| Week | Dates | Focus | Approximate Hours | |
|--------------------|------------------------|---|--------------------|--|
| Veek 1 | 5/29-6/4 | Basic Aerobic Fitness/Strength | 8.25 | |
| Veek 2 | 6/5-6/11 | Basic Aerobic Fitness/Strength | 8.25 | |
| Veek 3 | 6/12-6/18 | Basic Aerobic Fitness/Specific Strength | 9 | |
| Veek 4 | 6/19-6/25 | Basic Aerobic Fitness/Threshold | 9.5 | |
| | | Anaerobic Threshold | | |
| Veek 5 | 6/26-7/2 | | 9.5 | |
| Veek 6 | 7/3-7/9 | RECOVERY | 7 | |
| Veek 7 | 7/10-7/16 | Aerobic Volume/Strength | 12 | |
| Veek 8 | 7/17-7/23 | Anaerobic Threshold | 9.5 | |
| Veek 9 | 7/24-7/30 | Speed/Intensity | 9.25 | |
| Veek 10 | 7/31-8/6 | RECOVERY | 7 | |
| Veek 11 | 8/7-8/13 | Intensity | 10.25 | |
| Veek 12 | 8/14-8/20 | Aerobic Volume/Strength | 12 | |
| Veek 13 | 8/21-8/27 | Aerobic Volume | 13.5 | |
| Veek 14 Veek 15 | 8/28-9/3 9/4-9/10 | RECOVERY | 6.25 | |
| veek 15 Veek 16 | 9/11-9/17 | Intensity Intensity/Speed | 11.75 | |
| Veek 16 Veek 17 | 9/11-9/17 | Aerobic Volume | 13.25 | |
| Veek 17 | 9/25-10/1 | RECOVERY | 6.5 | |
| Veek 19 | 10/2-10/8 | Higher Intensity/Speed | 9.75 | |
| Veek 20 | 10/9-10/15 | Higher Intensity/Speed | 10.25 | |
| Veek 21 | 10/16-10/22 | Aerobic Volume | 13 | |
| Veek 22 | 10/23-10/29 | RECOVERY | 6 | |
| Week 23 | 10/30-11/5 | Anaerobic Threshold | 10.5 | |
| Veek 24 | 11/6-11/12 | Aerobic Volume | 13.5 | |
| Veek 25 | 11/13-11/19 | RECOVERY | 5.75 | |
| Veek 26 | 11/20-11/26 | Anaerobic Threshold | 11.25 | |
| Veek 27 | 11/27-12/3 | Aerobic Volume | 13.25 | |
| Veek 28 | 12/4-12/10 | RECOVERY | 6 | |
| Veek 29 | 12/11-12/17 | Race (10-15km) | 9.25 | |
| Veek 30 Veek 31 | 12/18-12/24 | Intensity/Speed Aerobic Volume | 6.75 13.25 | |
| Veek 31 | 12/25-12/31 1/1-1/7 | RECOVERY | 4.75 | |
| Veek 32 | 1/8-1/14 | RACE (30-35km) | 4.73 | |
| Veek 34 | 1/15-1/21 | Aerobic Easy Volume | 9.75 | |
| Veek 35 | 1/22-1/28 | Intensity/Speed | 9.25 | |
| Veek 36 | 1/29-2/4 | RACE (20-25km) | 7.25 | |
| Veek 37 | 2/5-2/11 | Taper/Recover | 6 | |
| Veek 38 | 2/12-2/18 | Taper | 5 | |
| leek 39 | 2/19-2/25 | BIRKIE WEEK | 5.75 | |
| | | TOTAL TRAINING HOURS | 357 | |
| | | | | |
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| | FUCUS VVE | ek: 6/19 - 6/25 | | |
|--------------------|-----------|--|-------------------------|---|
| | | Workout | Duration (hrs.) | Focus |
| Week 1 | | Week Focus: Basic Aerobic Fitness & Strength | | |
| Monday | 29-May | ŭ | 0 | Recovery |
| | | | | · |
| Tuesday | | Aerobic choice (bike/rollerski/run), easy | | Basic Aerobic Fitness Basic Aerobic Fitness |
| Wednesday | 31-iviay | Easy run/hike, preferably on trails | 1.25 | Basic Aerobic Fitness |
| Thursday | | Aerobic choice (bike/rollerski/run), easy + bodyweight strength (below) | 1.5 | Basic Aerobic Fitness + Strength |
| Friday | 2-Jun | Bike, easy, hit uphills as natural intervals | 1.5 | Basic Aerobic Fitness |
| Saturday | 3-Jun | Easy rollerski (skate or classic) | 1.5 | Specific Aerobic Fitness |
| Sunday | 4-Jun | Run/hike + bodyweight strength (below) | | Basic Aerobic Fitness + Strength |
| Weekly Total | | | 8.25 | |
| | | Workout | Duration (hrs.) | Focus |
| Week 2 | | Week Focus: Basic Aerobic Fitness & Strength | | |
| Monday | 5-Jun | OFF | | Recovery |
| Tuesday | | Easy run/hike | | Basic Aerobic Fitness |
| Wednesday | | Trail run, easy with 3x3 minutes at Birkie Race Pace, full recovery between sets | | Threshold Intervals |
| Thursday | 8-Jun | Bike, easy + bodyweight strength (below) | 1.5 | Basic Aerobic Fitness + Strength |
| Friday | Q_lun | 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 | | Run/hike, preferably on trails | | Basic Aerobic Fitness + Strength |
| Sunday | | | | |
| Weekly Total | 11-Jun | Rollerski (skate or classic) | 8.25 | Specific Aerobic Fitness |
| weekiy Total | | Workout | | Focus |
| | | | Duration (hrs.) | rocus |
| Week 3 | 12-Jun | Week Focus: Basic Aerobic Fitness & Specific Strength | | Recovery |
| Monday | 12-Juli | OFF | 0 | Recovery |
| Tuesday | 13-Jun | Trail run, easy with 4x3 minutes Birkie Race Pace, full recovery between sets | 1.25 | Basic Aerobic Fitness |
| | | | | |
| Wednesday | | Run/hike + bodyweight strength (below) | | Basic Aerobic Fitness + Strength |
| Thursday | | Skate rollerski including 3x5 minutes no pole skiing | | Specific Aerobic Fitness |
| Friday Saturday | | Bike, easy Classic rollerski, flat terrain, majority (at least 50%) double pole | | Basic Aerobic Fitness Specific Aerobic Fitness + Strength |
| Sunday | | Run/hike, preferably on trails, easy | | Basic Aerobic Fitness + Strength |
| Weekly Total | 10 3411 | Transfilling, preferably off crails, easy | 9 | |
| | | Workout | Duration (hrs.) | Focus |
| Week 4 | | Week Focus: Basic Aerobic Fitness, Introduce Threshold | | |
| Monday | 19-Jun | | 0 | Recovery |
| Tuesday | | Hike/run + body weight strength (below) | | Basic Aerobic Fitness + Strength |
| Tuesday | 20-3411 | Trail run, 20 minute warm up, 5x3 minutes Birkie Race Pace with full recovery | 1.5 | basic Acrobic Fitness + Strength |
| Wednesday | 21-Jun | in between each interval, 15 minute cool down | 1.25 | Anaerobic Threshold |
| Thursday | 22-lun | Bike, easy + Bodyweight Strength (below) | 2 | Basic Aerobic Fitness + Strength |
| marsaay | 22 30 | Classic Rollerski, double pole only for 45 minutes of the total 1.25 hours (can be | | Suste Metrosic Maness & Scheligen |
| Friday | 23-Jun | done on skate skis as well) | 1.25 | Specific Aerobic Fitness + Strength |
| Saturday | 24-Jun | Run/hike, easy, add in short pickups (5 seconds) at tops of hills | 1.5 | Basic Aerobic Fitness |
| Sunday | 25-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 | ter all exercises compl | ete in one set) |
| | | Total time approximately 15-20 minutes | | |
| | | 20 pushups (do from knees if necessary to maintain good technique) | | |
| | | 15 squats (keep knees behind toes, go down to 90 degrees) 1 minute front plank with rotating hips | | |
| | | 10 lunges (each leg, add weight if needed) | _ | |
| | | 20 bird dogs (core exercise) | Funii | RANCE UNITED |
| | | | LITUU | NAMUL CHALLED |

| JULY | Focus We | ek: July 17-23 | | |
|--|---|---|---|--|
| | | Workout | Duration (hrs.) | Focus |
| Week 5 | | Week Focus: Anaerobic Threshold | | |
| Monday | 26-Jun | | 0 | Recovery |
| | | Trail run, 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery | | |
| Tuesday | 27-Jun | in between intervals, 15 minute cool down | 1.5 | Anaerobic Threshold |
| Wednesday | 28-Jun | Run/hike easy | 1.25 | Basic Aerobic Fitness |
| | | Rollerski (skate or classic), 20 minute warm up, 5x4 minutes Birkie Race Pace | | |
| Thursday | 29-Jun | with rull recovery between intervals, 15 minute cool down | | Anaerobic Threshold |
| Friday | 30-Jun | Bike, easy +bodyweight strength (below) | 2 | Basic Aerobic Ftiness + Strength |
| | | Run/hike w/ski poles on hilly terrain, easy, using poles with good ski walking | _ | |
| Saturday | | technique up hills | | Basic Aerobic Fitness |
| Sunday Weekly Total | Z-Jui | Rollerski (skate or classic) easy, focus on specific technique improvement | 9.5 | Specific Aerobic Fitness |
| Weekly Total | | Workout | Duration (hrs.) | Focus |
| Week 6 | | | Daration (ms.) | 10003 |
| Monday | 2-Jul | Week Focus: RECOVERY Easy jog 30 minutes + body weight strength (below) | 1 | Body Weight Strength |
| Tuesday | | Bike, easy | | Basic Aerobic Fitness |
| Wednesday | | Trail run, easy | | Basic Aerobic Fitness |
| | | Rollerski (skate or classic); 20 minute warm up, 5x4 minutes Birkie Race Pace | _ | |
| Thursday | 6-Jul | with rull recovery between intervals, 15 minute cool down | 1.5 | Anaerobic Threshold |
| Friday | | Easy jog 30 minutes + body weight strength (below) | 1 | Body Weight Strength |
| Saturday | 8-Jul | OFF | 0 | Recovery |
| Consider. | 6 | Dile | | Davis Assahis Fitessa |
| Sunday Weekly Total | 9-Jul | Bike, easy | 1.25 | Basic Aerobic Fitness |
| weekly lotal | | Morkout | | |
| 100 - I. T | | Workout | Duration (hrs.) | Focus |
| Week 7 | 10-Jul | Week Focus: Aerobic Volume & Strength | _ | Recovery |
| Monday | 10-Jul | | 1 0 | Recovery |
| Tuesday | 11-Jul | Run/hike, easy with ski poles on hilly trails. Use ski poles on uphills with good ski walking technique | , | Basic Aerobic Fitness |
| , | 11 101 | Rollerski (skate or classic); 20 minute warm up, 7x4 minutes Birkie Race Pace | † | |
| Wednesday | 12-Jul | with full recovery between intervals, 15 minute cool down | 1.75 | Anaerobic Threshold |
| | | Rollerski, classic 45 minutes easy skiing, 45 minutes double pole only, 30 | | |
| Thursday | 13-Jul | minutes easy skiing | | Specific Aerobic Fitness + Strength |
| Friday | 14-Jul | Run, easy + bodyweight strength (below) | 1.25 | Basic Aerobic Fitness |
| Saturday | | Skate Rollerski, long and slow with 3x7 minutes no pole skiing | | Specific Aerobic Fitness + Strength |
| Sunday Weekly Total | 16-Jul | Bike, easy | 12 | Basic Aerobic Fitness |
| weekly lotal | | Workout | Duration (hrs.) | Focus |
| | | | | |
| Mack 9 | | World France Assessable Throughold | Duration (ms.) | rocus |
| | 17-Jul | Week Focus: Anaerobic Threshold | | |
| | 17-Jul | OFF | | Recovery |
| Monday | | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace | 0 | Recovery |
| | 18-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace | 1.75 | |
| Monday Tuesday | 18-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking | 1.75 | Recovery Anaerobic Threshold |
| Monday Tuesday Wednesday | 18-Jul 19-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals; 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging | 0 1.75 0.75 | Recovery Anaerobic Threshold Basic Aerobic Fitness |
| Monday Tuesday | 18-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking | 0 1.75 0.75 | Recovery Anaerobic Threshold |
| Monday Tuesday Wednesday | 18-Jul 19-Jul 20-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 | 0 1.75 0.75 | Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength |
| Monday Tuesday Wednesday Thursday | 18-Jul 19-Jul 20-Jul 21-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals; 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging | 0 1.75 0.75 1.5 | Recovery Anaerobic Threshold Basic Aerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bilke, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute | 0 1.75 0.75 1.5 1.25 2.5 | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) | 1.75 0.75 1.5 1.25 2.5 | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down | 0 1.75 0.75 1.5 1.25 2.5 1.75 | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Blike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout | 1.75 0.75 1.5 1.25 2.5 | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Workout Week Focus: Speed/Intensity | 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.) | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF | 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.) | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed | 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.) | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF | 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Ouration (hrs.) | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, 6at terrain, double pole only, w/10x15 second sprints at the | 1.75 0.75 1.5 1.25 2.5 2.5 2.5 0uration (hrs.) | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul | OFF Rollerski (skate or classic), 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes Sk race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end | 1.75 0.75 1.5 1.25 2.5 2.5 2.5 0uration (hrs.) | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 23-Jul 24-Jul 25-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Workout Week Focus: Speed/Intensity OFF 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 Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full | 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.) | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday Thursday | 18-Jul 19-Jul 20-Jul 21-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Workout Workout Workout Gassic Rollerski, 20 minute warm up, 6x3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down | 1.75 0.75 1.5 1.25 2.5 1.75 0.75 1.75 1.25 1.75 1.75 1.75 1.75 1.51 1.51 1.51 | Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday Thursday Wednesday Thursday Thursday Friday | 18-Jul 19-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 27-Jul 28-Jul 28-Jul 28-Jul 28-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Workout Week Focus: Speed/Intensity OFF 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 Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down | 0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.) | Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Strength + Speed Basic Aerobic Fitness Basic Aerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday Thursday Thursday Thursday Thursday Friday Saturday Saturday | 20-Jul 20-Jul 21-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 25-Jul 26-Jul 28-Jul 28-Jul 28-Jul 29-Jul 29-Jul 29-Jul | OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, fat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerskie easy 45 min, classic Rollerskie easy 45 min | 0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Ouration (hrs.) 1.5 1.5 1.5 1.5 | Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness |
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| AUGUST | Focus We | ek: August 21-27 | | |
|---|---|---|---|--|
| | | Workout | Duration (hrs.) | Focus |
| Neek 10 | | Week Focus: Recovery | | |
| /londay | 31-Jul | | 0 | Recovery |
| uesday | | Choice of aerobic exercise (bike, run, ski, paddle) | | Basic Aerobic Fitness |
| , | - 0 | 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 | | |
| Wednesday | 2-Aug | | 1.5 | Specfic Strength |
| Thursday | 3-Aug | | | Basic Aerobic Fitness |
| Friday | | Run/hike easy w/10 x 15 second accelerations at end of workout | | Basic Aerobic Fitness + Speed |
| Saturday | | | | Basic Aerobic Fitness + Speed Basic Aerobic Fitness + Strength |
| | | Easy bike + body weight strength (below) | | |
| Sunday | 6-Aug | Choice of aerobic exercise (bike, run, ski, paddle) | 1 | Basic Aerobic Fitness |
| | | | _ | |
| Weekly Total | | | 7 | |
| | | Workout | Duration (hrs.) | Focus |
| Neek 11 | | Week Focus: Intensity | | |
| Monday | 7-Aug | | 0 | Recovery |
| , | | Classic rollerski, 20 minute warm up 6x6 minutes Birkie Race Pace intervals, half | | , |
| Tuesday | 8-Aug | recovery between intervals, 15 minute cool down | 1.75 | Anaerobic Threshold |
| , | | | | |
| Wednesday | 9-Aug | Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end | 1 | Specific Strength + Speed |
| | | 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 | | |
| Thursday | 10-Aug | cool down | | Anaerobic Development |
| Friday | | Easy run + bodyweight strength (below) | 1.25 | Basic Aerobic Fitness + Strength |
| Saturday | | Skate rollerski easy 1 hour, classic rollerski easy 1 hour | 2 | Specific Aerobic Fitness |
| Sunday | 13-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 | 14-Aug | | 0 | Recovery |
| Tuesday | | Skate rollerski easy, heavy focus on V1 technique | | Specific Aerobic Fitness |
| | | | | |
| Wednesday | 16-Aug | Run/hike w/ski poles, easy, hit top of uphills at high speed for 5 seconds | 1.5 | Basic Aerobic Fitness + Speed |
| | | 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 | | |
| Thursday | | between each set) 15 minute warm up, 15 minute cool down | | Specific Strength |
| Friday | | Bike, easy | | Basic Aerobic Fitness |
| Saturday | 19-Aug | Skate rollerski, easy, focus on one specific technique improvement | 2 | Specific Aerobic Fitness |
| | | Classic rollerski, mostly double pole, but will be long, so mix in some striding and | | |
| Sunday | 20-Aug | kick-double pole also | 3 | -, |
| Weekly Total | | | 12 | |
| | | Workout | Duration (hrs.) | Focus |
| Week 13 | | Week Focus: Aerobic Volume | | |
| Monday | 21-Aug | | 0 | Recovery |
| , | - 0 | | | , |
| | | Classic rollerski easy over distance w/4x15 minutes double note and 3x5 minutes | | |
| luesday | 22-A11g | Classic rollerski easy over distance w/4x15 minutes double pole and 3x5 minutes single stick | 2 | Specific Aerobic Fitness + Strength |
| Tuesday Wednesday | 22-Aug 23-Aug | single stick | | Specific Aerobic Fitness + Strength Basic Aerobic Fitness |
| Tuesday Wednesday | | single stick Bike easy overdistance | | Specific Aerobic Fitness + Strength Basic Aerobic Fitness |
| | | single stick Bike easy overdistance Skate rollerski, 20 minute warm up, 2x7 minutes Birkie Race Pace (3 minutes rest | | |
| | | single stick Bike easy overdistance 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 | | |
| Vednesday | | single stick Bike easy overdistance 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 | 3 | Basic Aerobic Fitness |
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| Wednesday Thursday | 23-Aug 24-Aug | single stick Bike easy overdistance 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 Choice aerobic workout (rollerski, bike, run, paddle), easy over distance | 3 | Basic Aerobic Fitness |
| Wednesday Thursday Friday | 23-Aug 24-Aug 25-Aug | single stick Bike easy overdistance 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 Choice aerobic workout (rollerski, bike, run, paddle), easy over distance Birkie technique rollerski, focus on one specific technique improvement, easy over | 2 2.5 | Basic Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Wednesday Thursday Friday Saturday | 23-Aug 24-Aug 25-Aug 26-Aug | single stick Blke easy overdistance 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 Choice aerobic workout (rollerski, bike, run, paddle), easy over distance Birkie technique rollerski, focus on one specific technique improvement, easy over distance | 2 2.5 | Basic Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Specific Aerobic Fitness |
| Nednesday Thursday Triday Saturday Sunday | 23-Aug 24-Aug 25-Aug 26-Aug | single stick Bike easy overdistance 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 Choice aerobic workout (rollerski, bike, run, paddle), easy over distance Birkie technique rollerski, focus on one specific technique improvement, easy over | 2 2.5 3 1 | Basic Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Specific Aerobic Fitness Strength |
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| Pednesday Thursday Friday Saturday Gunday | 23-Aug 24-Aug 25-Aug 26-Aug 27-Aug | single stick Bike easy overdistance 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 sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute rest between sets), ski easy 5 minutes coal down Choice aerobic workout (rollerski, bike, run, paddle), easy over distance Birkie technique rollerski, focus on one specific technique improvement, easy over distance Easy jog 30 minutes + bodyweight strength (below) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes | 2 2.5 3 1 13.5 Copyright © 2023 Endural | Basic Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Specific Aerobic Fitness Strength nce United. All Rights Reserved. |
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| Pednesday Thursday Friday Saturday Gunday | 23-Aug 24-Aug 25-Aug 26-Aug 27-Aug | single stick Bike easy overdistance Skate rollerski, 20 minute warm up, 2x7 minutes Birkie Race Pace (3 minutes rest between sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute rest between sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute rest between sets), ski easy 6 minutes, 5x15 second sprints (approximately 1 minute rest between sprints), 20 minute cool down Choice aerobic workout (rollerski, bike, run, paddle), easy over distance Birkie technique rollerski, focus on one specific technique improvement, easy over distance Easy jog 30 minutes + bodyweight strength (below) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees) | 2 2.5 3 1 13.5 Copyright © 2023 Endural | Basic Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Specific Aerobic Fitness Strength nce United. All Rights Reserved. |
