basic Aerobic Fitness
Weekly Total			13.5	
		Workout	Duration (hrs.)	Focus
Week 25		Week Focus: Recovery		
Monday	11-Nov	OFF	0	Recovery
Tuesday	12-Nov	Choice aerobic workout (run/bike/ski)		Basic Aerobic Fitness
Wednesday	13-Nov	Run, 45 minutes easy + bodyweight strength (below)		Basic Aerobic Fitness + Strength
Thursday	14-Nov	OFF	0	Recovery
Fulders	45 No.	Skate rollerski or ski, easy with focus on one specific technique		Constitution and the Filmene
Friday	15-Nov	improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints	1	Specific Aerobic Fitness
Saturday	16-Nov	at end	1	Specific Aerobic Fitness + Speed
Sunday		Choice aerobic workout (run/bike/ski)		Basic Aerobic Fitness
Weekly Total			5.75	
		Workout	Duration (hrs.)	Focus
Week 26		Week Focus: Anaerobic Threshold		
Monday	18-Nov		0	Recovery
		Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full		· ·
Tuesday	19-Nov	recovery, cool down 20 minutes	2	Anaerobic Threshold
Wednesday		Easy run + bodyweight strength		Basic Aerobic Fitness + Strength
Thursday	21-Nov	Skate ski, easy with 10x15 sprints throughout ski	2	Specific Aerobic Fitness + Speed
Friday	22-Nov	Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes 5k race pace) cool down 20 minutes	2.25	Anaerobic Threshold
Saturday	-	Easy run + bodyweight strength		Basic Aerobic Fitness + Strength
Sunday		Skate or classic ski, easy, focus on one specific technique improvement		Specific Aerobic Fitness
Weekly Total	241100	server and a start and a server and a server a server and a	11.25	
	1	Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise after another, 2 minute break aft Total time approximately 15-20 minutes 20 chair dips		urance United. All Rights Reserved. 2 in one set)
		10 each leg, lunges		
	2	10 each leg, lunges 1 minute walking plank		
	2			

DECEMBER	Focus We	ek: 11/25-12/1		
	10000 110	Workout	Duration (hrs.)	Focus
Week 27		Week Focus: Aerobic Volume		
Monday	25-Nov		0	Recovery
Tuesday	26-Nov	Skate ski, easy, overdistance with focus on one specific technique improvement		Specific Aerobic Fitness
Wednesday		Classic ski, easy, overdistance, start with 10 minutes no pole striding		Specific Aerobic Fitness
Weathebady	2/ 1101		2.2.5	
		Happy Thanksgiving! Skate ski, easy, overdistance with 10x15 second speeds		
Thursday	28-Nov	throughout workout + bodyweight strength (below)	2	Specific Aerobic Fitness + Strength
Friday	29-Nov	Skate ski, warm up 30 minutes, 2x10 minute Birkie Race Pace with full recovery, 3x4 minute 5k race pace with half recovery, cool down 15 minutes		Anaerobic Threshold
Thuay	25-1100	Classic ski easy on flat terrain, focus on strong double pole + bodyweight		
Saturday	30-Nov	strength (below)	2	Specific Aerobic Fitness
		Classic ski, easy on hilly terrain, focus on driving the knee forward while striding,		
Sunday Weekly Total	1-Dec	add in 10x10 second striding sprints throughout ski	13.25	Specific Aerobic Fitness + Speed
weekly Total		Workout	Duration (hrs.)	Focus
Week 28		Week Focus: Recovery		
Monday	2-Dec		0	Recovery
Tuesday		Classic ski, easy, focus on strong double pole	1	Specific Aerobic Fitness
Wednesday	4-Dec	Skate ski, easy with 8x15 second sprints at the end	1	Specific Aerobic Fitness + Speed
