

Training Periodization: Birkie 2021

Week	Dates	Focus	Approximate Hours
Week 1	6/1-6/7	Basic Aerobic Fitness/Strength	8.25
Week 2	6/8-6/14	Basic Aerobic Fitness/Strength	8.25
Week 3	6/15-6/21	Basic Aerobic Fitness/Specific Strength	9
Week 4	6/22-6/28	Basic Aerobic Fitness/Threshold	9.5
Week 5	6/29-7/5	Anaerobic Threshold	9.5
Week 6	7/6-7/12	RECOVERY	7
Week 7	7/13-7/19	Aerobic Volume/Strength	12
Week 8	7/20-7/26	Anaerobic Threshold	9.5
Week 9	7/27-8/2	Speed/Intensity	9.25
Week 10	8/3-8/9	RECOVERY	7
Week 11	8/10-8/16	Intensity	10.25
Week 12	8/17-8/23	Aerobic Volume/Strength	12
Week 13	8/24-8/30	Aerobic Volume	13.5
Week 14	8/31-9/6	RECOVERY	6.25
Week 15	9/7-9/13	Intensity	10
Week 16	9/14-9/20	Intensity/Speed	11.75
Week 17	9/21-9/27	Aerobic Volume	13.25
Week 18	9/28-10/4	RECOVERY	6.5
Week 19	10/5-10/11	Higher Intensity/Speed	9.75
Week 20	10/12-10/18	Higher Intensity/Speed	10.25
Week 21	10/19-10/25	Aerobic Volume	13
Week 22	10/26-11/1	RECOVERY	6
Week 23	11/2-11/8	Anaerobic Threshold	10.5
Week 24	11/9-11/15	Aerobic Volume	13.5
Week 25	11/16-11/22	RECOVERY	5.75
Week 26	11/23-11/29	Anaerobic Threshold	11.25
Week 27	11/30-12/6	Aerobic Volume	13.25
Week 28	12/7-12/13	RECOVERY	6
Week 29	12/14-12/20	RACE (10-15km)	9.25
Week 30	12/21-12/27	Intensity/Speed	6.75
Week 31	12/28-1/3	Aerobic Volume	13.25
Week 32	1/4-1/10	RECOVERY	4.75
Week 33	1/11-1/17	RACE (30-35km)	8
Week 34	1/18-1/24	Aerobic Easy Volume	9.75
Week 35	1/25-1/31	Intensity/Speed	9.25
Week 36	2/1-2/7	RACE (20-25km)	7.25
Week 37	2/8-2/14	Taper/Recover	6
Week 38	2/15-2/21	Taper	5
Week 39	2/22-2/28	BIRKIE WEEK	5.75

TOTAL TRAINING HOURS 357

JUNE Focus Week: 6/22 - 6/28			
		Workout	Duration (hrs.) Focus
Week 1		Week Focus: Basic Aerobic Fitness & Strength	
Monday	1-Jun	OFF	0 Recovery
Tuesday	2-Jun	Aerobic choice (bike/rollerski/run), easy	1 Basic Aerobic Fitness
Wednesday	3-Jun	Easy run/hike, preferably on trails	1.25 Basic Aerobic Fitness
Thursday	4-Jun	Aerobic choice (bike/rollerski/run), easy + bodyweight strength (below)	1.5 Basic Aerobic Fitness + Strength
Friday	5-Jun	Bike, easy, hit uphill as natural intervals	1.5 Basic Aerobic Fitness
Saturday	6-Jun	Easy rollerski (skate or classic)	1.5 Specific Aerobic Fitness
Sunday	7-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	8-Jun	OFF	0 Recovery
Tuesday	9-Jun	Easy run/hike	1.25 Basic Aerobic Fitness
Wednesday	10-Jun	Trail run, easy with 3x3 minutes at Birkie Race Pace, full recovery between sets	1.25 Threshold Intervals
Thursday	11-Jun	Bike, easy + bodyweight strength (below)	1.5 Basic Aerobic Fitness + Strength
Friday	12-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	13-Jun	Run/hike, preferably on trails	1.5 Basic Aerobic Fitness
Sunday	14-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	15-Jun	OFF	0 Recovery
Tuesday	16-Jun	Trail run, easy with 4x3 minutes Birkie Race Pace, full recovery between sets	1.25 Basic Aerobic Fitness
Wednesday	17-Jun	Run/hike + bodyweight strength (below)	1.25 Basic Aerobic Fitness + Strength
Thursday	18-Jun	Skate rollerski including 3x5 minutes no pole skiing	1.5 Specific Aerobic Fitness
Friday	19-Jun	Bike, easy	2 Basic Aerobic Fitness
Saturday	20-Jun	Classic rollerski, flat terrain, majority (at least 50%) double pole	1.5 Specific Aerobic Fitness + Strength
Sunday	21-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	22-Jun	OFF	0 Recovery
Tuesday	23-Jun	Hike/run + body weight strength (below)	1.5 Basic Aerobic Fitness + Strength
Wednesday	24-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	25-Jun	Bike, easy + Bodyweight Strength (below)	2 Basic Aerobic Fitness + Strength
Friday	26-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	27-Jun	Run/hike, easy, add in short pickups (5 seconds) at tops of hills	1.5 Basic Aerobic Fitness
Sunday	28-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 20-26			
	Workout	Duration (hrs.)	Focus
Week 5	Week Focus: Anaerobic Threshold		
Monday	29-Jun OFF	0	Recovery
Tuesday	30-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	1-Jul Run/hike easy	1.25	Basic Aerobic Fitness
Thursday	2-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