| Pednesday Thursday Friday Saturday Gunday | 23-Aug 24-Aug 25-Aug 26-Aug 27-Aug | single stick Bike easy overdistance 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 sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute rest between sets), ski easy 5 minutes coal down Choice aerobic workout (rollerski, bike, run, paddle), easy over distance Birkie technique rollerski, focus on one specific technique improvement, easy over distance Easy jog 30 minutes + bodyweight strength (below) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees) 1.5 minute walking plank | 2 2.5 3 1 13.5 Copyright © 2023 Endural | Basic Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Specific Aerobic Fitness Strength nce United. All Rights Reserved. |
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| Nednesday Thursday Triday Saturday Sunday | 23-Aug 24-Aug 25-Aug 26-Aug 27-Aug 1 2 3 | single stick Bike easy overdistance Skate rollerski, 20 minute warm up, 2x7 minutes Birkie Race Pace (3 minutes rest between sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute rest between sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute rest between sprints), 20 minute cool down Choice aerobic workout (rollerski, bike, run, paddle), easy over distance Birkie technique rollerski, focus on one specific technique improvement, easy over distance Easy jog 30 minutes + bodyweight strength (below) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees) 1.5 minute walking plank | 2 2.5 3 1 13.5 Copyright © 2023 Endural | Basic Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness Specific Aerobic Fitness Strength nce United. All Rights Reserved. |

| SEPTEMBER | Focus We | ek: September 4-10 | | |
|--|--|---|---|--|
| | | Workout | Duration (hrs.) | Focus |
| Week 14 | | Week Focus: RECOVERY | | |
| Monday | 28-Aug | OFF | | Recovery |
| Tuesday | 29-Aug | Run easy w/8-10x15 second accelerations at the end | 0.75 | Basic Aerobic Fitness + Speed |
| Wednesday | 20-Aug | Skate rollerski easy w/2x5 minutes no pole skiing | , | Specific Aerobic Fitness |
| vveuriesuay | 30-Aug | Classic rollerski, 25 minute warm up, 5 x 1.5 minutes at 5k race pace (on flat | | Specific Aerobic Fitness |
| Thursday | 31-Aug | terrain), 15 minute cool down | 1.25 | Anaerobic Fitness Development |
| Friday | | Easy aerobic exercise (swim, bike, run, ski, paddle) | | Basic Aerobic Fitness |
| Saturday | 2-Sep | Run/hike w/ski poles easy, add in 5 second accelerations at tops of uphills | 1.5 | Basic Aerobic Fitness + Speed |
| Sunday | 3-Sep | Classic rollerski easy with focus on one specific technique improvement | 1 | Specific Aerobic Fitness |
| Weekly Total | | Workout | 6.25 Duration (hrs.) | Focus |
| Week 15 | | | Duration (ms.) | rocus |
| Monday | 4-Sep | Week Focus: Intensity | 0 | Recovery |
| ivioriuay | 4-3ep | Skate rollerski, uphill/flat/overspeed intervals (find a relatively steep hill, 20 | - | hecovery |
| | | minute warm up, 5x1 minute at 5k race pace up hill, 4x4 minutes 5k race pace on | | |
| Tuesday | 5-Sep | flat terrain, 3x2 minutes 5k+ pace on gradual downhill; 20 minute cool down) | 1.5 | |
| Wednesday | 6-Sep | Trail run/hike with poles, easy + bodyweight strength routine (below) | 2 | Basic Aerobic Fitness + Strength |
| | | 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 | | |
| Thursday | 7-Sep | minute recovery, 5x5 minutes 25x race pace with 1 minute rest between, 15 | 1.5 | Anaerobic Power |
| Friday | | Easy aerobic exercise (swim, bike, run, ski, paddle) | | Basic Aerobic Fitness |
| | | Skate rollerski, 20 minute warm up, 4x8 minutes Birkie Race Pace, full recovery, | | |
| Saturday | | cool down 15 minutes | | Anaerobic Threshold Fitness |
| Sunday | 10-Sep | Recovery spin bike | | Recovery |
| Weekly Total | | | 10 | |
| | | Workout | Duration (hrs.) | Focus |
| Week 16 | | Week Focus: Intensity& Speed | | |
| Monday | 11-Sep | OFF | - 0 | Recovery |
| | | 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 | | |
| Tuesday | 12-Sep | between intervals; 20 minute cool down. | 1 75 | Anaerobic Fitness |
| lucsuuy | 12 300 | Classic rollerski, 20 minutes easy skiing, 10x1 minute FAST double pole on flat | 1.73 | 7 Macrobic Fidicas |
| Wednesday | 13-Sep | terrain, 20 minutes easy skiing | 1.5 | Specific Aerobic Fitness + Speed |
| | | | | · |
| Thursday | 14-Sep | Easy hike/run with ski walking/pole hiking on uphills | 2 | Basic Aerobic Fitness |
| riday | 15-Sep | Skate rollerski, easy with 3x5 minutes no pole skiing | 1.5 | Specific Aerobic Fitness |
| | | 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 | | |
| Saturday Sunday | 16-Sep | minute cool down. Choice aerobic workout (ski/bike/run/swim/paddle) | 2 | Anaerobic Fitness Basic Aerobic Fitness |
| Weekly Total | 17-3ep | Choice aerobic workout (skr/bike/run/swim/paddie) | 11.75 | Basic Aerobic Fittless |
| , | | Workout | Duration (hrs.) | Focus |
| | | | | |
| Week 17 | | Week Focus: Aerobic Volume | | |
| | 18-Sep | Week Focus: Aerobic Volume OFF | | Recovery |
| | 18-Sep | Week Focus: Aerobic Volume OFF | | Recovery |
| Monday | | OFF | 0 | |
| Monday | | Week Focus: Aerobic Volume OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 | 0 | Recovery Basic Aerobic Fitness |
| Monday | 19-Sep | OFF Easy run or bike | 2.5 | |
| Monday Tuesday Wednesday | 19-Sep 20-Sep | OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles | 2.5 | Basic Aerobic Fitness Specific Aerobic Fitness |
| Monday Tuesday Wednesday | 19-Sep 20-Sep | OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with op poles Easy trail run/pole hike + bodyweight strength (below) | 2.5 | Basic Aerobic Fitness |
| Monday Tuesday Wednesday | 19-Sep 20-Sep | DFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half | 2.5 | Basic Aerobic Fitness Specific Aerobic Fitness |
| Monday Fuesday Wednesday Thursday | 19-Sep 20-Sep 21-Sep | DFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy ski 5 minutes; 3-3x2 minutes Sk race pace, | 2.5 | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength |
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| Monday Fuesday Wednesday Fhursday Friday Saturday | 19-Sep 20-Sep 21-Sep 22-Sep 23-Sep | DFF Easy run or bike Skate rollerski, 2×10 minutes with one pole (10 minutes with each arm), 1×10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes Sk race pace, double poling on flat terrain; 20 minute cod drown. | 2.5 1.5 2 2 2 2.25 | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness |
| Vonday Vuesday Vednesday Thursday Griday Jaturday | 19-Sep 20-Sep 21-Sep 22-Sep 23-Sep | OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with op poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Bace Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cod down Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski | 2.5 1.5 2 2 2 2.25 3 13.25 | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed |
| vesday Vednesday hursday riday aturday | 19-Sep 20-Sep 21-Sep 22-Sep 23-Sep | OFF Easy run or bike Skate rollerski, 2×10 minutes with one pole (10 minutes with each arm), 1×10 minutes with poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkle Race Pace with half recovery between intervals; easy sils finutes; 2-3x2 minutes Sk race pace, double poling on flat terrain; 20 minute cod down Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3×15 second | 2.5 1.5 2 2 2 2 2.25 | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness |
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| ruesday Wednesday Priday Friday Friday Friday Weekly Total Week 18 | 19-Sep 20-Sep 21-Sep 22-Sep 23-Sep | OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with opoles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy sit 5 minutes; 2-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down Easy road bite ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Focus: RECOVERY | 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed |
| fuesday Wednesday Wednesday Finday Saturday Saturday Sunday Weekly Total Week 18 Monday | 19-Sep 20-Sep 21-Sep 22-Sep 23-Sep 24-Sep | OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with op poles Easy trail run/pole hike + bodyweight strength (below) Classis Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy 45 minutes; 2-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Focus: RECOVERY OFF | 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Focus Recovery |
| fuesday Wednesday Wednesday Finday Saturday Sunday Weekly Total Week 18 Monday | 19-Sep 20-Sep 21-Sep 22-Sep 23-Sep 24-Sep | OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with opoles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy sit 5 minutes; 2-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down Easy road bite ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Focus: RECOVERY | 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Speed Focus |
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| ruesday Wednesday Friday Friday Saturday Sunday Weekly Total Weekl Sunday Weekly Wednesday | 19-Sep 20-Sep 21-Sep 21-Sep 23-Sep 24-Sep 25-Sep 26-Sep 27-Sep | DFF Easy run or bike Skate rollerski, 2×10 minutes with one pole (10 minutes with each arm), 1×10 minutes with op poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes Sk race pace, double poling on flat terrain; 20 minute cold down. Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Focus: RECOVERY OFF Classic rollerski with focus on one specific technique improvement Easy jog + bodyweight strength (below) | 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Focus Recovery Basic Aerobic Fitness Strength |
