

Training Periodization: Birkie 2020

Week	Dates	Focus	Approximate Hours
Week 1	5/27 - 6/2	Basic Aerobic Fitness/Strength	8.25
Week 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/Threshold	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
Week 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	9/2 - 9/8	Intensity	10
Week 16	9/9 - 9/15	Intensity/Speed	11.75
Week 17	9/16 - 9/22	Aerobic Volume	13.25
Week 18	9/23 - 9/29	RECOVERY	6.5
Week 19	9/30 - 10/6	Higher Intensity/Speed	9.75
Week 20	10/7 - 10/13	Higher Intensity/Speed	10.25
Week 21	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
Week 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
Week 27	11/25 - 12/1	Aerobic Volume	13.25
Week 28	12/2 - 12/8	RECOVERY	6
Week 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
Week 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
Week 36	1/27 - 2/2	RACE (20-25km)	7.25
Week 37	2/3 - 2/9	Taper/Recover	6
Week 38	2/10 - 2/16	Taper	5
Week 39	2/17 - 2/23	BIRKIE WEEK	5.75

TOTAL TRAINING HOURS 357

JUNE		Focus Week: 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)	1.5	Basic Aerobic Fitness + Strength
Friday	31-May	Bike, easy, hit uphill as natural intervals	1.5	Basic Aerobic Fitness
Saturday	1-Jun	Easy rollerski (skate or classic)	1.5	Specific Aerobic Fitness
Sunday	2-Jun	Run/hike + bodyweight strength (below)	1.5	Basic Aerobic Fitness + Strength
Weekly Total			8.25	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Basic Aerobic Fitness & Strength		
Monday	3-Jun	OFF	0	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 sets	1.25	Threshold Intervals
Thursday	6-Jun	Bike, easy + bodyweight strength (below)	1.5	Basic Aerobic Fitness + Strength
Friday	7-Jun	Classic Rollerski, double pole only for 30 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25	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	12-Jun	Run/hike + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Thursday	13-Jun	Skate rollerski including 3x5 minutes no pole skiing	1.5	Specific Aerobic Fitness
Friday	14-Jun	Bike, easy	2	Basic Aerobic Fitness
Saturday	15-Jun	Classic rollerski, flat terrain, majority (at least 50%) double pole	1.5	Specific Aerobic Fitness + Strength
Sunday	16-Jun	Run/hike, preferably on trails, easy	1.5	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
Wednesday	19-Jun	Trail run, 20 minute warm up, 5x3 minutes Birkie Race Pace with full recovery in between each interval, 15 minute cool down	1.25	Anaerobic Threshold
Thursday	20-Jun	Bike, easy + Bodyweight Strength (below)	2	Basic Aerobic Fitness + Strength
Friday	21-Jun	Classic Rollerski, double pole only for 45 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25	Specific Aerobic Fitness + Strength
Saturday	22-Jun	Run/hike, easy, add in short pickups (5 seconds) at tops of hills	1.5	Basic Aerobic Fitness
Sunday	23-Jun	Skate rollerski, overdistance easy	2	Specific Aerobic Fitness
Weekly Total			9.5	
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Bodyweight Strength Routine				
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				
1 20 pushups (do from knees if necessary to maintain good technique)				
2 15 squats (keep knees behind toes, go down to 90 degrees)				
3 1 minute front plank with rotating hips				
4 10 lunges (each leg, add weight if needed)				
5 20 bird dogs (core exercise)				