Friday	3-Jul Bike, easy +bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Saturday	4-Jul Run/hike w/ski poles on hilly terrain, easy, using poles with good ski walking technique up hills	2	Basic Aerobic Fitness
Sunday	5-Jul Rollerski (skate or classic) easy, focus on specific technique improvement	1.25	Specific Aerobic Fitness
Weekly Total		9.5	
Week 6	Week Focus: RECOVERY		
Monday	6-Jul Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Tuesday	7-Jul Bike, easy	1.25	Basic Aerobic Fitness
Wednesday	8-Jul Trail run, easy	1	Basic Aerobic Fitness
Thursday	9-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
Friday	10-Jul Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Saturday	11-Jul OFF	0	Recovery
Sunday	12-Jul Bike, easy	1.25	Basic Aerobic Fitness
Weekly Total		7	
Week 7	Week Focus: Aerobic Volume & Strength		
Monday	13-Jul OFF	0	Recovery
Tuesday	14-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	15-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	16-Jul Rollerski, classic 45 minutes easy skiing, 45 minutes double pole only, 30 minutes easy skiing	2	Specific Aerobic Fitness + Strength
Friday	17-Jul Run, easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness
Saturday	18-Jul Skate Rollerski, long and slow with 3x7 minutes no pole skiing	2	Specific Aerobic Fitness + Strength
Sunday	19-Jul Bike, easy	3	Basic Aerobic Fitness
Weekly Total		12	
Week 8	Week Focus: Anaerobic Threshold		
Monday	20-Jul OFF	0	Recovery
Tuesday	21-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	22-Jul Easy Run	0.75	Basic Aerobic Fitness
Thursday	23-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	24-Jul Skate rollerski, easy, focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Saturday	25-Jul Bike, easy overdistance + bodyweight strength (below)	2.5	Basic Aerobic Fitness
Sunday	26-Jul Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down	1.75	Anaerobic Threshold
Weekly Total		9.5	
Week 9	Week Focus: Speed/Intensity		
Monday	27-Jul OFF	0	Recovery
Tuesday	28-Jul 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	1.5	Anaerobic Fitness
Wednesday	29-Jul Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Strength + Speed
Thursday	30-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	31-Jul Easy run + bodyweight strength routine (below)	1.25	Basic Aerobic Fitness + Strength
Saturday	1-Aug Skate rollerski easy 45 min, classic Rollerski easy 45 min	1.5	Specific Aerobic Fitness
Sunday	2-Aug 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: August 24-30			
		Workout	Duration (hrs.)	Focus	
Week 10		Week Focus: Recovery			
Monday	3-Aug	OFF	0	Recovery	
Tuesday	4-Aug	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness	
Wednesday	5-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	
Thursday	6-Aug	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness	
Friday	7-Aug	Run/hike easy w/10 x 15 second accelerations at end of workout	1	Basic Aerobic Fitness + Speed	
Saturday	8-Aug	Easy bike + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength	
Sunday	9-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	10-Aug	OFF	0	Recovery	
Tuesday	11-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	12-Aug	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Specific Strength + Speed	
Thursday	13-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	14-Aug	Easy run + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength	
Saturday	15-Aug	Skate rollerski easy 1 hour, classic rollerski easy 1 hour	2	Specific Aerobic Fitness	
Sunday	16-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	17-Aug	OFF	0	Recovery	
Tuesday	18-Aug	Skate rollerski easy, heavy focus on V1 technique	2	Specific Aerobic Fitness	
Wednesday	19-Aug	Run/hike w/ski poles, easy, hit top of uphill at high speed for 5 seconds	1.5	Basic Aerobic Fitness + Speed	
Thursday	20-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	21-Aug	Bike, easy	2	Basic Aerobic Fitness	
Saturday	22-Aug	Skate rollerski, easy, focus on one specific technique improvement	2	Specific Aerobic Fitness	
Sunday	23-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	24-Aug	OFF	0	Recovery	
Tuesday	25-Aug	Classic rollerski easy over distance w/4x15 minutes double pole and 3x5 minutes single stick	2	Specific Aerobic Fitness + Strength	
