

Training Periodization: Birkie 2023

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

TOTAL TRAINING HOURS 357



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



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| AUGUST | | | |
|---------------------------------|---|------------------------|-------------------------------------|
| Focus Week: August 22-28 | | | |
| | Workout | Duration (hrs.) | Focus |
| Week 10 | Week Focus: Recovery | | |
| Monday | 1-Aug OFF | 0 | Recovery |
| Tuesday | 2-Aug Choice of aerobic exercise (bike, run, ski, paddle) | 1 | Basic Aerobic Fitness |
| Wednesday | 3-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 | 4-Aug Choice of aerobic exercise (bike, run, ski, paddle) | 1 | Basic Aerobic Fitness |
| Friday | 5-Aug Run/hike easy w/10 x 15 second accelerations at end of workout | 1 | Basic Aerobic Fitness + Speed |
| Saturday | 6-Aug Easy bike + body weight strength (below) | 1.5 | Basic Aerobic Fitness + Strength |
| Sunday | 7-Aug Choice of aerobic exercise (bike, run, ski, paddle) | 1 | Basic Aerobic Fitness |
| Weekly Total | | 7 | |
| Week 11 | Week Focus: Intensity | | |
| Monday | 8-Aug OFF | 0 | Recovery |
| Tuesday | 9-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 | 10-Aug Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end | 1 | Specific Strength + Speed |
| Thursday | 11-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 | 12-Aug Easy run + bodyweight strength (below) | 1.25 | Basic Aerobic Fitness + Strength |
| Saturday | 13-Aug Skate rollerski easy 1 hour, classic rollerski easy 1 hour | 2 | Specific Aerobic Fitness |
| Sunday | 14-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 | 15-Aug OFF | 0 | Recovery |
| Tuesday | 16-Aug Skate rollerski easy, heavy focus on V1 technique | 2 | Specific Aerobic Fitness |
| Wednesday | 17-Aug Run/hike w/ski poles, easy, hit top of uphill at high speed for 5 seconds | 1.5 | Basic Aerobic Fitness + Speed |
| Thursday | 18-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 | 19-Aug Bike, easy | 2 | Basic Aerobic Fitness |
| Saturday | 20-Aug Skate rollerski, easy, focus on one specific technique improvement | 2 | Specific Aerobic Fitness |
| Sunday | 21-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 | 22-Aug OFF | 0 | Recovery |
| Tuesday | 23-Aug Classic rollerski easy over distance w/4x15 minutes double pole and 3x5 minutes single stick | 2 | Specific Aerobic Fitness + Strength |
| Wednesday | 24-Aug Bike easy overdistance | 3 | Basic Aerobic Fitness |
| Thursday | 25-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 | 26-Aug Choice aerobic workout (rollerski, bike, run, paddle), easy over distance | 2.5 | Basic Aerobic Fitness |
| Saturday | 27-Aug Birkie technique rollerski, focus on one specific technique improvement, easy over distance | 3 | Specific Aerobic Fitness |
| Sunday | 28-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 5-11 | | |
|---------------------|--------|--|--|----------------------------------|
| | | Workout | Duration (hrs.) | Focus |
| Week 14 | | Week Focus: RECOVERY | | |
| Monday | 29-Aug | OFF | 0 | Recovery |
| Tuesday | 30-Aug | Run easy w/8-10x15 second accelerations at the end | 0.75 | Basic Aerobic Fitness + Speed |
| Wednesday | 31-Aug | Skate rollerski easy w/2x5 minutes no pole skiing | 1 | Specific Aerobic Fitness |
| Thursday | 1-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 | 2-Sep | Easy aerobic exercise (swim, bike, run, ski, paddle) | 0.75 | Basic Aerobic Fitness |
| Saturday | 3-Sep | Run/hike w/ski poles easy, add in 5 second accelerations at tops of uphills | 1.5 | Basic Aerobic Fitness + Speed |
| Sunday | 4-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 | 5-Sep | OFF | 0 | Recovery |
| Tuesday | 6-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 | 7-Sep | Trail run/hike with poles, easy + bodyweight strength routine (below) | 2 | Basic Aerobic Fitness + Strength |