| ruesday Wednesday Friday Saturday Weekly Total Week 18 Woeday Friday Weekly Total Weekly Total Weekly Total Weekly Total Weekly Total | 19-Sep 20-Sep 21-Sep 22-Sep 23-Sep 24-Sep 25-Sep 26-Sep 27-Sep 28-Sep | DFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes Sk race pace, double poling on flat terrain; 20 minute coal down Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Foous: RECOVERY OFF Classic rollerski with focus on one specific technique improvement Easy jog+ bodyweight strength (below) Easy hike/run with natural intervals on uphills | 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) 0 1.5 | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Speed Focus Recovery Basic Aerobic Fitness Strength Basic Aerobic Fitness + Speed |
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| venday Vednesday Thursday Thursday Thursday Thursday Thursday Weekly Total Week 18 Monday Vednesday Vednesday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday | 19-Sep 20-Sep 21-Sep 22-Sep 24-Sep 24-Sep 26-Sep 27-Sep 28-Sep 29-Sep 30-Sep | OFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with op poles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkle Race Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes Sk race pace, double poling on flat terrain; 20 minute cold down Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Focus: RECOVERY OFF Classic rollerski with focus on one specific technique improvement Easy jog + bodyweight strength (below) Easy hike/run with natural intervals on uphills Shake out jog | 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) 1.5 1.25 0.75 | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Speed Focus Recovery Basic Aerobic Fitness Strength Basic Aerobic Fitness + Speed Recovery Anaerobic Threshold Recovery Anaerobic Threshold |
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| Monday Fuesday Wednesday Friday Saturday Sunday Weekly Total Weekl 8 Monday Fuesday Wednesday Fuesday Wednesday Formation of the saturday Form | 19-Sep 20-Sep 21-Sep 22-Sep 24-Sep 24-Sep 26-Sep 27-Sep 29-Sep 1-Oct | DEF Easy run or bike Skate rollerski, 2xt0 minutes with one pole (10 minutes with each arm), 1xt0 minutes with op poles Easy trail run/pole hike + bodyweight strength (below) 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 Easy road bite ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Workout Week Focus: RECOVERY OFF Classic rollerski with focus on one specific technique improvement Easy jog + bodyweight strength (below) Easy hike/run with natural intervals on uphills Shake out jog Level 1 easy aerobic volume, trail run or rollerski (technique of choice) Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 spiderman pushups 20 slow, control squats (keep knees behind toes, go down to 90 degrees) | 0 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) 0 1.5 1 1.25 0.75 0.5 6.5 Copyright © 2023 End | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Focus Recovery Basic Aerobic Fitness Strength Basic Aerobic Fitness Strength Recovery Anaerobic Threshold Recovery Anaerobic Threshold Recovery |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 18 Monday Tuesday Wednesday Thursday Friday | 19-Sep 20-Sep 21-Sep 22-Sep 23-Sep 24-Sep 25-Sep 26-Sep 29-Sep 1-Oct | Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with opoles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Bace Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cod down Easy road bike ride, long cruise Skate rollerski 15 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Focus RECOVERY OFF Classic rollerski with focus on one specific technique improvement Easy jog + bodyweight strength (below) Easy hike/run with natural intervals on uphills Shake out jog Level 1 easy aerobic volume, trail run or rollerski (technique of choice) Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 sideman pushups 20 slow, control squats (keep knees behind toes, go down to 90 degrees) | 0 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) 0 1.5 1 1.25 0.75 0.5 6.5 Copyright © 2023 End | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Focus Recovery Basic Aerobic Fitness Strength Basic Aerobic Fitness Strength Recovery Anaerobic Threshold Recovery Anaerobic Threshold Recovery |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 18 Monday Tuesday Wednesday Thursday Friday | 19-Sep 20-Sep 21-Sep 22-Sep 24-Sep 24-Sep 26-Sep 29-Sep 1-Oct | DFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with op poles Easy trail run/pole hike + bodyweight strength (below) Classis 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 Easy road bite ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Workout Week Focus: RECOVERY OFF Classic rollerski with focus on one specific technique improvement Easy jog + bodyweight strength (below) Easy hike/run with natural intervals on uphilis Shake out jog Level 1 easy aerobic volume, trail run or rollerski (technique of choice) Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 spiderman pushups 20 slow, control squats (keep knees behind toes, go down to 90 degrees) 20 stakelity ball crunches 10 each leg, lunges (add weight if needed) | 0 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) 0 1.5 1 1.25 0.75 0.5 6.5 Copyright © 2023 End | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Focus Recovery Basic Aerobic Fitness Strength Basic Aerobic Fitness Strength Recovery Anaerobic Fitness + Speed Recovery Anaerobic Threshold Recovery |
| Week 18 Monday Tuesday Wednesday Thursday Friday | 19-Sep 20-Sep 21-Sep 22-Sep 24-Sep 24-Sep 26-Sep 29-Sep 1-Oct | Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with opoles Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Bace Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cod down Easy road bike ride, long cruise Skate rollerski 15 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Week Focus RECOVERY OFF Classic rollerski with focus on one specific technique improvement Easy jog + bodyweight strength (below) Easy hike/run with natural intervals on uphills Shake out jog Level 1 easy aerobic volume, trail run or rollerski (technique of choice) Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 sideman pushups 20 slow, control squats (keep knees behind toes, go down to 90 degrees) | 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) 1 1.25 0.75 1.5 0.5 Copyright © 2023 End all exercises complete | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Focus Recovery Basic Aerobic Fitness Strength Basic Aerobic Fitness + Speed Recovery Anaerobic Threshold Recovery anaerobic Threshold Recovery arance United. All Rights Reserved. In one set) |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 18 Monday Tuesday Wednesday Thursday Friday | 19-Sep 20-Sep 21-Sep 22-Sep 24-Sep 24-Sep 26-Sep 29-Sep 1-Oct | DFF Easy run or bike Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with op poles Easy trail run/pole hike + bodyweight strength (below) Classis 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 Easy road bite ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski Workout Workout Week Focus: RECOVERY OFF Classic rollerski with focus on one specific technique improvement Easy jog + bodyweight strength (below) Easy hike/run with natural intervals on uphilis Shake out jog Level 1 easy aerobic volume, trail run or rollerski (technique of choice) Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 spiderman pushups 20 slow, control squats (keep knees behind toes, go down to 90 degrees) 20 stakelity ball crunches 10 each leg, lunges (add weight if needed) | 0 2.5 1.5 2 2 2.25 3 13.25 Duration (hrs.) 0 1.5 1 1.25 0.75 0.5 6.5 Copyright © 2023 End | Basic Aerobic Fitness Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Focus Recovery Basic Aerobic Fitness Strength Basic Aerobic Fitness + Speed Recovery Anaerobic Threshold Recovery anaerobic Threshold Recovery arance United. All Rights Reserved. In one set) |

| Week 19 | OCTOBER | Focus We | ek: October 2-8 | | |
|--|---|--|--|---|---|
| State rollersis, speed day. 15 minute warm up; 10:00 seconds sport on flat or gradual downfulling let moting FAST, 8 at print Staffs or file to first roll staff and sport of the file file of the staff | Wash 40 | | Workout | Duration (hrs.) | Focus |
| Sale reflexk), speed day; 15 minute warm up; 13:00 seconds grint on flat or greated downlift get moning 47:50 is a paint search on 18 terrain (clast from 8 stor), get gain go to by speed, say at gareed for 5 seconds) is 40 spellin (class) and the second of the speed for 5 seconds) is 40 spellin (class) and (class) an | | 2.0-1 | Week Focus: Higher Intensity/Speed | 0 | December |
| Classic rollerski, specific strength worksout (50 on an aptility). If immute varies up 55 child multical specific side, of multical specific side, of multical specific side. If multical specific side, of multical specific side. If multical specific side, of the specific sp | , | | 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); | | |
| Train run w/points 2.5 minutes souther even hill and pogging easy in between uphilits; until the cold from the first minutes, souther even hill and pogging easy in between uphilits; and the cold from the first minutes cold down and the cold from the first minutes and the pogging easy in between uphilits; and the cold southern the cold from the first minutes strictly and the cold from the col | | | Classic rollerski, specific strength workout (do on an uphill); 15 minute warm up; Sx1 minute single stick w/1 minute recovery between each; 5 minute break; Sx1 minute double pole (powerful double pole) w/1 minute recovery between each; 5 minute break; Sx1 minute core initiation (lock and load) w/1 | | |
| State or clastic collerski, 25 minute warm up; 348 minutes Brike Race Pace + 2 Acceptable Fitness + Speed Whall recovery between intervals; 15 minute cool 2 Acceptable Fitness + Speed Whall recovery between intervals; 15 minute cool 2 Acceptable Fitness + Speed Workship Total Workship Total Process Higher Internity/Speed Workship Total Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Gassic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; same as skate workout from 10/1/19 (switch 1.5 Speed) Classic collerski, speed workout; sam | , | | 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 uphills; | | |