JULY Focus Week: July 15-21			
	Workout	Duration (hrs.)	Focus
Week 5	Week Focus: Anaerobic Threshold		
Monday	24-Jun OFF	0	Recovery
Tuesday	25-Jun Trail run, 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery in between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Wednesday	26-Jun Run/hike easy	1.25	Basic Aerobic Fitness
Thursday	27-Jun Rollerski (skate or classic), 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Friday	28-Jun Bike, easy +bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Saturday	29-Jun Run/hike w/ski poles on hilly terrain, easy, using poles with good ski walking 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	1-Jul Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Tuesday	2-Jul Bike, easy	1.25	Basic Aerobic Fitness
Wednesday	3-Jul Trail run, easy	1	Basic Aerobic Fitness
Thursday	4-Jul OFF - HAPPY 4TH OF JULY	0	Recovery
Friday	5-Jul Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Saturday	6-Jul Bike, easy	1.25	Basic Aerobic Fitness
Sunday	7-Jul Rollerski (skate or classic); 20 minute warm up, 5x4 minutes Birkie Race Pace with full 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	9-Jul Run/hike, easy with ski poles on hilly trails. Use ski poles on uphill with good ski walking technique	2	Basic Aerobic Fitness
Wednesday	10-Jul Rollerski (skate or classic); 20 minute warm up, 7x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
Thursday	11-Jul Rollerski, classic 45 minutes easy skiing, 45 minutes double pole only, 30 minutes easy skiing	2	Specific Aerobic Fitness + Strength
Friday	12-Jul Run, easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness
Saturday	13-Jul Skate Rollerski, long and slow with 3x7 minutes no pole skiing	2	Specific Aerobic Fitness + Strength
Sunday	14-Jul Bike, easy	3	Basic Aerobic Fitness
Weekly Total		12	
	Workout	Duration (hrs.)	Focus
Week 8	Week Focus: Anaerobic Threshold		
Monday	15-Jul OFF	0	Recovery
Tuesday	16-Jul Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
Wednesday	17-Jul Easy Run	0.75	Basic Aerobic Fitness
Thursday	18-Jul Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down	1.5	Anaerobic Development + Strength
Friday	19-Jul Skate rollerski, easy, focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Saturday	20-Jul Bike, easy overdistance + bodyweight strength (below)	2.5	Basic Aerobic Fitness
Sunday	21-Jul Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down	1.75	Anaerobic Threshold
Weekly Total		9.5	
	Workout	Duration (hrs.)	Focus
Week 9	Week Focus: Speed/Intensity		
Monday	22-Jul OFF	0	Recovery
Tuesday	23-Jul Skate rollerski, 20 minute warm up, 6x3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down	1.5	Anaerobic Fitness
Wednesday	24-Jul Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Strength + Speed
Thursday	25-Jul Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down	1.5	Anaerobic Fitness
Friday	26-Jul Easy run + bodyweight strength routine (below)	1.25	Basic Aerobic Fitness + Strength
Saturday	27-Jul Skate rollerski easy 45 min, classic Rollerski easy 45 min	1.5	Specific Aerobic Fitness
Sunday	28-Jul Easy bike, w/10x15 second sprints throughout workout	2.5	Basic Aerobic Fitness
Weekly Total		9.25	
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Bodyweight Strength Routine			
Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after all exercises complete in one set)			
Total time approximately 15-20 minutes			
1 25 pushups (do from knees if necessary to maintain good technique)			
2 20 squats (keep knees behind toes, go down to 90 degrees)			
3 15 chair dips			
4 10 (each side) side lunges			
5 15 V-ups (core exercise)			