| Thursday | 8-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 | 9-Sep | Easy aerobic exercise (swim, bike, run, ski, paddle) | 2.5 | Basic Aerobic Fitness |
| Saturday | 10-Sep | Skate rollerski, 20 minute warm up, 4x8 minutes Birkie Race Pace, full recovery, cool down 15 minutes | 2 | Anaerobic Threshold Fitness |
| Sunday | 11-Sep | Recovery spin bike | 0.5 | Recovery |
| Weekly Total | | | 10 | |
| | | Workout | Duration (hrs.) | Focus |
| Week 16 | | Week Focus: Intensity & Speed | | |
| Monday | 12-Sep | OFF | 0 | Recovery |
| Tuesday | 13-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 | 14-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 | 15-Sep | Easy hike/run with ski walking/pole hiking on uphills | 2 | Basic Aerobic Fitness |
| Friday | 16-Sep | Skate rollerski, easy with 3x5 minutes no pole skiing | 1.5 | Specific Aerobic Fitness |
| Saturday | 17-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 | 18-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 | 19-Sep | OFF | 0 | Recovery |
| Tuesday | 20-Sep | Easy run or bike | 2.5 | Basic Aerobic Fitness |
| Wednesday | 21-Sep | Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles | 1.5 | Specific Aerobic Fitness |
| Thursday | 22-Sep | Easy trail run/pole hike + bodyweight strength (below) | 2 | Basic Aerobic Fitness + Strength |
| Friday | 23-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 | 24-Sep | Easy road bike ride, long cruise | 2.25 | Basic Aerobic Fitness |
| Sunday | 25-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 | 26-Sep | OFF | 0 | Recovery |
| Tuesday | 27-Sep | Classic rollerski with focus on one specific technique improvement | 1.5 | Basic Aerobic Fitness |
| Wednesday | 28-Sep | Easy jog + bodyweight strength (below) | 1 | Strength |
| Thursday | 29-Sep | Easy hike/run with natural intervals on uphills | 1.25 | Basic Aerobic Fitness + Speed |
| Friday | 30-Sep | Shake out jog | 0.75 | Recovery |
| Saturday | 1-Oct | Level 1 easy aerobic volume, trail run or rollerski (technique of choice) | 1.5 | Anaerobic Threshold |
| Sunday | 2-Oct | Shake out jog | 0.5 | Recovery |
| Weekly Total | | | 6.5 | |
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| | | | <p>Bodyweight Strength Routine</p> <p>Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set)</p> <p>Total time approximately 15-20 minutes</p> <ol style="list-style-type: none"> 20 spiderman pushups 20 slow, control squats (keep knees behind toes, go down to 90 degrees) 20 stability ball crunches 12 each leg, lunges (add weight if needed) 20 bird dogs (core exercise) | |
| | | |  | |

| OCTOBER | | Focus Week: October 3-9 | | |
|---------------------|--------|---|------------------------|-------------------------------------|
| | | Workout | Duration (hrs.) | Focus |
| Week 19 | | Week Focus: Higher Intensity/Speed | | |
| Monday | 3-Oct | OFF | 0 | Recovery |
| Tuesday | 4-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 | 5-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 | 6-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 | 7-Oct | Bike ride easy | 2 | Basic Aerobic Fitness |
| Saturday | 8-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 | 9-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 | 10-Oct | OFF | 0 | Recovery |
| Tuesday | 11-Oct | Classic rollerski, speed workout; same as skate workout from 10/1/19 (switch v1/hop-skate to striding) | 1.5 | Speed |
| Wednesday | 12-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 | 13-Oct | Choice aerobic workout (ski/bike/run/swim/paddle) | 1.75 | Basic Aerobic Fitness |
| Friday | 14-Oct | Classic rollerski, 25 minutes easy skiing, 10x1 minute FAST double pole on flat terrain, 25 minutes easy skiing | 1.25 | Speed |
| Saturday | 15-Oct | Run/hike w/ski poles + bodyweight strength (below) | 2 | Basic Aerobic Fitness + Strength |
| Sunday | 16-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 | 17-Oct | OFF | 0 | Recovery |
| Tuesday | 18-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 | 19-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 | 20-Oct | Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) | 2 | Specific Aerobic Fitness + Strength |