| Saturday 7-Oct Contended and Sanday 8-Oct Classic rollers is easy w/ Dix15 second sprints throughout the workout 1.5 Specific Aerobic Fitness + Speed Weeks Y Total Works / You Sanday 8-Oct Classic rollers is easy w/ Dix15 second sprints throughout the workout 9.75 Duration (Itns) | Friday | | Bike ride easy | | |
| Week 20 Week 700 Week 7600s: Higher Intensity/Speed Workout Week 700 Week 7600s: Higher Intensity/Speed Week 700 Week 7600s: Higher Intensity/Speed Usasic rollerskis, speed workout; same as skate workout from 10/1/19 (switch 10 Oct 1/1/19) skate to striking) 10 Oct 1/19/19 skate 10 striking) 11 Oct 1/19/19 skate 10 striking 12 Oct 1/19/19 skate 10 striking 12 Oct 1/19/19 skate 10 striking 13 Oct 1/19/19 skate 10 striking 14 Oct 1/19/19 skate 10 striking 15 Oct 1/19/19/19/19/19/19/19/19/19/19/19/19/19 | Saturday | 7-Oct | 2 minutes 5k race pace) w/full recovery between intervals; 15 minute cool | 2 | Anaerobic Threshold |
| Week 20 Week 20 Week 5 Focus Higher Intensity/Speed Monday 9-Oct OFF Cuesday 10-Oct v/hop-skate to striding) Classic rollerski, speed workout; same as skate workout from 10/1/19 (witch 15-Oct v/hop-skate to striding) Shate for lorsk is 25 minute ood Wednesday 11-Oct V/hop-skate to striding) Shate rollerski, 25 minute warm up; 3x(9 minutes Birkie Race Pace + 2 minutes 5x ace pace) w/hull recovery between intensity, 13 minute ood Wednesday 11-Oct Oct owner of the work of the Week Pace + 2 minutes 5x ace pace) w/hull recovery between intensity, 13 minute ood Week 21 12-Oct Oct owner of the work of the Week Pace + 2 minutes 12 per 12 | Sunday | 8-Oct | Classic rollerski easy w/10x15 second sprints throughout the workout | 1.5 | |
| Week 20 Week Focus Higher Intensity/Speed 0 Recovery | Weekly Total | | | | |
| December | | | | Duration (hrs.) | Focus |
| Classic rolleriski, 5peed workout; same as skate workout from 10/1/19 (switch 10-Oct 1). Thop-skate to striding) Skater rolleriski, 25 minute warm up; 3kg minutes Birke Race Pace + 2 minutes Sk race pace, 4/Unit recovery between intervals; 15 minute cool 2 Anaerobic Threshold | | | | | _ |
| minutes 5 frace pace) w/full recovery between intervals; 15 minute cool Thursday 12-Oct Choice aerobic workout (sk/bike/run/swim/paddie) Classic rollerisk, 25 minutes easy sting Classic rollerisk, 25 minutes easy sting 13-Oct terrain, 25 minutes easy sting 14-Oct Murphile w/six poles - bodyweight strength (below) 15-Oct Skate rollerisk easy w/10x15 seconds sprinting at the end 1.75 Specific Aerobic Fitness + Strength Sunday 15-Oct OFF Week 21 Week 70x1 Wee | Tuesday | | Classic rollerski, speed workout; same as skate workout from 10/1/19 (switch v1/hop-skate to striding) | | |
| Classic rollerski, 25 minutes easy sking, 10.4 minute FAST double pole on flat 1.3-oct terrain, 25 minutes easy sking, 10.4 minute FAST double pole on flat 2.5 Speed Saturday 1.4-Oct Run/filke w/ski poles + bodyweight strength (below) 2.5 Seater collerski, 25 minutes easy sking 1.0-25 Week 21 Week 21 Week 21 Week 22 Week 52 Run/filke 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 1.7-Oct videos on Youtube demonstrating sold ski walking technique) 2.5 Basic Aerobic Fitness 2.5 Sater rollerski, 3:30 minutes and sir you were doing a long race 2.5 Sater rollerski, 3:30 minutes and sir you were doing a long race 2.5 Sater rollerski, warm up 20 minutes, 3-4x10 minute (each arm) one pole 2.5 Specific Aerobic Fitness 2.5 Sater rollerski, warm up 20 minutes, 3-4x10 minute (each arm) one pole 2.5 Specific Aerobic Fitness 2.5 Sater rollerski, warm up 20 minutes, 3-4x10 minute (each arm) one pole 2.5 Specific Aerobic Fitness 2.5 Sater rollerski, sating brodyweight strength (below) 2.5 Specific Aerobic Fitness + Strength 2.5 Specific Aerobic Fitness + Speed 3.5 Specific Aerobic Fitness + Spee | Wednesday | 11-Oct | minutes 5k race pace) w/full recovery between intervals; 15 minute cool | 2 | Anaerobic Threshold |
| 13-Oct (terrain, 25 minutes easy sking 14-Oct (burning) (below) 2 Basic Aerobic Fitness + Strength (below) 1.75 Specific Aerobic Fitness + Strength (below) 1.75 Specific Aerobic Fitness + Strength (below) 1.75 Specific Aerobic Fitness + Speed (burning) (bu | Thursday | 12-Oct | | 1.75 | Basic Aerobic Fitness |
| Sunday 15-Oct Skate rollerski easy w/10x15 seconds sprinting at the end 1.75 Specific Aerobic Fitness + Speed | | | terrain, 25 minutes easy skiing | | |
| Work 21 Work Focus Aerobic Volume Monday Mon | | | | | |
| Monday 16-Oxt OR | | | , , , , , | | · |
| Monday 16-Oct OFF Run/hike w/ski poles, ski walking up all hills, keep heart rate low while ski walking. Focus on good technique more than pace/rempo (some good 2 Basic Aerobic Fitness 18-Oct walking. Focus on good technique more than pace/rempo (some good 2 Basic Aerobic Fitness 18-Oct were going essy, but not quite as hard as if you were doing a long race Skate rollerski, 3x10 minute pace Specific Aerobic Fitness Skate rollerski, 3x10 minute pace Skate rollers | | | Workout | Duration (hrs.) | Focus |
| 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 17-Oct videos on Youtube demonstrating solid ski walking technique) Bike ride, mildly hard (level 1-2); level 2 is harder than you would go if you 18-Oct were going easy, but not quite as hard as if you were doing a long race 2.5 Basic Aerobic Fitness Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing a bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full 20-Oct recovery between sets, cool down 15 minutes Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints Skater ollerski 15 hours, classic rollerski 15 hours with 3x10 second sprints at end Skater ollerski 15 hours, classic rollerski 15 hours with 15 ho | Week 21 | | | | |
| 18-Oct were going easy, but not quite as hard as if you were doing a long race 2.5 Basic Aerobic Fitness | Monday | 16-Oct | I O E E | | |
| Thursday 19-Oct Sking + bodyweight strength (below) 2 Specific Aerobic Fitness + Strength | Tuesday | | 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 | | , |
| Saturday 20-oct recovery between sets, cool down 15 minutes Saturday 21-oct throughout each technique during workout Saturday 22-oct Run/hike w/ski poles, easy Workout Workout Week 7 22 Monday 23-oct Tuesday 24-oct Choice aerobic workout (run/bike/ski/paddle) Tuesday 25-oct Run, 45 minutes easy + bodyweight strength (below) Tursday 26-oct OFF Saturday 27-oct Staturday 27-oct Staturday 28-oct Choice aerobic workout (run/bike/ski/paddle) Saturday 29-oct Choice aerobic workout (run/bike/ski/paddle) Thursday 27-oct Staturday 28-oct Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Sunday Sunday 29-oct Choice aerobic workout (run/bike/ski/paddle) Saturday 28-oct Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Sunday Sunday 29-oct Choice aerobic workout (run/bike/ski/paddle) So 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 Sodyweight 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 xy rotating pips while holding position, side planks try lifting top foot up and down while holding position, side planks try lifting top foot up and down while holding position, side planks try lifting top | Tuesday Wednesday | 17-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) 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 | Basic Aerobic Fitness |
| Sunday 22-Oct Run/filke w/ski poles, easy 22-Oct Workout 23-Oct OFF 0 Recovery 0 Recover | | 17-Oct 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) 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 Skate rollerski, 3x10 minutes no pole sking, 1x10 minute (each arm) one pole sking + bodyweight strength (below) | 2.5 | Basic Aerobic Fitness Basic Aerobic Fitness |
| Week 22 Workout Week 70cus: RECOVERY Monday 23-Oct OFF Tuesday 24-Oct Choice aerobic workout (run/bike/ski/paddle) Thursday 25-Oct OFF Tuesday 26-Oct OFF Tuesday 27-Oct Skater rollerski, easy with focus on one specific technique improvement | Wednesday Thursday Friday | 17-Oct 18-Oct 19-Oct 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 Youtbue demonstrating solid ski walking technique) 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 Skate rollerski, 3x10 minutes no pole sking, 1x10 minute (each arm) one pole sking + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints | 2.5 2.5 1.5 | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold |
| Week 22 Week Focus: RECOVERY Monday 23-Oct OFF Tuesday 24-Oct Choice aerobic workout (run/bike/ski/paddle) 1.25 Basic Aerobic Fitness Wednesday 25-Oct Run, 45 minutes easy + bodyweight strength (below) 1 Basic Aerobic Fitness Wednesday 25-Oct Run, 45 minutes easy + bodyweight strength (below) 1 Recovery Friday 27-Oct State rollerski, easy with focus on one specific technique improvement 1.25 Specific Aerobic Fitness Saturday 28-Oct Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end 1 Specific Aerobic Fitness Specific Aerobic Fitne | Wednesday Thursday Friday Saturday | 17-Oct 18-Oct 19-Oct 20-Oct 21-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) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout | 2 2.5 2 1.5 | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed |
| Week 22 Week Focus: RECOVERY 0 Recovery | Wednesday Thursday Friday Saturday Sunday | 17-Oct 18-Oct 19-Oct 20-Oct 21-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) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout | 2.5 2 1.5 3 | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed |
| Tuesday 23-Oct OFF | Wednesday Thursday Friday Saturday | 17-Oct 18-Oct 19-Oct 20-Oct 21-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 Youtbue demonstrating solid ski walking technique) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy | 2.5 2.5 1.5 3 2 2 | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness |
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| Thursday 26-oct OFF 0 Recovery Friday 27-oct Skate rollerski, easy with focus on one specific technique improvement 1.25 Specific Aerobic Fitness Saturday 28-oct Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end 1 Specific Aerobic Fitness + Speed Sunday 29-oct Choice aerobic workout (run/bike/ski/paddle) 1.5 Basic Aerobic Fitness + Speed Sunday 0 Specific Aerobic Fitness + Speed Sunday Specific Aerobic Fitness + Speed Sunday Sunday Specific Aerobic Fitness + Speed Sunday Sunday Specific Aerobic Fitness + Speed Sunday Sunday Sunday Sunday Sunday Specific Aerobic Fitness + Speed Sunday Sunda | Wednesday Thursday Friday Saturday Sunday Weekly Total Week 22 | 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-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 Youtbue demonstrating solid ski walking technique) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY | 2.5 2 1.5 3 2 13 Duration (hrs.) | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus |
| 27-Oct Skate rollerski, easy with focus on one specific technique improvement 1.25 Specific Aerobic Fitness | Wednesday Thursday Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday | 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-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 Youtbue demonstrating solid ski walking technique) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) | 2 2.5 2 1.5 3 2 13 Duration (hrs.) | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness |
| 28-Oct Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end 29-Oct Choice aerobic workout (run/bike/ski/paddle) 1.5 Basic Aerobic Fitness + Speed 29-Oct Choice aerobic workout (run/bike/ski/paddle) 80 Secific Aerobic Fitness Copyright © 2023 Endurance United. All Rights Reserved. 80 S sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set) 70 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 3 foot up and down while holding position 4 1.5 minute wall sit with med ball russian twist ENDURANCE UNITED | Thursday Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday | 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-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 Youtbue demonstrating solid ski walking technique) 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 Skate rollerski, 3x10 minutes as hard as if you were doing a long race Skate rollerski, 3x10 minutes as hard as if you were doing a long race Skate rollerski, 3x10 minutes as hard as if you were doing a long race Skate rollerski, 3x10 minutes as hard as if you were doing a long race Skate rollerski, 3x10 minutes as hard as if you were doing a long race Skate rollerski, 3x10 minutes as hard as if you were doing a long as long | 2 2.5 2 1.5 3 2 13 Duration (hrs.) 0 1.25 1 | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength |
| Sunday 29-Oct Choice aerobic workout (run/bike/ski/paddle) 1.5 Basic Aerobic Fitness Copyright © 2023 Endurance United. All Rights Reserved. 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 thront plank, 30 seconds right side plank (front plank try rotating hips while holding position, side planks try lifting top 3 foot up and down while holding position 4 1.5 minute wall sit with med ball russian twist ENDURANCE UNITED | Wednesday Thursday Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Tuesday Wednesday Thursday | 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-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) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkle Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF | 2 2.5 2 1.5 3 2 13 Duration (hrs.) 0 1.25 | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Basic Aerobic Fitness Recovery |
| 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 3 foot up and down while holding position 4 1.5 minute wall sit with med ball russian twist ENDURANCE UNITED | Wednesday Thursday Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday | 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct 27-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 Youtbue demonstrating solid ski walking technique) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement | 2 2.5 2 1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 0 | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Strength |
| 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 3 foot up and down while holding position 4 1.5 minute wall sit with med ball russian twist ENDURANCE UNITED | Wednesday Thursday Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday | 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct 27-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 Youtbue demonstrating solid ski walking technique) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski, abouts, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end | 2 2.5 2 1.5 3 2 2 13 Duration (hrs.) 0 1.25 1 0 0 1.25 1 1 0 0 | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Strength Specific Aerobic Fitness + Speed |
| 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 3 foot up and down while holding position 4 1.5 minute wall sit with med ball russian twist | Wednesday Thursday Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday Saturday Sunday | 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-Oct 23-Oct 24-Oct 25-Oct 26-Oct 27-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 Youtbue demonstrating solid ski walking technique) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski, abouts, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end | 2 2.5 2 1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 1.25 1 1.5 | Basic Aerobic Fitness Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
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| | Wednesday Thursday Friday Saturday Sunday Weekly Total Week 22 Monday Tuesday Wednesday Thursday Friday Saturday Sunday Saturday Sunday | 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 23-Oct 24-Oct 26-Oct 27-Oct 28-Oct 29-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) 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 Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout Run/hike w/ski poles, easy Workout Week Focus: RECOVERY OFF Choice aerobic workout (run/bike/ski/paddle) Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break Total time approximately 15-20 minutes 25 solow, 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 litting top | 2 2.5 2 1.5 3 2 13 Duration (hrs.) 0 1.25 1 0 1.25 1 1.5 6 Copyright © 2023 End | Basic Aerobic Fitness Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Aerobic Fitness Focus Recovery Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness + Speed Basic Aerobic Fitness Specific Aerobic Fitness Jurance United. All Rights Reserved. Lete in one set) |

| Week 25 Monday Tuesday Wednesday | 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov 5-Nov 6-Nov 10-Nov 11-Nov 13-Nov | Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer) Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 2 1.75 1.25 2 1.25 2 1.5 2 2.5 2.5 1.5 | Recovery Anaerobic Threshold Specific Aerobic Fitness + Speed Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
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| Wednesday Friday Saturday Weekly Total Wednesday Friday Saturday Weekly Total Week 24 Monday Friday Saturday Wednesday Friday Wednesday Friday Saturday Wednesday Friday Saturday Weekly Total | 31-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov 5-Nov 6-Nov 7-Nov 10-Nov 11-Nov 13-Nov | OFF Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race Pace on rolling terrain, 20 minute cool down Skate rollerski, 2x15 minutes no pole skiing, 1x10 minute(each arm) one pole skiing Run/hike, easy + bodyweight strength (below) Skate rollerski, 25 minute warm up; 5x(8 minutes Birkie Race Pace + 1 minute 5k race pace); 15 minute cool down Classic rollerski, easy, hilly terrain, focus on powerful kick while striding Choice aerobic workout (ski/run/bike/paddle) Workout Week Focus: Aerobic Volume OFF Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer) Skate rollerski, xarm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes Skate rollerski, 15 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 2 1.75 1.25 2 1.25 2.5 10.5 Duration (hrs.) 2 2.5 2.5 2.5 1.5 2 3 2.5 1.3.5 | Anaerobic Threshold Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Specific Aerobic Fitness + Speed Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Strength Anaerobic Threshold |
| Wednesday Friday | 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov 5-Nov 6-Nov 7-Nov 8-Nov 9-Nov 11-Nov 12-Nov | Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race Pace on rolling terrain, 20 minute cool down Skate rollerski, 2x15 minutes no pole skiing, 1x10 minute(each arm) one pole skiing Run/hike, easy + bodyweight strength (below) Skate rollerski, 25 minute warm up; 5x(8 minutes Birkie Race Pace + 1 minute Sk race pace); 15 minute od down Classic rollerski, easy, hilly terrain, focus on powerful kick while striding Choice aerobic workout (ski/run/bike/paddle) Workout Week Focus: Aerobic Volume OFF Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer) Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes Skate rollerski, 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 2 1.75 1.25 2 1.25 2.5 10.5 Duration (hrs.) 2 2.5 2.5 2.5 1.5 2 3 2.5 1.3.5 | Anaerobic Threshold Specific Aerobic Fitness Basic Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness Basic Aerobic Fitness Focus Recovery Anaerobic Threshold Specific Aerobic Fitness + Speed Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Strength Anaerobic Threshold |