Wednesday	26-Aug	Bike easy overdistance	3	Basic Aerobic Fitness	
Thursday	27-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	28-Aug	Choice aerobic workout (rollerski, bike, run, paddle), easy over distance	2.5	Basic Aerobic Fitness	
Saturday	29-Aug	Birkie technique rollerski, focus on one specific technique improvement, easy over distance	3	Specific Aerobic Fitness	
Sunday	30-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: September 7-13			
	Workout	Duration (hrs.)	Focus
Week 14	Week Focus: RECOVERY		
Monday	31-Aug OFF	0	Recovery
Tuesday	1-Sep Run easy w/8-10x15 second accelerations at the end	0.75	Basic Aerobic Fitness + Speed
Wednesday	2-Sep Skate rollerski easy w/2x5 minutes no pole skiing	1	Specific Aerobic Fitness
Thursday	3-Sep 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	4-Sep Easy aerobic exercise (swim, bike, run, ski, paddle)	0.75	Basic Aerobic Fitness
Saturday	5-Sep Run/hike w/ski poles easy, add in 5 second accelerations at tops of uphill	1.5	Basic Aerobic Fitness + Speed
Sunday	6-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	7-Sep OFF	0	Recovery
Tuesday	8-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	9-Sep Trail run/hike with poles, easy + bodyweight strength routine (below)	2	Basic Aerobic Fitness + Strength
Thursday	10-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	11-Sep Easy aerobic exercise (swim, bike, run, ski, paddle)	2.5	Basic Aerobic Fitness
Saturday	12-Sep Skate rollerski, 20 minute warm up, 4x8 minutes Birkie Race Pace, full recovery, cool down 15 minutes	2	Anaerobic Threshold Fitness
Sunday	13-Sep Recovery spin bike	0.5	Recovery
Weekly Total		10	
Week 16	Week Focus: Intensity & Speed		
Monday	14-Sep OFF	0	Recovery
Tuesday	15-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	16-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	17-Sep Easy hike/run with ski walking/pole hiking on uphill	2	Basic Aerobic Fitness
Friday	18-Sep Skate rollerski, easy with 3x5 minutes no pole skiing	1.5	Specific Aerobic Fitness
Saturday	19-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	20-Sep Choice aerobic workout (ski/bike/run/swim/paddle)	3	Basic Aerobic Fitness
Weekly Total		11.75	
Week 17	Week Focus: Aerobic Volume		
Monday	21-Sep OFF	0	Recovery
Tuesday	22-Sep Easy run or bike	2.5	Basic Aerobic Fitness
Wednesday	23-Sep Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles	1.5	Specific Aerobic Fitness
Thursday	24-Sep Easy trail run/pole hike + bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Friday	25-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	26-Sep Easy road bike ride, long cruise	2.25	Basic Aerobic Fitness
Sunday	27-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	28-Sep OFF	0	Recovery
Tuesday	29-Sep Classic rollerski with focus on one specific technique improvement	1.5	Basic Aerobic Fitness
Wednesday	30-Sep Easy jog + bodyweight strength (below)	1	Strength
Thursday	1-Oct Easy hike/run with natural intervals on uphill	1.25	Basic Aerobic Fitness + Speed
Friday	2-Oct Shake out jog	0.75	Recovery
Saturday	3-Oct Level 1 easy aerobic volume, trail run or rollerski (technique of choice)	1.5	Anaerobic Threshold
Sunday	4-Oct Shake out jog	0.5	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: October 5-11			
	Workout	Duration (hrs.)	Focus
Week 19	Week Focus: Higher Intensity/Speed		
Monday	5-Oct OFF	0	Recovery
Tuesday	6-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	7-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	8-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	9-Oct Bike ride easy	2	Basic Aerobic Fitness
Saturday	10-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	11-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	12-Oct OFF	0	Recovery
Tuesday	13-Oct Classic rollerski, speed workout; same as skate workout from 10/1/19 (switch v1/hop-skate to striding)	1.5	Speed
Wednesday	14-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	15-Oct Choice aerobic workout (ski/bike/run/swim/paddle)	1.75	Basic Aerobic Fitness
Friday	16-Oct Classic rollerski, 25 minutes easy skiing, 10x1 minute FAST double pole on flat terrain, 25 minutes easy skiing	1.25	Speed