| Friday | 21-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 | 22-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 | 23-Oct | Run/hike w/ski poles, easy | 2 | Aerobic Fitness |
| Weekly Total | | | 13 | |
| | | Workout | Duration (hrs.) | Focus |
| Week 22 | | Week Focus: RECOVERY | | |
| Monday | 24-Oct | OFF | 0 | Recovery |
| Tuesday | 25-Oct | Choice aerobic workout (run/bike/ski/paddle) | 1.25 | Basic Aerobic Fitness |
| Wednesday | 26-Oct | Run, 45 minutes easy + bodyweight strength (below) | 1 | Basic Aerobic Fitness + Strength |
| Thursday | 27-Oct | OFF | 0 | Recovery |
| Friday | 28-Oct | Skate rollerski, easy with focus on one specific technique improvement | 1.25 | Specific Aerobic Fitness |
| Saturday | 29-Oct | Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end | 1 | Specific Aerobic Fitness + Speed |
| Sunday | 30-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: October 31-November 6 | | |
|---------------------|--------|---|-----------------|-------------------------------------|
| | | Workout | Duration (hrs.) | Focus |
| Week 23 | | Week Focus: Anaerobic Threshold | | |
| Monday | 31-Oct | OFF | 0 | Recovery |
| Tuesday | 1-Nov | Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race Pace on rolling terrain, 20 minute cool down | 2 | Anaerobic Threshold |
| Wednesday | 2-Nov | Skate rollerski, 2x15 minutes no pole skiing, 1x10 minute(each arm) one pole skiing | 1.75 | Specific Aerobic Fitness |
| Thursday | 3-Nov | Run/hike, easy + bodyweight strength (below) | 1.25 | Basic Aerobic Fitness + Strength |
| Friday | 4-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 | 5-Nov | Classic rollerski, easy, hilly terrain, focus on powerful kick while striding | 1 | Specific Aerobic Fitness |
| Sunday | 6-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 | 7-Nov | OFF | 0 | Recovery |
| Tuesday | 8-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 | 9-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 | 10-Nov | Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) | 1.5 | Specific Aerobic Fitness + Strength |
| Friday | 11-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 | 12-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 | 13-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 | 14-Nov | OFF | 0 | Recovery |
| Tuesday | 15-Nov | Choice aerobic workout (run/bike/ski) | 1 | Basic Aerobic Fitness |
| Wednesday | 16-Nov | Run, 45 minutes easy + bodyweight strength (below) | 1.25 | Basic Aerobic Fitness + Strength |
| Thursday | 17-Nov | OFF | 0 | Recovery |
| Friday | 18-Nov | Skate rollerski or ski, easy with focus on one specific technique improvement | 1 | Specific Aerobic Fitness |
| Saturday | 19-Nov | Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end | 1 | Specific Aerobic Fitness + Speed |
| Sunday | 20-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 | 21-Nov | OFF | 0 | Recovery |
| Tuesday | 22-Nov | Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes | 2 | Anaerobic Threshold |
| Wednesday | 23-Nov | Easy run + bodyweight strength | 1.25 | Basic Aerobic Fitness + Strength |
| Thursday | 24-Nov | Skate ski, easy with 10x15 sprints throughout ski | 2 | Specific Aerobic Fitness + Speed |
| Friday | 25-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 | 26-Nov | Easy run + bodyweight strength | 1.25 | Basic Aerobic Fitness + Strength |
| Sunday | 27-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 28-December 4 | | |
|---------------------|--------|---|-----------------|-------------------------------------|
| | | Workout | Duration (hrs.) | Focus |
| Week 27 | | Week Focus: Aerobic Volume | | |
| Monday | 28-Nov | OFF | 0 | Recovery |
| Tuesday | 29-Nov | Skate ski, easy, overdistance with focus on one specific technique improvement | 2 | Specific Aerobic Fitness |
| Wednesday | 30-Nov | Classic ski, easy, overdistance, start with 10 minutes no pole striding | 2.25 | Specific Aerobic Fitness |
