

Purpose	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		
			Strength + Technique	Endurance + Strength	Endurance	Speed + Strength	Recovery	Endurance OD	Anaerobic Threshold	31	
Period 3 Base Endurance	9	6/29 - 7/5	Run/Agility/Strength 75 mins L1	Bike or Rski 60 mins L1/L3 Hilly terrain	Run 60 mins L1	Run 30 mins - L1 + General Strength 30 min HICT	Off	OD Rski or Bike or run/hike 90-120 mins L1	Run 60 mins w/ 2 x 12 mins L3 2 min recovery	7	Easy
	10	7/6 - 7/12	Rski Sk - Technique 75 mins L1	Bike or Rski 60 mins L1/L3 Hilly terrain	Run 75 mins L1	Run 30 mins - L1 + General Strength 30 min HICT	Off	OD Rski or Bike or run/hike 120-150 mins L1	Run 75 mins w/ 2 x 15 mins L3 2 mins recovery	8.5	Medium
	11	7/13 - 7/19	Run/Agility/Strength 75 mins L1	Bike or Rski 75 mins L1/L3 Hilly terrain	Run 75 mins L1	Run 30 mins - L1 + General Strength 30 min HICT	Off	OD Rski or Bike or run/hike 150-180 mins L1	Run 90 mins w/ 3 x 12 mins L3 2 min recovery	9	Hard
	12	7/20 - 7/26	Rski Cl - Technique 75 mins L1	Bike or Rski 60 mins L1/L3 Hilly terrain	Run 45 mins L1	Run 30 mins - L1 + General Strength 30 min HICT	Off	OD Rski or Bike or run/hike 60-90 mins L1	Run Sk 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										