Thursday	5-Dec	Skate ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 4x3 minutes 5k+	1.05	Anarchais Eitears Davalanment
Thursday Friday	5-Dec 6-Dec			Anaerboic Fitness Development Recovery
Saturday		Ski, easy, either technique		Specific Aerobic Fitness
Sunday		Ski, easy + bodyweight strength (below)		Specific Aerobic Fitness + Strength
Weekly Total			6	
		Workout	Duration (hrs.)	Focus
Week 29		Week Focus: Intensity/Race		-
Monday	9-Dec		0	Recovery
Tuesday	10-Dec	Ski either technique, 15 minute warm up; 3x15 minutes Birkie Race Pace with full recovery in between; 15 minute cool down	1.75	Anaerobic Threshold
Wednesday		Ski either technique, easy + bodyweight strength (below)		Specific Aerobic Fitness + Strength
		Birkie technique ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 5x3		
Thursday		minutes 5k+ race pace, 15 minute cool down		Anaerobic Fitness Development
Friday		Classic ski, easy, focus on strong double pole		Specific Aerobic Fitness
Saturday	14-Dec	Birkie technique ski, easy with 5x10 second sprints at end of workout Birkie technique time trial; find a varying terrain 10k - 15k course, do a the warm	1.5	Specific Aerobic Fitness + Speed
		up you would normally do for a race, do the 10-15k course at Birkie Race Pace,		
		cool down at least 20 minutes. Good idea to have a couple of friends come with		
Sunday	15-Dec	you and race with each other!	2	Race Effort
Weekly Total		Workout	9.25 Duration (hrs.)	Focus
Week 30		Week Focus: Intensity/Speed	Duration (ms.)	
Monday	16-Dec		0	Recovery
Tuesday		45 minute jog + bodyweight strength (below)		Basic Aerobic Fitness + Strength
		Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 6x2.5		
Wednesday	18-Dec	minutes FAST skiing with full recovery, 20 minute cool down	1.25	Anaerobic Fitness Development
Thursday Friday		Ski either technique, easy with focus on one specific technique improvement Classic ski, easy, with 5x10 second sprints at end		Specific Aerobic Fitness Specific Aerobic Fitness + Speed
Saturday Sunday	21-Dec	RACE, or race-style workout (similar to last Sunday but 5km instead)		Race Effort Active Recovery
Weekly Total	22-Dec	Ski either technique, very easy touring pace	6.75	
		Workout	Duration (hrs.)	Focus
Week 31		Week Focus: Aerobic Volume		
		AM: Skate ski, 2 hours w/3x10 minutes no pole skiing; PM: classic ski, 1 hour on		
Monday	23-Dec			Specific Aerobic Fitness
Tuesday	24-Dec	AM: Classic ski, 1.5 hours w/ 45 minutes of double pole only; PM: 45 minute jog	2.25	Aerobic Fitness Development
Wednesday	25-Dec	OFF. Merry Christmas!	n	Recovery
		AM: Skate ski, 2.5 hours on flatter terrain with a focus on very long glide during		
Thursday		V2 and V2 alternate; PM: bodyweight strength (below)		Specific Aerobic Fitness + Strength
Friday	27-Dec	AM: Skate ski, 2 hours easy; PM: classic ski, 1.5 hours easy	3.5	Specific Aerobic Fitness
Saturday	28-000	Skate ski; 20 minute warm up; 10x45 second sprint pace, full recovery between sprints; long cool down	1	Specific Aerobic Fitness + Speed
Sunday	28-Dec 29-Dec			Recovery
Weekly Total			13.25	
			Copyright © 2019 End	lurance United. All Rights Reserved.
