

Training Periodization: Birkie 2022


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

TOTAL TRAINING HOURS 357



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JUNE		Focus Week: 6/21 - 6/27	
		Workout	Duration (hrs.) Focus
Week 1		Week Focus: Basic Aerobic Fitness & Strength	
Monday	31-May	OFF	0 Recovery
Tuesday	1-Jun	Aerobic choice (bike/rollerski/run), easy	1 Basic Aerobic Fitness
Wednesday	2-Jun	Easy run/hike, preferably on trails	1.25 Basic Aerobic Fitness
Thursday	3-Jun	Aerobic choice (bike/rollerski/run), easy + bodyweight strength (below)	1.5 Basic Aerobic Fitness + Strength
Friday	4-Jun	Bike, easy, hit uphill as natural intervals	1.5 Basic Aerobic Fitness
Saturday	5-Jun	Easy rollerski (skate or classic)	1.5 Specific Aerobic Fitness
Sunday	6-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	7-Jun	OFF	0 Recovery
Tuesday	8-Jun	Easy run/hike	1.25 Basic Aerobic Fitness
Wednesday	9-Jun	Trail run, easy with 3x3 minutes at Birkie Race Pace, full recovery between sets	1.25 Threshold Intervals
Thursday	10-Jun	Bike, easy + bodyweight strength (below)	1.5 Basic Aerobic Fitness + Strength
Friday	11-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	12-Jun	Run/hike, preferably on trails	1.5 Basic Aerobic Fitness
Sunday	13-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	14-Jun	OFF	0 Recovery
Tuesday	15-Jun	Trail run, easy with 4x3 minutes Birkie Race Pace, full recovery between sets	1.25 Basic Aerobic Fitness
Wednesday	16-Jun	Run/hike + bodyweight strength (below)	1.25 Basic Aerobic Fitness + Strength
Thursday	17-Jun	Skate rollerski including 3x5 minutes no pole skiing	1.5 Specific Aerobic Fitness
Friday	18-Jun	Bike, easy	2 Basic Aerobic Fitness
Saturday	19-Jun	Classic rollerski, flat terrain, majority (at least 50%) double pole	1.5 Specific Aerobic Fitness + Strength
Sunday	20-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	21-Jun	OFF	0 Recovery
Tuesday	22-Jun	Hike/run + body weight strength (below)	1.5 Basic Aerobic Fitness + Strength
Wednesday	23-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	24-Jun	Bike, easy + Bodyweight Strength (below)	2 Basic Aerobic Fitness + Strength
Friday	25-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	26-Jun	Run/hike, easy, add in short pickups (5 seconds) at tops of hills	1.5 Basic Aerobic Fitness
Sunday	27-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)			
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JULY		Focus Week: July 19-25		
		Workout	Duration (hrs.)	Focus
Week 5		Week Focus: Anaerobic Threshold		
Monday	28-Jun	OFF	0	Recovery
Tuesday	29-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	30-Jun	Run/hike easy	1.25	Basic Aerobic Fitness
Thursday	1-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	2-Jul	Bike, easy +bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Saturday	3-Jul	Run/hike w/ski poles on hilly terrain, easy, using poles with good ski walking technique up hills	2	Basic Aerobic Fitness
Sunday	4-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	5-Jul	Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Tuesday	6-Jul	Bike, easy	1.25	Basic Aerobic Fitness
Wednesday	7-Jul	Trail run, easy	1	Basic Aerobic Fitness
Thursday	8-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	9-Jul	Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Saturday	10-Jul	OFF	0	Recovery
Sunday	11-Jul	Bike, easy	1.25	Basic Aerobic Fitness
Weekly Total			7	
Week 7		Week Focus: Aerobic Volume & Strength		
Monday	12-Jul	OFF	0	Recovery
Tuesday	13-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	14-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	15-Jul	Rollerski, classic 45 minutes easy skiing, 45 minutes double pole only, 30 minutes easy skiing	2	Specific Aerobic Fitness + Strength
Friday	16-Jul	Run, easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness
Saturday	17-Jul	Skate Rollerski, long and slow with 3x7 minutes no pole skiing	2	Specific Aerobic Fitness + Strength
Sunday	18-Jul	Bike, easy	3	Basic Aerobic Fitness
Weekly Total			12	
Week 8		Week Focus: Anaerobic Threshold		
Monday	19-Jul	OFF	0	Recovery
Tuesday	20-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	21-Jul	Easy Run	0.75	Basic Aerobic Fitness
Thursday	22-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	23-Jul	Skate rollerski, easy, focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Saturday	24-Jul	Bike, easy overdistance + bodyweight strength (below)	2.5	Basic Aerobic Fitness
Sunday	25-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	26-Jul	OFF	0	Recovery
Tuesday	27-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	28-Jul	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Strength + Speed
Thursday	29-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	30-Jul	Easy run + bodyweight strength routine (below)	1.25	Basic Aerobic Fitness + Strength
Saturday	31-Jul	Skate rollerski easy 45 min, classic Rollerski easy 45 min	1.5	Specific Aerobic Fitness
Sunday	1-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)