Saturday	17-Oct Run/hike w/ski poles + bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Sunday	18-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	19-Oct OFF	0	Recovery
Tuesday	20-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	21-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	22-Oct Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below)	2	Specific Aerobic Fitness + Strength
Friday	23-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	24-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	25-Oct Run/hike w/ski poles, easy	2	Aerobic Fitness
Weekly Total		13	
Week 22	Week Focus: RECOVERY		
Monday	25-Oct OFF	0	Recovery
Tuesday	27-Oct Choice aerobic workout (run/bike/ski/paddle)	1.25	Basic Aerobic Fitness
Wednesday	28-Oct Run, 45 minutes easy + bodyweight strength (below)	1	Basic Aerobic Fitness + Strength
Thursday	29-Oct OFF	0	Recovery
Friday	30-Oct Skate rollerski, easy with focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Saturday	31-Oct Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1	Specific Aerobic Fitness + Speed
Sunday	1-Nov 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 1.5 minute wall sit with med ball russian twist
- 4 1.5 minute mountain climbers

DECEMBER Focus Week: November 30-December 6			
	Workout	Duration (hrs.)	Focus
Week 27	Week Focus: Aerobic Volume		
Monday	30-Nov OFF		0 Recovery
Tuesday	1-Dec Skate ski, easy, overdistance with focus on one specific technique improvement		2 Specific Aerobic Fitness
Wednesday	2-Dec Classic ski, easy, overdistance, start with 10 minutes no pole striding	2.25	Specific Aerobic Fitness
Thursday	3-Dec Skate ski, easy, overdistance with 10x15 second speeds throughout workout + bodyweight strength (below)		2 Specific Aerobic Fitness + Strength
Friday	4-Dec 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	5-Dec Classic ski easy on flat terrain, focus on strong double pole + bodyweight strength (below)		2 Specific Aerobic Fitness
Sunday	6-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	7-Dec OFF		0 Recovery
Tuesday	8-Dec Classic ski, easy, focus on strong double pole		1 Specific Aerobic Fitness
Wednesday	9-Dec Skate ski, easy with 8x15 second sprints at the end		1 Specific Aerobic Fitness + Speed
Thursday	10-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	11-Dec OFF		0 Recovery
Saturday	12-Dec Ski, easy, either technique		1.5 Specific Aerobic Fitness
Sunday	13-Dec Ski, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Weekly Total		6	
Week 29	Week Focus: Intensity/Race		
Monday	14-Dec OFF		0 Recovery
Tuesday	15-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	16-Dec Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Thursday	17-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	18-Dec Classic ski, easy, focus on strong double pole		1.5 Specific Aerobic Fitness
Saturday	19-Dec Birkie technique ski, easy with 5x10 second sprints at end of workout		1.5 Specific Aerobic Fitness + Speed
Sunday	20-Dec Birkie technique time trial, find a varying terrain 10k - 15k course, do 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	21-Dec Classic ski, easy, with 5x10 second sprints at end	0.75	Specific Aerobic Fitness + Speed
Tuesday	22-Dec 45 minute jog + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Wednesday	23-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	24-Dec Ski either technique, easy with focus on one specific technique improvement		1 Specific Aerobic Fitness
Friday	25-Dec OFF		0 Recovery
Saturday	26-Dec RACE, or race style workout (similar to last Sunday but 5km instead)		1.5 Race Effort
Sunday	27-Dec Ski either technique, very easy touring pace		1 Active Recovery
Weekly Total		6	
Week 31	Week Focus: Aerobic Volume		
Monday	28-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	29-Dec AM: Classic ski, 1.5 hours w/ 45 minutes of double pole only; PM: 45 minute jog	2.25	Aerobic Fitness Development
Wednesday	30-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
Thursday	31-Dec OFF		0 Recovery
Friday	1-Jan AM: Skate ski, 2 hours easy; PM: classic ski, 1.5 hours easy		3.5 Specific Aerobic Fitness