| Thursday | 1-Dec | Skate ski, easy, overdistance with 10x15 second speeds throughout workout + bodyweight strength (below) | 2 | Specific Aerobic Fitness + Strength |
| Friday | 2-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 | 3-Dec | Classic ski easy on flat terrain, focus on strong double pole + bodyweight strength (below) | 2 | Specific Aerobic Fitness |
| Sunday | 4-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 | 5-Dec | OFF | 0 | Recovery |
| Tuesday | 6-Dec | Classic ski, easy, focus on strong double pole | 1 | Specific Aerobic Fitness |
| Wednesday | 7-Dec | Skate ski, easy with 8x15 second sprints at the end | 1 | Specific Aerobic Fitness + Speed |
| Thursday | 8-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 | 9-Dec | OFF | 0 | Recovery |
| Saturday | 10-Dec | Ski, easy, either technique | 1.5 | Specific Aerobic Fitness |
| Sunday | 11-Dec | Ski, easy + bodyweight strength (below) | 1.25 | Specific Aerobic Fitness + Strength |
| Weekly Total | | | 6 | |
| Week 29 | | Week Focus: Intensity/Race | | |
| Monday | 12-Dec | OFF | 0 | Recovery |
| Tuesday | 13-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 | 14-Dec | Ski either technique, easy + bodyweight strength (below) | 1.25 | Specific Aerobic Fitness + Strength |
| Thursday | 15-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 | 16-Dec | Classic ski, easy, focus on strong double pole | 1.5 | Specific Aerobic Fitness |
| Saturday | 17-Dec | Birkie technique ski, easy with 5x10 second sprints at end of workout | 1.5 | Specific Aerobic Fitness + Speed |
| Sunday | 18-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 | 19-Dec | Classic ski, easy, with 5x10 second sprints at end | 0.75 | Specific Aerobic Fitness + Speed |
| Tuesday | 20-Dec | 45 minute jog + bodyweight strength (below) | 1.25 | Basic Aerobic Fitness + Strength |
| Wednesday | 21-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 | 22-Dec | Ski either technique, easy with focus on one specific technique improvement | 1 | Specific Aerobic Fitness |
| Friday | 23-Dec | RACE, or race-style workout (similar to last Sunday but 5km instead) | 1.5 | Race Effort |
| Saturday | 24-Dec | OFF | 0 | Recovery |
| Sunday | 25-Dec | Ski either technique, very easy touring pace | 1 | Active Recovery |
| Weekly Total | | | 6 | |
| Week 31 | | Week Focus: Aerobic Volume | | |
| Monday | 26-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 | 27-Dec | AM: Classic ski, 1.5 hours w/ 45 minutes of double pole only; PM: 45 minute jog | 2.25 | Aerobic Fitness Development |
| Wednesday | 28-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 | 29-Dec | OFF | 0 | Recovery |
| Friday | 30-Dec | AM: Skate ski, 2 hours easy; PM: classic ski, 1.5 hours easy | 3.5 | Specific Aerobic Fitness |
| Saturday | 31-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 | 1-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 9-15 | | |
|---------------------|--------|---|-----------------|-------------------------------------|
| | | Workout | Duration (hrs.) | Focus |
| Week 32 | | Week Focus: Recovery | | |
| Monday | 2-Jan | Ski either technique, easy or easy jog for 45 minutes | 1 | Basic Aerobic Fitness |
| Tuesday | 3-Jan | OFF | 0 | Recovery |
| Wednesday | 4-Jan | Ski, easy | 1.25 | Aerobic Fitness |
| Thursday | 5-Jan | Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down | 1 | Speed |
| Friday | 6-Jan | OFF | 0 | Recovery |
| Saturday | 7-Jan | Ski, easy | 1.5 | Aerobic Fitness |
| Sunday | 8-Jan | Ski, easy or easy jog for 45 minutes | 1 | Aerobic Fitness |
| Weekly Total | | | 4.75 | |
| Week 33 | | Week Focus: Race Effort | | |
| Monday | 9-Jan | OFF | 0 | Recovery |
| Tuesday | 10-Jan | Ski either technique, easy + bodyweight strength | 1.5 | Specific Aerobic Fitness + Strength |
| Wednesday | 11-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 | 12-Jan | Ski either technique, easy with focus on one specific technique improvement | 1.25 | Specific Aerobic Fitness |