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AUGUST			
Focus Week: August 23-29			
	Workout	Duration (hrs.)	Focus
Week 10	Week Focus: Recovery		
Monday	2-Aug OFF	0	Recovery
Tuesday	3-Aug Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Wednesday	4-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	5-Aug Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Friday	6-Aug Run/hike easy w/10 x 15 second accelerations at end of workout	1	Basic Aerobic Fitness + Speed
Saturday	7-Aug Easy bike + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength
Sunday	8-Aug Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Weekly Total		7	
Week 11	Week Focus: Intensity		
Monday	9-Aug OFF	0	Recovery
Tuesday	10-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	11-Aug Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Specific Strength + Speed
Thursday	12-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	13-Aug Easy run + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Saturday	14-Aug Skate rollerski easy 1 hour, classic rollerski easy 1 hour	2	Specific Aerobic Fitness
Sunday	15-Aug Easy bike w/10x15 second sprints throughout workout	2.5	Basic Aerobic Fitness + Speed
Weekly Total		10.25	
Week 12	Week Focus: Aerobic Volume & Strength		
Monday	16-Aug OFF	0	Recovery
Tuesday	17-Aug Skate rollerski easy, heavy focus on V1 technique	2	Specific Aerobic Fitness
Wednesday	18-Aug Run/hike w/ski poles, easy, hit top of uphills at high speed for 5 seconds	1.5	Basic Aerobic Fitness + Speed
Thursday	19-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	20-Aug Bike, easy	2	Basic Aerobic Fitness
Saturday	21-Aug Skate rollerski, easy, focus on one specific technique improvement	2	Specific Aerobic Fitness
Sunday	22-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	
Week 13	Week Focus: Aerobic Volume		
Monday	23-Aug OFF	0	Recovery
Tuesday	24-Aug Classic rollerski easy over distance w/4x15 minutes double pole and 3x5 minutes single stick	2	Specific Aerobic Fitness + Strength
Wednesday	25-Aug Bike easy overdistance	3	Basic Aerobic Fitness
Thursday	26-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	27-Aug Choice aerobic workout (rollerski, bike, run, paddle), easy over distance	2.5	Basic Aerobic Fitness
Saturday	28-Aug Birkie technique rollerski, focus on one specific technique improvement, easy over distance	3	Specific Aerobic Fitness
Sunday	29-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)