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| Weekly Total Week 24 Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov 12-Nov | Workout Week Focus: Aerobic Volume OFF Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer) Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 10.5 Duration (hrs.) 0 2 2.5 1.5 2 3 2.5 1.3.5 | Recovery Anaerobic Threshold Specific Aerobic Fitness + Speed Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov 12-Nov | Week Focus: Aerobic Volume OFF Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer) Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes Sk pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 2.5 1.5 2 3 2.5 13.5 | Recovery Anaerobic Threshold Specific Aerobic Fitness + Speed Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov 12-Nov | OFF Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer) Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 2.5 1.5 2 3 2.5 13.5 | Anaerobic Threshold Specific Aerobic Fitness + Speed Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov 12-Nov | OFF Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer) Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 2.5 1.5 2 3 2.5 13.5 | Anaerobic Threshold Specific Aerobic Fitness + Speed Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Wednesday Thursday Friday Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov 12-Nov | full recovery between sets, cool down 15 minutes Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer) Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 2.5 1.5 2 3 2.5 13.5 | Anaerobic Threshold Specific Aerobic Fitness + Speed Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Wednesday Thursday Friday Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 8-Nov 9-Nov 10-Nov 11-Nov 12-Nov | Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer) Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes Sk pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 2.5 1.5 2 3 2.5 13.5 | Specific Aerobic Fitness + Speed Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Thursday Friday Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 8-Nov 9-Nov 10-Nov 11-Nov 12-Nov | heart rate low (think long glide with good weight transfer) Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes Sk pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 1.5 2 3 2.5 13.5 | Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Thursday Friday Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 9-Nov 10-Nov 11-Nov 12-Nov | Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below) Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 1.5 2 3 2.5 13.5 | Specific Aerobic Fitness + Strength Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Friday Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 10-Nov 11-Nov 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 5kstae rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 3 2.5 13.5 | Anaerobic Threshold Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 10-Nov 11-Nov 12-Nov | minutes 5k pace, full recovery between sets, cool down 15 minutes Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 3 2.5 13.5 | Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Saturday Sunday Weekly Total Week 25 Monday Tuesday Wednesday | 11-Nov 12-Nov | Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 3 2.5 13.5 | Specific Aerobic Fitness + Speed Basic Aerobic Fitness |
| Week 25 Monday Tuesday | 11-Nov 12-Nov | during each technique throughout workout Run/hike with ski poles, easy Workout Week Focus: Recovery | 2.5 13.5 | Basic Aerobic Fitness |
| Weekly Total Week 25 Monday Tuesday Wednesday | 12-Nov | Run/hike with ski poles, easy Workout Week Focus: Recovery | 2.5 13.5 | Basic Aerobic Fitness |
| Weekly Total Week 25 Monday Tuesday Wednesday | 13-Nov | Workout Week Focus: Recovery | 13.5 | |
| Week 25 Monday Tuesday Wednesday | 13-Nov | Week Focus: Recovery | | |
| Monday Tuesday Wednesday | 13-Nov | Week Focus: Recovery | Duration (nrs.) | |
| Monday Tuesday Wednesday | 13-Nov | | | rocus |
| Tuesday Wednesday | | OFF | _ | - |
| Wednesday | 14-Nov | | | Recovery |
| | | Choice aerobic workout (run/bike/ski) | | Basic Aerobic Fitness |
| Thursday | | Run, 45 minutes easy + bodyweight strength (below) | | Basic Aerobic Fitness + Strength |
| | 16-Nov | | 0 | Recovery |
| | | Skate rollerski or ski, easy with focus on one specific technique | | a 15 A 11 E11 |
| Friday | | improvement Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at | | Specific Aerobic Fitness |
| Saturday | 18-Nov | | | Specific Aerobic Fitness + Speed |
| Sunday | | Choice aerobic workout (run/bike/ski) | + | Basic Aerobic Fitness |
| Weekly Total | 19-1100 | Choice derobic workout (run/bike/ski) | 5.75 | |
| Weekly Total | , | Workout | Duration (hrs.) | Focus |
| Week 26 | | Week Focus: Anaerobic Threshold | Daration (mon) | . ocus |
| Monday | 20-Nov | | 0 | Recovery |
| wionday | | Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full | 0 | necovery |
| Tuesday | | recovery, cool down 20 minutes | 2 | Anaerobic Threshold |
| | / | | _ | |
| Wednesday | 22-Nov | Easy run + bodyweight strength | 1.25 | Basic Aerobic Fitness + Strength |
| Thursday | | Skate ski, easy with 10x15 sprints throughout ski | | Specific Aerobic Fitness + Speed |
| | | Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes | | |
| Friday | | 5k race pace) cool down 20 minutes | | Anaerobic Threshold |
| Saturday | | Easy run + bodyweight strength | | Basic Aerobic Fitness + Strength |
| Sunday | 26-Nov | Skate or classic ski, easy, focus on one specific technique improvement | | 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 aft | er all exercises complet | e in one set) |
| | | Total time approximately 15-20 minutes | | |
| | | 20 chair dips | | |
| | | 10 each leg, lunges | | |
| | | 1 minute walking plank | | |
| | | 1.5 minute wall sit with med ball russian twist | | |
| | 5 | 1.5 minute leg lifts (core exercise) | RANCE UNIT | FD. |
| | | | KVNI:F IINII | |

| DECEMBER | rocus we | ek: November 27-December 3 | Duration (hrs.) | Focus |
|-----------------------|------------------|---|--------------------------|--|
| /eek 27 | | | Duration (nrs.) | Focus |
| londav | 27-Nov | Week Focus: Aerobic Volume | | Recovery |
| onuay | 27-1100 | orr | | Recovery |
| | | | | |
| iesday | 28-Nov | Skate ski, easy, overdistance with focus on one specific technique improvement | 2 | Specific Aerobic Fitness |
| /ednesday | 29-Nov | Classic ski, easy, overdistance, start with 10 minutes no pole striding | 2.25 | Specific Aerobic Fitness |
| | | | | |
| | | Skate ski, easy, overdistance with 10x15 second speeds throughout workout + | | |
| hursday | 30-Nov | bodyweight strength (below) | 2 | Specific Aerobic Fitness + Strength |
| | | Skate ski, warm up 30 minutes, 2x10 minute Birkie Race Pace with full recovery, | _ | |
| riday | 1-Dec | 3x4 minute 5k race pace with half recovery, cool down 15 minutes | 2 | Anaerobic Threshold |
| aturday | 2-Dec | Classic ski easy on flat terrain, focus on strong double pole + bodyweight strength (below) | | Specific Aerobic Fitness |
| aturuay | 2-Dec | Classic ski, easy on hilly terrain, focus on driving the knee forward while striding, | - | Specific Aerobic Pitriess |
| undav | 3-Dec | add in 10x10 second striding sprints throughout ski | 3 | Specific Aerobic Fitness + Speed |
| Veekly Total | | * | 13.25 | |
| | | Workout | Duration (hrs.) | Focus |
| Veek 28 | | Week Focus: Recovery | | |
| 1onday | 4-Dec | OFF | C | Recovery |
| uesday | | Classic ski, easy, focus on strong double pole | | Specific Aerobic Fitness |
| /ednesday | 6-Dec | Skate ski, easy with 8x15 second sprints at the end | 1 | Specific Aerobic Fitness + Speed |
| | _ | Skate ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 4x3 minutes 5k+ race | | l |
| nursday | | pace, 15 minute cool down | | Anaerboic Fitness Development |
| riday aturday | 8-Dec | | | Recovery |
| iturday unday | | Ski, easy, either technique Ski, easy + bodyweight strength (below) | 1.5 | Specific Aerobic Fitness Specific Aerobic Fitness + Strength |
| /eekly Total | 10-Dec | July easy + podyweight strength (pelow) | 1.23 | |
| zzmy rotai | | Workout | Duration (hrs.) | Focus |
| Veek 29 | | Week Focus: Intensity/Race | | |
| Monday | 11-Dec | | C | Recovery |
| , | | Ski either technique, 15 minute warm up; 3x15 minutes Birkie Race Pace with full | | , |
| uesday | 12-Dec | recovery in between; 15 minute cool down | 1.75 | Anaerobic Threshold |
| Vednesday | | Ski either technique, easy + bodyweight strength (below) | 1.25 | Specific Aerobic Fitness + Strength |
| | | Birkie technique ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes | | |
| hursday | | 5k+ race pace, 15 minute cool down | | Anaerobic Fitness Development |
| riday | | Classic ski, easy, focus on strong double pole | 1.5 | Specific Aerobic Fitness |
| aturday | 16-Dec | Birkie technique ski, easy with 5x10 second sprints at end of workout | 1.5 | Specific Aerobic Fitness + Speed |
| | | 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 | | |
| Sunday | 17-Dec | and race with each other! | 2 | Race Effort |
| Veekly Total | | | 9.25 | |
| | | Workout | Duration (hrs.) | Focus |
| Veek 30 | | Week Focus: Intensity/Speed | | |
| Monday | 18-Dec | Classic ski, easy, with 5x10 second sprints at end | 0.75 | Specific Aerobic Fitness + Speed |
| uesday | 19-Dec | 45 minute jog + bodyweight strength (below) | 1.25 | Basic Aerobic Fitness + Strength |
| | | Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 6x2.5 | | |
| Vednesday | 20-Dec | minutes FAST skiing with full recovery, 20 minute cool down | 1.25 | Anaerobic Fitness Development |
| | | | | |
| hursday | | Ski either technique, easy with focus on one specific technique improvement | 1 | Specific Aerobic Fitness |
| riday | 22-Dec | RACE, or race-style workout (similar to last Sunday but 5km instead) | 1.5 | Race Effort |
| aturday | 23-Dec | OFF | C | Recovery |
| unday | 24-Dec | Ski either technique, very easy touring pace | 1 | Active Recovery |
| Veekly Total | | | 6 | 1 |
| | | Workout | Duration (hrs.) | Focus |
| Veek 31 | | Week Focus: Aerobic Volume | | |
| londay | 25-Dec | | | Recovery |
| uesday | 26-Dec | AM: Classic ski, 1.5 hours w/ 45 minutes of double pole only; PM: 45 minute jog | 2.25 | Aerobic Fitness Development |
