

Purpose	Week #	Dates	M	T	W	T	F	S	S	GOAL HOURS	Difficulty
			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		
			Strength + Technique	Endurance + Speed/VOMax	Strength	Anaerobic Threshold	Recovery	Endurance OD	Endurance + Strength	37	
			Easy	Hard	Easy	Hard	Off	Hard	Medium		
Period 4 Base Endurance	13	7/27-8/2	Run/Agility/Strength 75 mins L2	Run or RSkI 60 mins w/ 6 x30 sec speeds	Run 30-45 min + General Strength	Run/ski walk or RS CI 90 mins w/ 3 x 10 mins L3 2 min recovery	off	OD RSkI or Bike 90 mins L1	RSkI Sk 75 mins L1 w/ 20 mins DP & 20 mins NP	8	Easy
	14	8/3-8/9	Rski CI - Technique 75 mins L1	Run or RSkI 90 mins w/ 3 x 3 mins L4 equal recovery	Run 30-45 min + General Strength	Run/ski walk or RS Sk 90 mins w/ 3 x 12 mins L3 2 mins recovery	off	OD Rski Sk 120 mins L1 w/ 20 mins NP	Bike 90 mins L1 ----- General Strength	10	Medium
	15	8/10-8/16	Rski Sk - Technique 75 mins L1	Run or RSkI 90 mins w/ 3 x 4 mins L4 equal recovery	Run 45-60 min + General Strength	Run/ski walk or RS CI 120 mins w/ 3 x 14 mins L3 2 min recovery	off	OD Rski CI 150 mins L1 w/ 20 mins DP	Bike 90 mins L1 ----- General Strength	12	Hard
	16	8/17-8/23	Rski CI - Technique 75 mins L1	Run or RSkI 60 mins w/ 4 x30 sec speeds	Run 30-45 min + General Strength	Run/ski walk or RS Sk 60 mins w/ 2 x 8 mins L3 2 mins recovery	off	OD RSkI or Bike 90 mins L1	RSkI CI 60 mins L1 w/ 20 mins DP & 20 mins NP	7	Recovery
Notes:	L1 = Easy intensity; able to hold a conversation L3 = Comfortably hard: hard to converse; easier than 5k pace All strength and interval workouts should start with 15-20 mins L1 for warm-up and end with 10-15 mins L1 cool-down										