AUGUST			
Focus Week:			
	Workout	Duration (hrs.)	Focus
Week 10	Week Focus: Recovery		
Monday	29-Jul OFF	0	Recovery
Tuesday	30-Jul Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Wednesday	31-Jul 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 between each set) 15 minute warm up, 15 minute cool down	1.5	Specific Strength
Thursday	1-Aug Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Friday	2-Aug Run/hike easy w/10 x 15 second accelerations at end of workout	1	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 OFF	0	Recovery
Tuesday	6-Aug Classic rollerski, 20 minute warm up 6x6 minutes Birkie Race Pace intervals, half recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
Wednesday	7-Aug Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Specific Strength + Speed
Thursday	8-Aug Skate rollerski, 20 minute warm up, 7x(3 minutes Birkie Race Pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 15 minute cool down	1.75	Anaerobic Development
Friday	9-Aug Easy run + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Saturday	10-Aug Skate rollerski easy 1 hour, classic rollerski easy 1 hour	2	Specific Aerobic Fitness
Sunday	11-Aug Easy bike w/10x15 second sprints throughout workout	2.5	Basic Aerobic Fitness + Speed
Weekly Total		10.25	
	Workout	Duration (hrs.)	Focus
Week 12	Week Focus: Aerobic Volume & Strength		
Monday	12-Aug OFF	0	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 uphill at high speed for 5 seconds	1.5	Basic Aerobic Fitness + Speed
Thursday	15-Aug 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 between each set) 15 minute warm up, 15 minute cool down	1.5	Specific Strength
Friday	16-Aug Bike, easy	2	Basic Aerobic Fitness
Saturday	17-Aug Skate rollerski, easy, focus on one specific technique improvement	2	Specific Aerobic Fitness
Sunday	18-Aug Classic rollerski, mostly double pole, but will be long, so mix in some striding and kick-double pole also	3	Specific Aerobic Fitness + Strength
Weekly Total		12	
	Workout	Duration (hrs.)	Focus
Week 13	Week Focus: Aerobic Volume		
Monday	19-Aug OFF	0	Recovery
Tuesday	20-Aug Classic rollerski easy over distance w/4x15 minutes double pole and 3x5 minutes single stick	2	Specific Aerobic Fitness + Strength
Wednesday	21-Aug Bike easy overdistance	3	Basic Aerobic Fitness
Thursday	22-Aug 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 between sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute rest between sprints), 20 minute cool down	2	Specific Aerobic Fitness + Speed
Friday	23-Aug Choice aerobic workout (rollerski, bike, run, paddle), easy over distance	2.5	Basic Aerobic Fitness
Saturday	24-Aug Birkie technique rollerski, focus on one specific technique improvement, easy over distance	3	Specific Aerobic Fitness
Sunday	25-Aug Easy jog 30 minutes + bodyweight strength (below)	1	Strength
Weekly Total		13.5	
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Bodyweight Strength Routine			
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			
1 30 pushups (do from knees if necessary to maintain good technique)			
2 25 squats (keep knees behind toes, go down to 90 degrees)			
3 1.5 minute walking plank			
4 15 calf raisers (add weight if needed)			
5 1.5 minute russian twist (core exercise, use med ball if needed)			

SEPTEMBER Focus Week: 9/2-9/9			
	Workout	Duration (hrs.)	Focus
Week 14	Week Focus: RECOVERY		
Monday	26-Aug OFF	0	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
Thursday	29-Aug Classic rollerski, 25 minute warm up, 5 x 1.5 minutes at 5k race pace (on flat 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	31-Aug Run/hike w/ski poles easy, add in 5 second accelerations at tops of uphill	1.5	Basic Aerobic Fitness + Speed
Sunday	1-Sep Classic rollerski easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Weekly Total		6.25	
Week 15	Week Focus: Intensity		
Monday	2-Sep OFF	0	Recovery
Tuesday	3-Sep 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 down	1.5	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 uphill, 3x3 minutes 25k race pace with one minute rest between sets; 5 minute recovery/easy skiing; 2x5 minutes 25k race pace with 2 minutes rest between; 5 minute recovery; 3x3 minutes 25k race pace with 1 minute rest between; 15 minute cool down)	1.5	Anaerobic Power
Friday	6-Sep Easy aerobic exercise (swim, bike, run, ski, paddle)	2.5	Basic Aerobic Fitness
Saturday	7-Sep Skate rollerski, 20 minute warm up, 4x8 minutes Birkie Race Pace, full recovery, cool down 15 minutes	2	Anaerobic Threshold Fitness
Sunday	8-Sep Recovery spin bike	0.5	Recovery
Weekly Total		10	
Week 16	Week Focus: Intensity & Speed		
Monday	9-Sep OFF	0	Recovery
Tuesday	10-Sep Skate rollerski, 15 minute warm up; 2x7 minutes Birkie Race Pace Intervals; 5x2 minutes 5k race pace, preferably up a relatively steep hill with full recovery between intervals; 20 minute cool down.	1.75	Anaerobic Fitness
Wednesday	11-Sep Classic rollerski, 20 minutes easy skiing, 10x1 minute FAST double pole on flat terrain, 20 minutes easy skiing	1.5	Specific Aerobic Fitness + Speed
Thursday	12-Sep Easy hike/run with ski walking/pole hiking on uphill	2	Basic Aerobic Fitness
Friday	13-Sep Skate rollerski, easy with 3x5 minutes no pole skiing	1.5	Specific Aerobic Fitness
Saturday	14-Sep 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 minute cool down.	2	Anaerobic Fitness
Sunday	15-Sep Choice aerobic workout (ski/bike/run/swim/paddle)	3	Basic Aerobic Fitness
Weekly Total		11.75	
Week 17	Week Focus: Aerobic Volume		
Monday	16-Sep OFF	0	Recovery
Tuesday	17-Sep Easy run or bike	2.5	Basic Aerobic Fitness
Wednesday	18-Sep Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles	1.5	Specific Aerobic Fitness
Thursday	19-Sep Easy trail run/pole hike + bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Friday	20-Sep Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down	2	Anaerobic Fitness
Saturday	21-Sep Easy road bike ride, long cruise	2.25	Basic Aerobic Fitness
Sunday	22-Sep Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski	3	Specific Aerobic Fitness + Speed
Weekly Total		13.25	
Week 18	Week Focus: RECOVERY		
Monday	23-Sep OFF	0	Recovery
Tuesday	24-Sep Classic rollerski with focus on one specific technique improvement	1	Basic Aerobic Fitness
Wednesday	25-Sep Easy jog + bodyweight strength (below)	1	Strength
Thursday	26-Sep Easy hike/run with natural intervals on uphill	1	Basic Aerobic Fitness + Speed
Friday	27-Sep Shake out jog	0.5	Recovery
Saturday	28-Sep Birkie Trail Run Festival, many races to choose from! I would choose the half marathon; fun, long race!	3	Anaerobic Threshold
Sunday	29-Sep OFF	0	Recovery
Weekly Total		6.5	
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	Bodyweight Strength Routine		
	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		
	1 20 spiderman pushups		
	2 20 slow, control squats (keep knees behind toes, go down to 90 degrees)		
	3 20 stability ball crunches		
	4 12 each leg, lunges (add weight if needed)		
	5 20 bird dogs (core exercise)		