| Vednesday | 27 D | AM: Skate ski, 2.5 hours on flatter terrain with a focus on very long glide during V2 | | Specific Aerobic Eitness + Strength |
| veuriesuay | 27-Dec | and V2 alternate; PM: bodyweight strength (below) AM: Skate ski, 2 hours w/3x10 minutes no pole skiing; PM: classic ski, 1 hour on | | Specific Aerobic Fitness + Strength |
| hursday | 28-Dec | rolling hills to focus on powerful kick and long glide | | Specific Aerobic Fitness |
| riday | | AM: Skate ski, 2 hours easy; PM: classic ski, 1.5 hours easy | | Specific Aerobic Fitness |
| | | Skate ski; 20 minute warm up; 10x45 second sprint pace, full recovery between | - | |
| aturday | 30-Dec | sprints; long cool down | 1.5 | Specific Aerobic Fitness + Speed |
| | 31-Dec | OFF | C | Recovery |
| ınday | | | 13.25 | |
| nday | | | | The state of the s |
| unday | | | Copyright © 2023 End | lurance United. All Rights Reserved. |
| unday | | | | |
| unday | | Padauciaht Strongth Pouting | | |
| unday Weekly Total | | Bodyweight Strength Routine Do 3 cats in a circuit fashion (one exercise right after another, 2 minute break after. | all evercises complete i | n one set) |
| unday | | Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after | all exercises complete i | n one set) |
| unday | | Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes | all exercises complete i | n one set) |
| unday | 1 | Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after. Total time approximately 15-20 minutes 20 chair dips | all exercises complete i | n one set) |
| unday | 1 2 | Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes | all exercises complete i | n one set) |
| unday | 1 2 3 | Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 chair digs 20 squats (keep knees behind toes, go down to 90 degrees) 20 bird dogs (core exercise) 15 each side clam shells | | |
| ınday | 1 2 3 4 | Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 chair digs 20 squats (keep knees behind toes, go down to 90 degrees) 20 bird dogs (core exercise) 15 each side clam shells | all exercises complete i | |

| | | ek: January 8-14 | | |
|--|---------|--|---------------------------|-------------------------------------|
| | | Workout | Duration (hrs.) | Focus |
| /eek 32 | | Week Focus: Recovery | | |
| londay | | Ski either technique, easy or easy jog for 45 minutes | | Basic Aerobic Fitness |
| uesday | 2-Jan | | | Recovery |
| /ednesday | | Ski, easy | | Aerobic Fitness |
| hursday | 4-Jan | Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down | 1 | Speed |
| riday | 5-Jan | OFF | 0 | Recovery |
| aturday | 6-Jan | Ski, easy | 1.5 | Aerobic Fitness |
| unday | 7-Jan | Ski, easy or easy jog for 45 minutes | 1 | Aerobic Fitness |
| Veekly Total | | | 4.75 | |
| | | Workout | Duration (hrs.) | Focus |
| Veek 33 | | Week Focus: Race Effort | | |
| 1onday | 8-Jan | OFF | 0 | Recovery |
| uesday | 9-Jan | Ski either technique, easy + bodyweight strength | 1.5 | Specific Aerobic Fitness + Strength |
| <u>, </u> | | Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes | | |
| Vednesday | 10-lan | FAST skiing with full recovery, 20 minute cool down | | Anaerobic Fitness Development |
| hursday | | Ski either technique, easy with focus on one specific technique improvement | | Specific Aerobic Fitness |
| riday | | Ski race technique, 5x10 second sprints at end | | Race Prep |
| · | | | | |
| aturday | 13-Jan | RACE, or race-style workout (longer 30-35km) | | Race Effort |
| unday | 14-Jan | Classic ski, very easy touring pace | 1 | Active Recovery |
| Veekly Total | | | 8 | |
| | | Workout | Duration (hrs.) | Focus |
| Veek 34 | | Week Focus: Aerobic Volume | | |
| Monday | 15-Jan | OFF | 0 | Recovery |
| uesday | 16-Jan | Skate ski, easy with 3x10 minutes no pole skiing | 1.5 | Specific Aerobic Fitness |
| /ednesday | | Classic ski, easy with 3x10 minute double pole only | | Specific Aerobic Fitness |
| Canesaay | 27 5011 | Skate ski, warm up 20 minutes, 2x5 minutes Birkie Race Pace with full recovery, 3- | 2.0 | Specific recrosse ritiless |
| hursday | 18-lan | 4x4 minutes 5k race pace with full recovery, cool down 15 minutes | 1.5 | Anaerobic Fitness |
| Harsaay | 10 3011 | TAT IIIII LES SKILLE PAGE WITH THE FECOVERY, COOL GOWN 13 IIIII LES | 1.3 | Trinderoble Fichess |
| riday | 10-lan | Classic ski, easy with focus on powerful stride + bodyweight strength | 1 25 | Basic Aerobic Fitness + Strength |
| Saturday | | Ski either technique, easy with focus on one specific technique improvement | | Specific Aerobic Fitness |
| unday | | Ski either technique, easy with 5x10 second sprints throughout ski | | Specific Aerobic Fitness + Speed |
| Veekly Total | 21-Jaii | ski either technique, easy with 5x10 second sprints throughout ski | 9.75 | |
| veekly lotal | | Workout | Duration (hrs.) | Focus |
| VI-25 | | | Duration (nrs.) | rocus |
| Veek 35 | | Week Focus: Intensity/Speed | | |
| /londay | 22-Jan | | 0 | Recovery |
| | | Classic ski, warm up 25 minutes, 1x7 minute Birkie Race Pace, 4-6x2 minutes 5k | | |
| uesday | | race pace, cool down 15 minutes | | Anaerobic Fitness |
| Vednesday | | Ski either technique, easy + bodyweight strength (below) | | Specific Aerobic Fitness + Strength |
| hursday | 25-Jan | Classic ski, easy with focus on powerful striding | 1.5 | Specific Aerobic Fitness |
| | | Skate ski, 20 minute warm up, 10x30 seconds FAST Skiing with 30 seconds | | |
| riday | | recovery, 20 minute cool down | | Speed |
| aturday | 27-Jan | Ski either technique, easy with focus on one specific technique improvement | 1.5 | Aerobic Fitness |
| | | Classic ski 1.25 hours easy, skate ski 1.25 hours easy, 5x10 second speeds during | | |
| unday | 28-Jan | both techniques | 2.5 | Specific Aerobic Fitness + Speed |
| Veekly 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 | n one set) |
| | | Total time approximately 15-20 minutes | | |
| | 1 | 15 chair dips | | |
| | | 15 control squats (keep knees behind toes, go down to 90 degrees) | | |
| | | | | |
| | | 1 minute front plank with rotating hips | | |
| | | 10 each side clam shells | | |
| | 5 | 1 minute russian twist (core exercise) | NCE UNITED | |
| | | TNUUKA | NLE IJNIJEL | J |

| FEBRUARY | Focus We | ek: February 19-25 | | |
|--------------|--------------|--|-------------------------|-------------------------------------|
| | | Workout | Duration (hrs.) | Focus |
| Week 36 | | Week Focus: Race Prep | | |
| Monday | 29-Jan | OFF | C | Recovery |
| Tuesday | _ | Ski either technique, easy + bodyweight strength (below) | | Specific Aerobic Fitness + Strength |
| Wednesday | | Ski either technique, easy | | Specific Aerobic Fitness |
| | | Classic ski, warm up 20 minutes, 1x5 minute Birkie Race Pace, 3-5x2 minutes | | |
| Thursday | 1-Feb | 5k race pace, cool down 15 minutes | 1.25 | Anaerobic Fitness |
| Friday | _ | Ski race technique, easy with 5x10 second sprints at end | | Race Prep |
| | | Mid-distance race (20-25km); Good warm up and cool down before and after. | | |
| Saturday | 3-Feb | | 2 5 | Race Effort |
| Sunday | | OFF or 30 minute shake out jog | | Active Recovery |
| Weekly Total | 4-160 | or or so minute snake out jug | 7.25 | |
| Weekly Total | | Workout | Duration (hrs.) | Focus |
| March 27 | | | Duration (ilis.) | rocus |
| Week 37 | | Week Focus: Taper/Recover | | _ |
| Monday | 5-Feb | | | Recovery |
| Tuesday | 6-Feb | Ski Birkie technique, easy + bodyweight strength (below) | 1.25 | Specific Aerobic Fitness + Strength |
| | | Ski Birkie technique, easy with 10x20 second accelerations at the end of the | | |
| Wednesday | 7-Feb | | | Speed |
| Thursday | 8-Feb | OFF or 30 minute shake out jog | 0.5 | Active Recovery |
| | | Ski Birkie technique, 20 minute warm up, 1x5 minute Birkie Race Pace, 3-5x1.5 | | |
| Friday | | minutes 5k race pace, 20 minute cool down | | Anaerobic Fitness |
| Saturday | _ | Ski Birkie technique, easy with 5x10 second sprints throughout ski | | Specific Aerobic Fitness + Speed |
| Sunday | 11-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 | 12-Feb | OFF | C | Recovery |
| Tuesday | - | Jog, easy + bodyweight strength (below) | | Active Recovery |
| Wednesday | - | Ski Birkie technique, easy with focus on one specific technique improvement | | Specific Aerobic Fitness |
| Thursday | 15-Feb | | | Recovery |
| marsaay | 15 1 00 | Ski, Birkie technique, 20 minute warm up, 1x5 minutes Birkie Race Pace, 3- | | necorery |
| Friday | 16-Feh | 5x45 seconds 5k pace, 20 minute cool down | 1 | Speed |
| Saturday | | Ski, either technique, easy | | Specific Aerobic Fitness |
| Sunday | | Ski, either technique, easy with 5x10 second sprints throughout ski | | Specific Aerobic Fitness + Speed |
| Weekly Total | 10.00 | only eletter tearningue, easy men sales second sprints enroughout sale | 5 | |
| Weekly Total | | Workout | Duration (hrs.) | Focus |
| W1-20 | | | Duration (iiis.) | Totas |
| Week 39 | | Week Focus: Taper | | _ |
| Monday | 19-Feb | | | Recovery |
| Tuesday | | Jog, easy + bodyweight strength (below) | | Taper |
| Wednesday | | Ski Birkie technique, easy | | Taper |
| Thursday | | Ski Birkie technique, easy with 5x10 second sprints at end | | Taper |
| Friday | 23-Feb | OFF | C | Taper |
| | | AMERICAN BIRKEBEINER 2023! GOOD LUCK AND | | |
| | | | | |
| Saturday | 24-Feb | HAVE FUN! | 3.5 | Race Effort |
| Sunday | 25-Feb | OFF (you deserve it) | C | Recovery |
| Weekly Total | | | 5.75 | |
| | | | | |
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| | | Bodyweight Strength Routine | ,, 0 | 0 |
| | | Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break a | fter all exercises comp | lete in one set) |
| | | Total time approximately 15-20 minutes | | |
| | 1 | 10 chair dips | | |
| | | 10 squats (keep knees behind toes, go down to 90 degrees) | | |
| | | 45 second front plank with rotating hips | | |
| | | | | |
| | | 10 each side clam shells | | |
| | 5 | 1 minute crunches (core exercise) | ANCE UNITE | <u>n</u> |
| | | ENDUK | ANCE UNITE | .U |
| | | | _ | |