		Reduceded Generate Resting		
		Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after	all exercises complete i	n one set)
			an exercises completer	in one sety
		Total time approximately 15-20 minutes 20 chair dips		
	2	Total time approximately 15-20 minutes 20 chair dips 20 squats (keep knees behind toes, go down to 90 degrees)		
	2	Total time approximately 15-20 minutes 20 chair dips 20 squats (keep knees behind toes, go down to 90 degrees) 20 bird dogs (core exercise)		
	2 3 4	Total time approximately 15-20 minutes 20 chair dips 20 squats (keep knees behind toes, go down to 90 degrees)		

JANUARY	Focus Week: 1/6-1/12					
		Workout	Duration (hrs.)	Focus		
Week 32		Week Focus: Recovery				
Monday	30-Dec	Ski either technique, easy or easy jog for 45 minutes	1	Basic Aerobic Fitness		
Tuesday	31-Dec	OFF. Happy New Year!	0	Recovery		
Wednesday	1-Jan	Ski, easy	1.25	Aerobic Fitness		
Thursday	2-Jan	Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down	1	Speed		
Friday	3-Jan	OFF	0	Recovery		
Saturday	4-Jan	Ski, easy	1.5	Aerobic Fitness		
Sunday	5-Jan	Ski, easy or easy jog for 45 minutes	1	Aerobic Fitness		
Weekly Total			4.75			
		Workout	Duration (hrs.)	Focus		
Week 33		Week Focus: Race Effort				
Monday	6-Jan			Recovery		
Fuesday	7-Jan	Ski either technique, easy + bodyweight strength	1.5	Specific Aerobic Fitness + Strength		
		Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 5x3				
Wednesday		minutes FAST skiing with full recovery, 20 minute cool down		Anaerobic Fitness Development		
Thursday		Ski either technique, easy with focus on one specific technique improvement		Specific Aerobic Fitness		
Friday	10-Jan	Ski race technique, 5x10 second sprints at end	0.75	Race Prep		
Saturday	11-Jan	RACE, or race-style workout (longer 30-35km)	2	Race Effort		
Sunday	12-Jan	Classic ski, very easy touring pace	1	Active Recovery		
Weekly Total			8			
		Workout	Duration (hrs.)	Focus		
Week 34		Week Focus: Aerobic Volume				
Monday	13-Jan	OFF	0	Recovery		
Fuesday	14-Jan	Skate ski, easy with 3x10 minutes no pole skiing	1.5	Specific Aerobic Fitness		
Wednesday	15-Jan	Classic ski, easy with 3x10 minute double pole only	1.5	Specific Aerobic Fitness		
		Skate ski, warm up 20 minutes, 2x5 minutes Birkie Race Pace with full recovery,				
Thursday	16-Jan	3-4x4 minutes 5k race pace with full recovery, cool down 15 minutes	1.5	Anaerobic Fitness		
Friday	17-Jan	Classic ski, easy with focus on powerful stride + bodyweight strength	1.25	Basic Aerobic Fitness + Strength		
Saturday		Ski either technique, easy with focus on one specific technique improvement		Specific Aerobic Fitness		
Sunday	19-Jan	Ski either technique, easy with 5x10 second sprints throughout ski		Specific Aerobic Fitness + Speed		
Weekly Total			9.75			
		Workout	Duration (hrs.)	Focus		
Week 35		Week Focus: Intensity/Speed				
Monday	20-Jan		0	Recovery		
		Classic ski, warm up 25 minutes, 1x7 minute Birkie Race Pace, 4-6x2 minutes 5k				
Tuesday		race pace, cool down 15 minutes		Anaerobic Fitness		
Wednesday		Ski either technique, easy + bodyweight strength (below)		Specific Aerobic Fitness + Strength		
Thursday	23-Jan	Classic ski, easy with focus on powerful striding	1.5	Specific Aerobic Fitness		
Cuideo.	24.1	Skate ski, 20 minute warm up, 10x30 seconds FAST Skiing with 30 seconds		Canad		
Friday		recovery, 20 minute cool down		Speed		
Saturday	25-Jan	Ski either technique, easy with focus on one specific technique improvement	1.5	Aerobic Fitness		
Sunday	26 100	Classic ski 1.25 hours easy, skate ski 1.25 hours easy, 5x10 second speeds during both techniques	25	Specific Aerobic Fitness + Speed		
Weekly Total	20-Jan		9.25	Specific Aerobic Filliess + Speed		
weekly lotal			9.25			
			Copyright © 2019 End	urance United. All Rights Reserved.		
		Bodyweight Strength Routine	Sopyright @ 2015 LINU	and once and an agree reserved.		
		Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after	all exercises complete in	one set)		
		Total time approximately 15-20 minutes	all exercises complete III			
	1	15 chair dips				
		15 control squats (keep knees behind toes, go down to 90 degrees)				
		1 minute front plank with rotating hips				
		10 each side clam shells				
		1 minute russian twist (core exercise)				

FEBRUARY	Focus We	ek: 2/17-2/23		
		Workout	Duration (hrs.)	Focus
Neek 36		Week Focus: Race Prep		
/londay	27-Jan	OFF	0	Recovery
uesday	28-Jan	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Vednesday	29-Jan	Ski either technique, easy	1	Specific Aerobic Fitness
		Classic ski, warm up 20 minutes, 1x5 minute Birkie Race Pace, 3-5x2 minutes		
hursday		5k race pace, cool down 15 minutes		Anaerobic Fitness
riday	31-Jan	Ski race technique, easy with 5x10 second sprints at end	0.75	Race Prep
		Mid-distance race (20-25km); Good warm up and cool down before and		
aturday	1-Feb			Race Effort
iunday	2-Feb	OFF or 30 minute shake out jog		Active Recovery
Veekly Total			7.25	
		Workout	Duration (hrs.)	Focus
Week 37		Week Focus: Taper/Recover		
/londay	3-Feb	OFF	0	Recovery
uesday	4-Feb	Ski Birkie technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
		Ski Birkie technique, easy with 10x20 second accelerations at the end of the		
Vednesday	5-Feb	ski	1	Speed
hursday	6-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
		Ski Birkie technique, 20 minute warm up, 1x5 minute Birkie Race Pace, 3-		
riday	7-Feb	5x1.5 minutes 5k race pace, 20 minute cool down	1	Anaerobic Fitness
aturday	8-Feb	Ski Birkie technique, easy with 5x10 second sprints throughout ski	1	Specific Aerobic Fitness + Speed
		Ski Birkie technique, easy with focus on one specific technique		
Sunday	9-Feb	improvement	1.25	Specific Aerobic Fitness
Weekly Total			6	
		Workout	Duration (hrs.)	Focus
Neek 38		Week Focus: Taper		
Monday	10-Feb	OFF	0	Recovery
uesday	11-Feb	Jog, easy + bodyweight strength (below)	1	Active Recovery
		Ski Birkie technique, easy with focus on one specific technique		
Wednesday	12-Feb		1	Specific Aerobic Fitness
Thursday	13-Feb	OFF	0	Recovery
		Ski, Birkie technique, 20 minute warm up, 1x5 minutes Birkie Race Pace, 3-		
-riday	14-Feb	5x45 seconds 5k pace, 20 minute cool down	1	Speed
Saturday	15-Feb	Ski, either technique, easy	0.75	Specific Aerobic Fitness
Sunday	16-Feb	Ski, either technique, easy with 5x10 second sprints throughout ski	1.25	Specific Aerobic Fitness + Speed
Weekly Total			5	
		Workout	Duration (hrs.)	Focus
Week 39		Week Focus: Taper		
Aonday	17-Feb		0	Recovery
uesday		Jog, easy + bodyweight strength (below)		Taper
Vednesday		Ski Birkie technique, easy		Taper
Thursday		Ski Birkie technique, easy with 5x10 second sprints at end		Taper
riday	20 Teb			Taper
	21100		0	
		AMERICAN BIRKEBEINER 2020! GOOD LUCK AND		
Saturday	22-Fah	HAVE FUN!	2.5	Race Effort
Sunday		OFF (you deserve it)		Recovery
Weekly Total	23100		5.75	· · ·
- conty rota			3.75	l
			Convright @ 2019 End	urance United. All Rights Reserved.
		Bodyweight Strength Routine	Sopyright @ 2013 Ellu	analise officea All highes heselved.
		Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break)	after all evercises compl	ete in one set)
			arter all exercises compl	בוב ווו טווב זבון
	-	Total time approximately 15-20 minutes		
		10 chair dips		
		10 squats (keep knees behind toes, go down to 90 degrees)		
		45 second front plank with rotating hips		
		10 each side clam shells		
	5	1 minute crunches (core exercise)		