OCTOBER			
Focus Week: 9/30-10/6			
	Workout	Duration (hrs.)	Focus
Week 19	Week Focus: Higher Intensity/Speed		
Monday	30-Sep OFF	0	Recovery
Tuesday	1-Oct 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 seconds); 15 minute cool down	1.5	Speed
Wednesday	2-Oct 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 double pole (powerful double pole) w/1 minute recovery between each; 5 minute break; 5x1 minute core initiation (lock and load) w/1 minute rest in between; 15 minute cool down	1.5	Specific Strength + Power
Thursday	3-Oct Trail run w/poles; 15 minute warm up; find a ~3km loop with hills, run the loop for 45 minutes, bounding every hill and jogging easy in between uphill; 15 minute cool down	1.25	Anaerobic Fitness
Friday	4-Oct Bike ride easy	2	Basic Aerobic Fitness
Saturday	5-Oct Skate or classic rollerski, 25 minute warm up; 3x(8 minutes Birkie Race Pace + 2 minutes 5k race pace) w/full recovery between intervals; 15 minute cool down	2	Anaerobic Threshold
Sunday	6-Oct Classic rollerski easy w/10x15 second sprints throughout the workout	1.5	Specific Aerobic Fitness + Speed
Weekly Total		9.75	
Week 20	Week Focus: Higher Intensity/Speed		
Monday	7-Oct OFF	0	Recovery
Tuesday	8-Oct Classic rollerski, speed workout; same as skate workout from 10/1/19 (switch v1/hop-skate to striding)	1.5	Speed
Wednesday	9-Oct Skate rollerski, 25 minute warm up; 3x(9 minutes Birkie Race Pace + 2 minutes 5k race pace) w/full recovery between intervals; 15 minute cool down	2	Anaerobic Threshold
Thursday	10-Oct Choice aerobic workout (ski/bike/run/swim/paddle)	1.75	Basic Aerobic Fitness
Friday	11-Oct Classic rollerski, 25 minutes easy skiing, 10x1 minute FAST double pole on flat terrain, 25 minutes easy skiing	1.25	Speed
Saturday	12-Oct Run/hike w/ski poles + bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Sunday	13-Oct Skate rollerski easy w/10x15 seconds sprinting at the end	1.75	Specific Aerobic Fitness + Speed
Weekly Total		10.25	
Week 21	Week Focus: Aerobic Volume		
Monday	14-Oct OFF	0	Recovery
Tuesday	15-Oct Run/hike w/ski poles, ski walking up all hills, keep heart rate low while ski walking. Focus on good technique more than pace/tempo (some good videos on Youtube demonstrating solid ski walking technique)	2	Basic Aerobic Fitness
Wednesday	16-Oct Bike ride, mildly hard (level 1-2); level 2 is harder than you would go if you were going easy, but not quite as hard as if you were doing a long race	2.5	Basic Aerobic Fitness
Thursday	17-Oct Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below)	2	Specific Aerobic Fitness + Strength
Friday	18-Oct Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes	1.5	Anaerobic Threshold
Saturday	19-Oct Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout	3	Specific Aerobic Fitness + Speed
Sunday	20-Oct Run/hike w/ski poles, easy	2	Aerobic Fitness
Weekly Total		13	
Week 22	Week Focus: RECOVERY		
Monday	21-Oct OFF	0	Recovery
Tuesday	22-Oct Choice aerobic workout (run/bike/ski/paddle)	1.25	Basic Aerobic Fitness
Wednesday	23-Oct Run, 45 minutes easy + bodyweight strength (below)	1	Basic Aerobic Fitness + Strength
Thursday	24-Oct OFF	0	Recovery
Friday	25-Oct Skate rollerski, easy with focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Saturday	26-Oct Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1	Specific Aerobic Fitness + Speed
Sunday	27-Oct Choice aerobic workout (run/bike/ski/paddle)	1.5	Basic Aerobic Fitness
Weekly Total		6	

