

| | Week # | Dates | M | T | W | T | F | S | S | GOAL HOURS | |
|------------------------------------|---|-------------|------------------------------------|--|---------------------------|--|----------|---|--|---------------|----------|
| | | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | | |
| Difficulty | | | Easy | Hard | Easy | Medium | Off | Hard | Hard | | |
| Purpose | | | Technique | Speed | Endurance | Endurance + Strength | Recovery | Endurance OD | Anaerobic Threshold | 30.75 | |
| Period 6 Aerobic Development | 21 | 9/21-9/27 | Run/Agility/Strength 90 mins L1 | Rski CI or run; 75 mins L1 w/ 15 x 15 secs sprints 90 secs recovery | Bike or Run 45 mins L1 | Bike or Rski 60 mins L1/L3 Hilly terrain | off | OD Rski or Bike 120 mins L1 Hilly terrain | Run/ski walk or RS Sk 90 mins w/ 2 x 15 mins L3 2 mins recovery | 8 | Medium |
| | 22 | 9/28-10/4 | Rski CI - Technique 90 mins L1 | Rski Sk or run speeds 60 mins L1 w/ 6 x 20 sec pick-ups | Bike or Run 45 mins L1 | Bike or Rski 60 mins L1/L3 Hilly terrain | off | OD Rski or Bike 90 mins L1 | Run/ski walk or RS CI 90 mins w/ 2 x 10 mins L3 2 min recovery | 7.25 | Easy |
| | 23 | 10/5-10/11 | Run/Agility/Strength 90 mins L1 | Rski CI or run; 90 mins L1 w/ 15 x 15 secs sprints 90 secs recovery | Bike or Run 45 mins L1 | Bike or Rski 75 mins L1/L3 Hilly terrain | off | OD Rski or Bike 150 mins L1 Hilly terrain | Run/ski walk or RS Sk 90 mins w/ 3 x 10 mins L3 2 min recovery | 9 | Hard |
| | 24 | 10/12-10/18 | Rski Sk - Technique 90 mins L1 | Rski Sk or run speeds 60 mins L1 w/ 6 x 20 sec pick-ups | Bike or Run 30 mins L1 | Bike or Rski 60 mins L1/L3 Hilly terrain | off | OD Rski or Bike 90 mins L1 | Run/ski walk or RS CI 60 mins w/ 2 x 10 mins L3 2 mins recovery | 6.5 | 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 | | | | | | | | | | |