Saturday	2-Jan Skate ski; 20 minute warm up; 10x45 second sprint pace, full recovery between sprints; long cool down		1.5 Specific Aerobic Fitness + Speed
Sunday	3-Jan 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: January 11-17		
		Workout	Duration (hrs.)	Focus
Week 32		Week Focus: Recovery		
Monday	4-Jan	Ski either technique, easy or easy jog for 45 minutes	1	Basic Aerobic Fitness
Tuesday	5-Jan	OFF	0	Recovery
Wednesday	6-Jan	Ski, easy	1.25	Aerobic Fitness
Thursday	7-Jan	Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down	1	Speed
Friday	8-Jan	OFF	0	Recovery
Saturday	9-Jan	Ski, easy	1.5	Aerobic Fitness
Sunday	10-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	11-Jan	OFF	0	Recovery
Tuesday	12-Jan	Ski either technique, easy + bodyweight strength	1.5	Specific Aerobic Fitness + Strength
Wednesday	13-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	14-Jan	Ski either technique, easy with focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Friday	15-Jan	Ski race technique, 5x10 second sprints at end	0.75	Race Prep
Saturday	16-Jan	RACE, or race-style workout (longer 30-35km)	2	Race Effort
Sunday	17-Jan	Classic ski, very easy touring pace	1	Active Recovery
Weekly Total			8	
		Workout	Duration (hrs.)	Focus
Week 34		Week Focus: Aerobic Volume		
Monday	18-Jan	OFF	0	Recovery
Tuesday	19-Jan	Skate ski, easy with 3x10 minutes no pole skiing	1.5	Specific Aerobic Fitness
Wednesday	20-Jan	Classic ski, easy with 3x10 minute double pole only	1.5	Specific Aerobic Fitness
Thursday	21-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	22-Jan	Classic ski, easy with focus on powerful stride + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Saturday	23-Jan	Ski either technique, easy with focus on one specific technique improvement	2	Specific Aerobic Fitness
Sunday	24-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	25-Jan	OFF	0	Recovery
Tuesday	26-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	27-Jan	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Thursday	28-Jan	Classic ski, easy with focus on powerful striding	1.5	Specific Aerobic Fitness
Friday	29-Jan	Skate ski, 20 minute warm up, 10x30 seconds FAST Skiing with 30 seconds recovery, 20 minute cool down	1	Speed
Saturday	30-Jan	Ski either technique, easy with focus on one specific technique improvement	1.5	Aerobic Fitness
Sunday	31-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: February 22-28		
		Workout	Duration (hrs.)	Focus
Week 36		Week Focus: Race Prep		
Monday	1-Feb	OFF	0	Recovery
Tuesday	2-Feb	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	3-Feb	Ski either technique, easy	1	Specific Aerobic Fitness
Thursday	4-Feb	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	5-Feb	Ski race technique, easy with 5x10 second sprints at end	0.75	Race Prep
Saturday	6-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	7-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	8-Feb	OFF	0	Recovery
Tuesday	9-Feb	Ski Birkie technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	10-Feb	Ski Birkie technique, easy with 10x20 second accelerations at the end of the ski	1	Speed
Thursday	11-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
Friday	12-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	13-Feb	Ski Birkie technique, easy with 5x10 second sprints throughout ski	1	Specific Aerobic Fitness + Speed
Sunday	14-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	15-Feb	OFF	0	Recovery
Tuesday	16-Feb	Jog, easy + bodyweight strength (below)	1	Active Recovery
Wednesday	17-Feb	Ski Birkie technique, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Thursday	18-Feb	OFF	0	Recovery
Friday	19-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	20-Feb	Ski, either technique, easy	0.75	Specific Aerobic Fitness
Sunday	21-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	22-Feb	OFF	0	Recovery
Tuesday	23-Feb	Jog, easy + bodyweight strength (below)	0.75	Taper
Wednesday	24-Feb	Ski Birkie technique, easy	0.75	Taper
Thursday	25-Feb	Ski Birkie technique, easy with 5x10 second sprints at end	0.75	Taper
Friday	26-Feb	OFF	0	Taper
Saturday	27-Feb	AMERICAN BIRKEBEINER 2021! GOOD LUCK AND HAVE FUN!	3.5	Race Effort
Sunday	28-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)		