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Bodyweight Strength Routine		
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		
1	25 spiderman pushups	
2	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 planks try lifting top foot up and down while holding position)	
3	top foot up and down while holding position	
4	1.5 minute wall sit with med ball russian twist	
5	1.5 minute mountain climbers	

NOVEMBER		Focus Week: 10/28-11/3		
		Workout	Duration (hrs.)	Focus
Week 23		Week Focus: Anaerobic Threshold		
Monday	28-Oct	OFF	0	Recovery
Tuesday	29-Oct	Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race Pace on 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)	1.25	Basic Aerobic Fitness + Strength
Friday	1-Nov	Skate rollerski, 25 minute warm up; 5x(8 minutes Birkie Race Pace + 1 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
Tuesday	5-Nov	Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace, 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, 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)	1.5	Specific Aerobic Fitness + Strength
Friday	8-Nov	Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes	2	Anaerobic Threshold
Saturday	9-Nov	Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second 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)	1	Basic Aerobic Fitness
Wednesday	13-Nov	Run, 45 minutes easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Thursday	14-Nov	OFF	0	Recovery
Friday	15-Nov	Skate rollerski or ski, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Saturday	16-Nov	Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end	1	Specific Aerobic Fitness + Speed
Sunday	17-Nov	Choice aerobic workout (run/bike/ski)	1.5	Basic Aerobic Fitness
Weekly Total			5.75	
		Workout	Duration (hrs.)	Focus
Week 26		Week Focus: Anaerobic Threshold		
Monday	18-Nov	OFF	0	Recovery
Tuesday	19-Nov	Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes	2	Anaerobic Threshold
Wednesday	20-Nov	Easy run + bodyweight strength	1.25	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	23-Nov	Easy run + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Sunday	24-Nov	Skate or classic ski, easy, focus on one specific technique improvement	2.5	Specific Aerobic Fitness
Weekly Total			11.25	
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Bodyweight Strength Routine				
Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after all exercises complete in one set)				
Total time approximately 15-20 minutes				
1 20 chair dips				
2 10 each leg, lunges				
3 1 minute walking plank				
4 1.5 minute wall sit with med ball russian twist				
5 1.5 minute leg lifts (core exercise)				