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SEPTEMBER		Focus Week: September 6-12		
		Workout	Duration (hrs.)	Focus
Week 14		Week Focus: RECOVERY		
Monday	30-Aug	OFF	0	Recovery
Tuesday	31-Aug	Run easy w/8-10x15 second accelerations at the end	0.75	Basic Aerobic Fitness + Speed
Wednesday	1-Sep	Skate rollerski easy w/2x5 minutes no pole skiing	1	Specific Aerobic Fitness
Thursday	2-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	3-Sep	Easy aerobic exercise (swim, bike, run, ski, paddle)	0.75	Basic Aerobic Fitness
Saturday	4-Sep	Run/hike w/ski poles easy, add in 5 second accelerations at tops of uphill	1.5	Basic Aerobic Fitness + Speed
Sunday	5-Sep	Classic rollerski easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Weekly Total			6.25	
		Workout	Duration (hrs.)	Focus
Week 15		Week Focus: Intensity		
Monday	6-Sep	OFF	0	Recovery
Tuesday	7-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	8-Sep	Trail run/hike with poles, easy + bodyweight strength routine (below)	2	Basic Aerobic Fitness + Strength
Thursday	9-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	10-Sep	Easy aerobic exercise (swim, bike, run, ski, paddle)	2.5	Basic Aerobic Fitness
Saturday	11-Sep	Skate rollerski, 20 minute warm up, 4x8 minutes Birkie Race Pace, full recovery, cool down 15 minutes	2	Anaerobic Threshold Fitness
Sunday	12-Sep	Recovery spin bike	0.5	Recovery
Weekly Total			10	
		Workout	Duration (hrs.)	Focus
Week 16		Week Focus: Intensity & Speed		
Monday	13-Sep	OFF	0	Recovery
Tuesday	14-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	15-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	16-Sep	Easy hike/run with ski walking/pole hiking on uphill	2	Basic Aerobic Fitness
Friday	17-Sep	Skate rollerski, easy with 3x5 minutes no pole skiing	1.5	Specific Aerobic Fitness
Saturday	18-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	19-Sep	Choice aerobic workout (ski/bike/run/swim/paddle)	3	Basic Aerobic Fitness
Weekly Total			11.75	
		Workout	Duration (hrs.)	Focus
Week 17		Week Focus: Aerobic Volume		
Monday	20-Sep	OFF	0	Recovery
Tuesday	21-Sep	Easy run or bike	2.5	Basic Aerobic Fitness
Wednesday	22-Sep	Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles	1.5	Specific Aerobic Fitness
Thursday	23-Sep	Easy trail run/pole hike + bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Friday	24-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	25-Sep	Easy road bike ride, long cruise	2.25	Basic Aerobic Fitness
Sunday	26-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	
		Workout	Duration (hrs.)	Focus
Week 18		Week Focus: RECOVERY		
Monday	27-Sep	OFF	0	Recovery
Tuesday	28-Sep	Classic rollerski with focus on one specific technique improvement	1.5	Basic Aerobic Fitness
Wednesday	29-Sep	Easy jog + bodyweight strength (below)	1	Strength
Thursday	30-Sep	Easy hike/run with natural intervals on uphill	1.25	Basic Aerobic Fitness + Speed
Friday	1-Oct	Shake out jog	0.75	Recovery
Saturday	2-Oct	Level 1 easy aerobic volume, trail run or rollerski (technique of choice)	1.5	Anaerobic Threshold
Sunday	3-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)



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OCTOBER		Focus Week: October 4-10		
		Workout	Duration (hrs.)	Focus
Week 19		Week Focus: Higher Intensity/Speed		
Monday	4-Oct	OFF	0	Recovery
Tuesday	5-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	6-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	7-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	8-Oct	Bike ride easy	2	Basic Aerobic Fitness
Saturday	9-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	10-Oct	Classic rollerski easy w/10x15 second sprints throughout the workout	1.5	Specific Aerobic Fitness + Speed
Weekly Total			9.75	
		Workout	Duration (hrs.)	Focus
Week 20		Week Focus: Higher Intensity/Speed		
Monday	11-Oct	OFF	0	Recovery
Tuesday	12-Oct	Classic rollerski, speed workout; same as skate workout from 10/1/19 (switch v1/hop-skate to striding)	1.5	Speed
Wednesday	13-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	14-Oct	Choice aerobic workout (ski/bike/run/swim/paddle)	1.75	Basic Aerobic Fitness
Friday	15-Oct	Classic rollerski, 25 minutes easy skiing, 10x1 minute FAST double pole on flat terrain, 25 minutes easy skiing	1.25	Speed
Saturday	16-Oct	Run/hike w/ski poles + bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Sunday	17-Oct	Skate rollerski easy w/10x15 seconds sprinting at the end	1.75	Specific Aerobic Fitness + Speed
Weekly Total			10.25	
		Workout	Duration (hrs.)	Focus
Week 21		Week Focus: Aerobic Volume		
Monday	18-Oct	OFF	0	Recovery
Tuesday	19-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	20-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	21-Oct	Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below)	2	Specific Aerobic Fitness + Strength
Friday	22-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	23-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	24-Oct	Run/hike w/ski poles, easy	2	Aerobic Fitness
Weekly Total			13	
		Workout	Duration (hrs.)	Focus
Week 22		Week Focus: RECOVERY		
Monday	25-Oct	OFF	0	Recovery
Tuesday	26-Oct	Choice aerobic workout (run/bike/ski/paddle)	1.25	Basic Aerobic Fitness
Wednesday	27-Oct	Run, 45 minutes easy + bodyweight strength (below)	1	Basic Aerobic Fitness + Strength
Thursday	28-Oct	OFF	0	Recovery
Friday	29-Oct	Skate rollerski, easy with focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Saturday	30-Oct	Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1	Specific Aerobic Fitness + Speed
Sunday	31-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 1.5 minute wall sit with med ball russian twist
- 4 1.5 minute mountain climbers



