

## **Birkie Basic Training Outline**

*Overall Training Outline: The general progression of training should be to gradually increase volume and intensity in the months leading up to the race, with a two to three week tapering period just prior to the race.*

### **Pacing:**

*Easy* - Long and slow, used for long run/rollerski/bike ride/swim/paddle

*Birkie Pace* – Faster than easy pace; heart rate should be elevated, and you should be breathing more heavily. Sometimes referred to as level 3.

*5k* – Faster than Birkie Pace, but not sprinting (pace you would run/ski a 5k, sometimes referred to as level 4).

*Sprint* – As fast as possible, but remain in control.

### **June**

***Focus:*** Continue building aerobic base, begin light intensity

***Approximate hours per week:*** 7-10

***Areas of Emphasis:*** Long, easy training sessions (1-2.5 hours at easy pace), shorter, lighter intensity workouts to start working on speed.

***Sample Week:*** 3-4 workouts should be easy pace of 1-1.5 hours; 1-2 workouts should be intensity either running, rollerskiing, or on a bike – 20 minute warm up, 3-5 times 3-4 minutes at Birkie Race Pace with full recovery between each interval (approximately 2-3 minutes, depending on fitness level), 15 minute cool down; weekend workout/s should include a long, easy day (2+ hours at easy pace, bring food and water with you to stay hydrated and fed); should be doing strength 1-2 times per week.

### **July**

***Focus:*** Continue both aerobic volume and intensity, increase total volume slightly

***Approximate hours per week:*** 8-12

***Areas of Emphasis:*** Longer easy training sessions, quality intensity workouts.

***Sample Week:*** 3-4 workouts during the week of slightly longer duration than previous months - 1.25-2 hours; 1-3 workouts should be intensity focused - 20 minute warm up, 4-6x5-6 minutes Birkie Race Pace with full recovery in between intervals – approximately 3-4 minutes, 15 minute cool down; weekend workout/s should include a long and easy

**Endurance United**

713 Minnehaha Avenue East, Suite 216, St. Paul MN 55106

[www.enduranceunited.org](http://www.enduranceunited.org) | [info@enduranceunited.org](mailto:info@enduranceunited.org)



day (2+ hours easy; bring food and water), strength 1-2 times per week.

## **August**

**Focus:** Similar to July, aerobic volume and increase intensity slightly

**Approximate hours per week:** 9-13

**Areas of Emphasis:** Long training sessions, quality intensity

**Sample Week:** Very similar to July, with 3-4 quality easy distance workouts during the week, 1-3 workouts should be intensity/speed focused - 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; weekend workout/s should include a long, easy session (2+ hours easy; bring food and water), strength 1-2 times per week.

## **September**

**Focus:** Increase total intensity

**Approximate hours per week:** 8-12

**Areas of Emphasis:** Quality intensity workouts, continued aerobic base development/maintenance

**Sample Week:** 3-4 workouts during the week of durations of 1-2 hours; 1-3 quality intensity/speed workouts during the week, one at Birkie Race Pace (warm up 20 minutes, 4-6x8 minutes, with full recovery between intervals), and one workout being a higher intensity workout (20 minute warm up, 4x4 minutes 5k race pace with full recovery between intervals, 15 minute cool down); continue with at least one long workout (2+ hours) on the weekend; strength 1-2 times per week.

## **October**

**Focus:** Increase intensity, maintain aerobic volume

**Approximate hours per week:** 8-12

**Areas of Emphasis:** Quality intensity workouts, aerobic base maintenance

**Sample Week:** 3-4 workouts during the week of durations of 1-2 hours; 2-3 quality intensity/speed workouts during the week - warm up 20 minutes, 3-4x8-10 minutes (8 minutes Birkie Race Pace, 2 minutes 5k pace) cool down 15 minutes; continue with at least one long workout (2+ hours) on the weekend; strength 1-2 times per week.

**Endurance United**

713 Minnehaha Avenue East, Suite 216, St. Paul MN 55106

[www.enduranceunited.org](http://www.enduranceunited.org) | [info@enduranceunited.org](mailto:info@enduranceunited.org)

## November

**Focus:** Aerobic volume, maintain intensity

**Approximate hours per week:** 10-14

**Areas of Emphasis:** Maintain intensity, maintain aerobic volume.

**Sample Week:** 3-4 workouts during the week of durations of 1-2 hours; 1-2 quality intensity/speed workouts during the week - warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes; continue with 1-2 long workouts (2+ hours) on the weekend; strength 1-2 times per week.

## December

**Focus:** Reduce total volume, increased intensity - race effort

**Approximate hours per week:** 7-10

**Areas of Emphasis:** Quality intensity workouts, aerobic base maintenance

**Sample Week:** 3-4 workouts during the week of durations of 1-1.5 hours; 2 quality intensity/speed workouts during the week - 20 minute warm up, 1x7 minute Birkie Race Pace, 6x2.5 minutes FAST skiing with full recovery, 20 minute cool down; try to find one race of medium distance (10-15k) and practice race effort with a good warm up and cool down; reduce weekend workouts to 1.5-2 hours; strength 1 time per week.

## January

**Focus:** Reduce volume, maintain intensity, race 2-3 times

**Approximate hours per week:** 7-9

**Areas of Emphasis:** Shorter, high quality intensity workouts, aerobic base maintenance

**Sample Week:** 3-4 workouts during the week of durations of 1-1.5 hours; 1-2 quality intensity/speed workouts during the week - 20 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes FAST skiing with full recovery, 20 minute cool down; races – try to find 2-3 races to participate in during this month, with 1 being approximately 10k, 1 at 15-20k, and one at 20-30k, or can be first weekend in February, strength 1 time per week.

**Endurance United**

713 Minnehaha Avenue East, Suite 216, St. Paul MN 55106

[www.enduranceunited.org](http://www.enduranceunited.org) | [info@enduranceunited.org](mailto:info@enduranceunited.org)

## **February**

***Focus:*** Taper for Birkie

***Approximate hours per week:*** 5-7

***Areas of Emphasis:*** Short, quick intensity workouts, taper/recover

***Sample Week:*** 2-3 workouts during the week of durations of  $\leq 1.25$  hours; 1-2 quality intensity/speed workouts during the week - 20 minute warm up, 1x5 minute Birkie Race Pace, 3-5x1.5 minutes 5k race pace, 20 minute cool down; strength 1 time per week; recovery is a priority, especially the week prior to the race – hours during that week should be minimal, with a few very short workouts just to keep your body moving. Enjoy the race!

**Endurance United**

713 Minnehaha Avenue East, Suite 216, St. Paul MN 55106

[www.enduranceunited.org](http://www.enduranceunited.org) | [info@enduranceunited.org](mailto:info@enduranceunited.org)