DECEMBER Focus Week: 11/25-12/1				
		Workout	Duration (hrs.)	Focus
Week 27		Week Focus: Aerobic Volume		
Monday	25-Nov	OFF	0	Recovery
Tuesday	26-Nov	Skate ski, easy, overdistance with focus on one specific technique improvement	2	Specific Aerobic Fitness
Wednesday	27-Nov	Classic ski, easy, overdistance, start with 10 minutes no pole striding	2.25	Specific Aerobic Fitness
Thursday	28-Nov	Happy Thanksgiving! Skate ski, easy, overdistance with 10x15 second speeds 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	2	Anaerobic Threshold
Saturday	30-Nov	Classic ski easy on flat terrain, focus on strong double pole + bodyweight strength (below)	2	Specific Aerobic Fitness
Sunday	1-Dec	Classic ski, easy on hilly terrain, focus on driving the knee forward while striding, add in 10x10 second striding sprints throughout ski	3	Specific Aerobic Fitness + Speed
Weekly Total			13.25	
Week 28		Week Focus: Recovery		
Monday	2-Dec	OFF	0	Recovery
Tuesday	3-Dec	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+ race pace, 15 minute cool down	1.25	Anaerobic Fitness Development
Friday	6-Dec	OFF	0	Recovery
Saturday	7-Dec	Ski, easy, either technique	1.5	Specific Aerobic Fitness
Sunday	8-Dec	Ski, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Weekly Total			6	
Week 29		Week Focus: Intensity/Race		
Monday	9-Dec	OFF	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	11-Dec	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Thursday	12-Dec	Birkie technique ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes 5k+ race pace, 15 minute cool down	1.25	Anaerobic Fitness Development
Friday	13-Dec	Classic ski, easy, focus on strong double pole	1.5	Specific Aerobic Fitness
Saturday	14-Dec	Birkie technique ski, easy with 5x10 second sprints at end of workout	1.5	Specific Aerobic Fitness + Speed
Sunday	15-Dec	Birkie technique time trial, find a varying terrain 10k-15k course, do a the warm 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 you and race with each other!	2	Race Effort
Weekly Total			9.25	
Week 30		Week Focus: Intensity/Speed		
Monday	16-Dec	OFF	0	Recovery
Tuesday	17-Dec	45 minute jog + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Wednesday	18-Dec	Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 6x2.5 minutes FAST skiing with full recovery, 20 minute cool down	1.25	Anaerobic Fitness Development
Thursday	19-Dec	Ski either technique, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Friday	20-Dec	Classic ski, easy, with 5x10 second sprints at end	0.75	Specific Aerobic Fitness + Speed
Saturday	21-Dec	RACE, or race-style workout (similar to last Sunday but 5km instead)	1.5	Race Effort
Sunday	22-Dec	Ski either technique, very easy touring pace	1	Active Recovery
Weekly Total			6.75	
Week 31		Week Focus: Aerobic Volume		
Monday	23-Dec	AM: Skate ski, 2 hours w/3x10 minutes no pole skiing; PM: classic ski, 1 hour on rolling hills to focus on powerful kick and long glide	3	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!	0	Recovery
Thursday	26-Dec	AM: Skate ski, 2.5 hours on flatter terrain with a focus on very long glide during V2 and V2 alternate; PM: bodyweight strength (below)	3	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-Dec	Skate ski; 20 minute warm up; 10x45 second sprint pace, full recovery between sprints; long cool down	1.5	Specific Aerobic Fitness + Speed
Sunday	29-Dec	OFF	0	Recovery
Weekly Total			13.25	

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Bodyweight Strength Routine

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

- 1 20 chair dips
- 2 20 squats (keep knees behind toes, go down to 90 degrees)
- 3 20 bird dogs (core exercise)
- 4 15 each side clam shells
- 5 1.5 minute crunches (core exercise)