NOVEMBER		Focus Week: November 1-7		
		Workout	Duration (hrs.)	Focus
Week 23		Week Focus: Anaerobic Threshold		
Monday	1-Nov	OFF	0	Recovery
Tuesday	2-Nov	Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race Pace on rolling terrain, 20 minute cool down	2	Anaerobic Threshold
Wednesday	3-Nov	Skate rollerski, 2x15 minutes no pole skiing, 1x10 minute(each arm) one pole skiing	1.75	Specific Aerobic Fitness
Thursday	4-Nov	Run/hike, easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Friday	5-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	6-Nov	Classic rollerski, easy, hilly terrain, focus on powerful kick while striding	1	Specific Aerobic Fitness
Sunday	7-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	8-Nov	OFF	0	Recovery
Tuesday	9-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	10-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	11-Nov	Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below)	1.5	Specific Aerobic Fitness + Strength
Friday	12-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	13-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	14-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	15-Nov	OFF	0	Recovery
Tuesday	16-Nov	Choice aerobic workout (run/bike/ski)	1	Basic Aerobic Fitness
Wednesday	17-Nov	Run, 45 minutes easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Thursday	18-Nov	OFF	0	Recovery
Friday	19-Nov	Skate rollerski or ski, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Saturday	20-Nov	Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end	1	Specific Aerobic Fitness + Speed
Sunday	21-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	22-Nov	OFF	0	Recovery
Tuesday	23-Nov	Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes	2	Anaerobic Threshold
Wednesday	24-Nov	Easy run + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Thursday	25-Nov	Skate ski, easy with 10x15 sprints throughout ski	2	Specific Aerobic Fitness + Speed
Friday	26-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	27-Nov	Easy run + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Sunday	28-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: November 29-December 5		
		Workout	Duration (hrs.)	Focus
Week 27		Week Focus: Aerobic Volume		
Monday	29-Nov	OFF	0	Recovery
Tuesday	30-Nov	Skate ski, easy, overdistance with focus on one specific technique improvement	2	Specific Aerobic Fitness
Wednesday	1-Dec	Classic ski, easy, overdistance, start with 10 minutes no pole striding	2.25	Specific Aerobic Fitness
Thursday	2-Dec	Skate ski, easy, overdistance with 10x15 second speeds throughout workout + bodyweight strength (below)	2	Specific Aerobic Fitness + Strength
Friday	3-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	4-Dec	Classic ski easy on flat terrain, focus on strong double pole + bodyweight strength (below)	2	Specific Aerobic Fitness
Sunday	5-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	6-Dec	OFF	0	Recovery
Tuesday	7-Dec	Classic ski, easy, focus on strong double pole	1	Specific Aerobic Fitness
Wednesday	8-Dec	Skate ski, easy with 8x15 second sprints at the end	1	Specific Aerobic Fitness + Speed
Thursday	9-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	10-Dec	OFF	0	Recovery
Saturday	11-Dec	Ski, easy, either technique	1.5	Specific Aerobic Fitness
Sunday	12-Dec	Ski, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Weekly Total			6	
Week 29		Week Focus: Intensity/Race		
Monday	13-Dec	OFF	0	Recovery
Tuesday	14-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	15-Dec	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Thursday	16-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	17-Dec	Classic ski, easy, focus on strong double pole	1.5	Specific Aerobic Fitness
Saturday	18-Dec	Birkie technique ski, easy with 5x10 second sprints at end of workout	1.5	Specific Aerobic Fitness + Speed
Sunday	19-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	20-Dec	Classic ski, easy, with 5x10 second sprints at end	0.75	Specific Aerobic Fitness + Speed
Tuesday	21-Dec	45 minute jog + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Wednesday	22-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	23-Dec	Ski either technique, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Friday	24-Dec	RACE, or race-style workout (similar to last Sunday but 5km instead)	1.5	Race Effort
Saturday	25-Dec	OFF	0	Recovery
Sunday	26-Dec	Ski either technique, very easy touring pace	1	Active Recovery
Weekly Total			6	
Week 31		Week Focus: Aerobic Volume		
Monday	27-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	28-Dec	AM: Classic ski, 1.5 hours w/ 45 minutes of double pole only; PM: 45 minute jog	2.25	Aerobic Fitness Development
Wednesday	29-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	30-Dec	OFF	0	Recovery
Friday	31-Dec	AM: Skate ski, 2 hours easy; PM: classic ski, 1.5 hours easy	3.5	Specific Aerobic Fitness
Saturday	1-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	2-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)