| Friday | 13-Jan | Ski race technique, 5x10 second sprints at end | 0.75 | Race Prep |
| Saturday | 14-Jan | RACE, or race-style workout (longer 30-35km) | 2 | Race Effort |
| Sunday | 15-Jan | Classic ski, very easy touring pace | 1 | Active Recovery |
| Weekly Total | | | 8 | |
| Week 34 | | Week Focus: Aerobic Volume | | |
| Monday | 16-Jan | OFF | 0 | Recovery |
| Tuesday | 17-Jan | Skate ski, easy with 3x10 minutes no pole skiing | 1.5 | Specific Aerobic Fitness |
| Wednesday | 18-Jan | Classic ski, easy with 3x10 minute double pole only | 1.5 | Specific Aerobic Fitness |
| Thursday | 19-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 | 20-Jan | Classic ski, easy with focus on powerful stride + bodyweight strength | 1.25 | Basic Aerobic Fitness + Strength |
| Saturday | 21-Jan | Ski either technique, easy with focus on one specific technique improvement | 2 | Specific Aerobic Fitness |
| Sunday | 22-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 | 23-Jan | OFF | 0 | Recovery |
| Tuesday | 24-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 | 25-Jan | Ski either technique, easy + bodyweight strength (below) | 1.25 | Specific Aerobic Fitness + Strength |
| Thursday | 26-Jan | Classic ski, easy with focus on powerful striding | 1.5 | Specific Aerobic Fitness |
| Friday | 27-Jan | Skate ski, 20 minute warm up, 10x30 seconds FAST Skiing with 30 seconds recovery, 20 minute cool down | 1 | Speed |
| Saturday | 28-Jan | Ski either technique, easy with focus on one specific technique improvement | 1.5 | Aerobic Fitness |
| Sunday | 29-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 20-26 | | |
|---------------------|--------|---|-----------------|-------------------------------------|
| | | Workout | Duration (hrs.) | Focus |
| Week 36 | | Week Focus: Race Prep | | |
| Monday | 30-Jan | OFF | 0 | Recovery |
| Tuesday | 31-Jan | Ski either technique, easy + bodyweight strength (below) | 1.25 | Specific Aerobic Fitness + Strength |
| Wednesday | 1-Feb | Ski either technique, easy | 1 | Specific Aerobic Fitness |
| Thursday | 2-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 | 3-Feb | Ski race technique, easy with 5x10 second sprints at end | 0.75 | Race Prep |
| Saturday | 4-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 | 5-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 | 6-Feb | OFF | 0 | Recovery |
| Tuesday | 7-Feb | Ski Birkie technique, easy + bodyweight strength (below) | 1.25 | Specific Aerobic Fitness + Strength |
| Wednesday | 8-Feb | Ski Birkie technique, easy with 10x20 second accelerations at the end of the ski | 1 | Speed |
| Thursday | 9-Feb | OFF or 30 minute shake out jog | 0.5 | Active Recovery |
| Friday | 10-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 | 11-Feb | Ski Birkie technique, easy with 5x10 second sprints throughout ski | 1 | Specific Aerobic Fitness + Speed |
| Sunday | 12-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 | 13-Feb | OFF | 0 | Recovery |
| Tuesday | 14-Feb | Jog, easy + bodyweight strength (below) | 1 | Active Recovery |
| Wednesday | 15-Feb | Ski Birkie technique, easy with focus on one specific technique improvement | 1 | Specific Aerobic Fitness |
| Thursday | 16-Feb | OFF | 0 | Recovery |
| Friday | 17-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 | 18-Feb | Ski, either technique, easy | 0.75 | Specific Aerobic Fitness |
| Sunday | 19-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 | 20-Feb | OFF | 0 | Recovery |
| Tuesday | 21-Feb | Jog, easy + bodyweight strength (below) | 0.75 | Taper |
| Wednesday | 22-Feb | Ski Birkie technique, easy | 0.75 | Taper |
| Thursday | 23-Feb | Ski Birkie technique, easy with 5x10 second sprints at end | 0.75 | Taper |
| Friday | 24-Feb | OFF | 0 | Taper |
| Saturday | 25-Feb | AMERICAN BIRKEBEINER 2023! GOOD LUCK AND HAVE FUN! | 3.5 | Race Effort |
| Sunday | 26-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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