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	OFF	0	Recovery
Tuesday	7-Jan	Ski either technique, easy + bodyweight strength	1.5	Specific Aerobic Fitness + Strength
Wednesday	8-Jan	Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes FAST skiing with full recovery, 20 minute cool down	1.5	Anaerobic Fitness Development
Thursday	9-Jan	Ski either technique, easy with focus on one specific technique improvement	1.25	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
Tuesday	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
Thursday	16-Jan	Skate ski, warm up 20 minutes, 2x5 minutes Birkie Race Pace with full recovery, 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	18-Jan	Ski either technique, easy with focus on one specific technique improvement	2	Specific Aerobic Fitness
Sunday	19-Jan	Ski either technique, easy with 5x10 second sprints throughout ski	2	Specific Aerobic Fitness + Speed
Weekly Total			9.75	
		Workout	Duration (hrs.)	Focus
Week 35		Week Focus: Intensity/Speed		
Monday	20-Jan	OFF	0	Recovery
Tuesday	21-Jan	Classic ski, warm up 25 minutes, 1x7 minute Birkie Race Pace, 4-6x2 minutes 5k race pace, cool down 15 minutes	1.5	Anaerobic Fitness
Wednesday	22-Jan	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Thursday	23-Jan	Classic ski, easy with focus on powerful striding	1.5	Specific Aerobic Fitness
Friday	24-Jan	Skate ski, 20 minute warm up, 10x30 seconds FAST Skiing with 30 seconds recovery, 20 minute cool down	1	Speed
Saturday	25-Jan	Ski either technique, easy with focus on one specific technique improvement	1.5	Aerobic Fitness
Sunday	26-Jan	Classic ski 1.25 hours easy, skate ski 1.25 hours easy, 5x10 second speeds during both techniques	2.5	Specific Aerobic Fitness + Speed
Weekly Total			9.25	
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Bodyweight Strength Routine				
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				
1 15 chair dips				
2 15 control squats (keep knees behind toes, go down to 90 degrees)				
3 1 minute front plank with rotating hips				
4 10 each side clam shells				
5 1 minute russian twist (core exercise)				

FEBRUARY		Focus Week: 2/17-2/23		
		Workout	Duration (hrs.)	Focus
Week 36		Week Focus: Race Prep		
Monday	27-Jan	OFF	0	Recovery
Tuesday	28-Jan	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	29-Jan	Ski either technique, easy	1	Specific Aerobic Fitness
Thursday	30-Jan	Classic ski, warm up 20 minutes, 1x5 minute Birkie Race Pace, 3-5x2 minutes 5k race pace, cool down 15 minutes	1.25	Anaerobic Fitness
Friday	31-Jan	Ski race technique, easy with 5x10 second sprints at end	0.75	Race Prep
Saturday	1-Feb	Mid-distance race (20-25km); Good warm up and cool down before and after. Lots of recovery food/drink!	2.5	Race Effort
Sunday	2-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
Weekly Total			7.25	
		Workout	Duration (hrs.)	Focus
Week 37		Week Focus: Taper/Recover		
Monday	3-Feb	OFF	0	Recovery
Tuesday	4-Feb	Ski Birkie technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	5-Feb	Ski Birkie technique, easy with 10x20 second accelerations at the end of the ski	1	Speed
Thursday	6-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
Friday	7-Feb	Ski Birkie technique, 20 minute warm up, 1x5 minute Birkie Race Pace, 3-5x1.5 minutes 5k race pace, 20 minute cool down	1	Anaerobic Fitness
Saturday	8-Feb	Ski Birkie technique, easy with 5x10 second sprints throughout ski	1	Specific Aerobic Fitness + Speed
Sunday	9-Feb	Ski Birkie technique, easy with focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Weekly Total			6	
		Workout	Duration (hrs.)	Focus
Week 38		Week Focus: Taper		
Monday	10-Feb	OFF	0	Recovery
Tuesday	11-Feb	Jog, easy + bodyweight strength (below)	1	Active Recovery
Wednesday	12-Feb	Ski Birkie technique, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Thursday	13-Feb	OFF	0	Recovery
Friday	14-Feb	Ski, Birkie technique, 20 minute warm up, 1x5 minutes Birkie Race Pace, 3-5x45 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		
Monday	17-Feb	OFF	0	Recovery
Tuesday	18-Feb	Jog, easy + bodyweight strength (below)	0.75	Taper
Wednesday	19-Feb	Ski Birkie technique, easy	0.75	Taper
Thursday	20-Feb	Ski Birkie technique, easy with 5x10 second sprints at end	0.75	Taper
Friday	21-Feb	OFF	0	Taper
Saturday	22-Feb	AMERICAN BIRKEBEINER 2020! GOOD LUCK AND HAVE FUN!	3.5	Race Effort
Sunday	23-Feb	OFF (you deserve it...)	0	Recovery
Weekly Total			5.75	
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		Bodyweight Strength Routine		
		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		
		1 10 chair dips		
		2 10 squats (keep knees behind toes, go down to 90 degrees)		
		3 45 second front plank with rotating hips		
		4 10 each side clam shells		
		5 1 minute crunches (core exercise)		