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JANUARY		Focus Week: January 10-16		
		Workout	Duration (hrs.)	Focus
Week 32		Week Focus: Recovery		
Monday	3-Jan	Ski either technique, easy or easy jog for 45 minutes	1	Basic Aerobic Fitness
Tuesday	4-Jan	OFF	0	Recovery
Wednesday	5-Jan	Ski, easy	1.25	Aerobic Fitness
Thursday	6-Jan	Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down	1	Speed
Friday	7-Jan	OFF	0	Recovery
Saturday	8-Jan	Ski, easy	1.5	Aerobic Fitness
Sunday	9-Jan	Ski, easy or easy jog for 45 minutes	1	Aerobic Fitness
Weekly Total			4.75	
Week 33		Week Focus: Race Effort		
Monday	10-Jan	OFF	0	Recovery
Tuesday	11-Jan	Ski either technique, easy + bodyweight strength	1.5	Specific Aerobic Fitness + Strength
Wednesday	12-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	13-Jan	Ski either technique, easy with focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Friday	14-Jan	Ski race technique, 5x10 second sprints at end	0.75	Race Prep
Saturday	15-Jan	RACE, or race-style workout (longer 30-35km)	2	Race Effort
Sunday	16-Jan	Classic ski, very easy touring pace	1	Active Recovery
Weekly Total			8	
Week 34		Week Focus: Aerobic Volume		
Monday	17-Jan	OFF	0	Recovery
Tuesday	18-Jan	Skate ski, easy with 3x10 minutes no pole skiing	1.5	Specific Aerobic Fitness
Wednesday	19-Jan	Classic ski, easy with 3x10 minute double pole only	1.5	Specific Aerobic Fitness
Thursday	20-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	21-Jan	Classic ski, easy with focus on powerful stride + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Saturday	22-Jan	Ski either technique, easy with focus on one specific technique improvement	2	Specific Aerobic Fitness
Sunday	23-Jan	Ski either technique, easy with 5x10 second sprints throughout ski	2	Specific Aerobic Fitness + Speed
Weekly Total			9.75	
Week 35		Week Focus: Intensity/Speed		
Monday	24-Jan	OFF	0	Recovery
Tuesday	25-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	26-Jan	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Thursday	27-Jan	Classic ski, easy with focus on powerful striding	1.5	Specific Aerobic Fitness
Friday	28-Jan	Skate ski, 20 minute warm up, 10x30 seconds FAST Skiing with 30 seconds recovery, 20 minute cool down	1	Speed
Saturday	29-Jan	Ski either technique, easy with focus on one specific technique improvement	1.5	Aerobic Fitness
Sunday	30-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 21-27		
		Workout	Duration (hrs.)	Focus
Week 36		Week Focus: Race Prep		
Monday	31-Jan	OFF	0	Recovery
Tuesday	1-Feb	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	2-Feb	Ski either technique, easy	1	Specific Aerobic Fitness
Thursday	3-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	4-Feb	Ski race technique, easy with 5x10 second sprints at end	0.75	Race Prep
Saturday	5-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	6-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	7-Feb	OFF	0	Recovery
Tuesday	8-Feb	Ski Birkie technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	9-Feb	Ski Birkie technique, easy with 10x20 second accelerations at the end of the ski	1	Speed
Thursday	10-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
Friday	11-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	12-Feb	Ski Birkie technique, easy with 5x10 second sprints throughout ski	1	Specific Aerobic Fitness + Speed
Sunday	13-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	14-Feb	OFF	0	Recovery
Tuesday	15-Feb	Jog, easy + bodyweight strength (below)	1	Active Recovery
Wednesday	16-Feb	Ski Birkie technique, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Thursday	17-Feb	OFF	0	Recovery
Friday	18-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	19-Feb	Ski, either technique, easy	0.75	Specific Aerobic Fitness
Sunday	20-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	21-Feb	OFF	0	Recovery
Tuesday	22-Feb	Jog, easy + bodyweight strength (below)	0.75	Taper
Wednesday	23-Feb	Ski Birkie technique, easy	0.75	Taper
Thursday	24-Feb	Ski Birkie technique, easy with 5x10 second sprints at end	0.75	Taper
Friday	25-Feb	OFF	0	Taper
Saturday	26-Feb	AMERICAN BIRKEBEINER 2022! GOOD LUCK AND HAVE FUN!	3.5	Race Effort
Sunday	27-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)



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