

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	Strength	Anaerobic Threshold	Recovery	Endurance OD	Endurance + Strength	37	
			Easy	Hard	Easy	Hard	Off	Hard	Medium		
Period 3 Base Endurance	9	6/29 - 7/5	Run/Agility/Strength 75 mins L1	RSki CI 60 mins w/ 6 x30 sec speeds	Run 30-45 min + General Strength	Run or RS 60 mins 3-4 x 5 mins L3 w/ 2 mins rest	off	OD Rski or Bike 90 mins L1	RSki Sk 75 mins L1 w/ 20 mins DP & 20 mins NP	8	Easy
	10	7/6 - 7/12	Rski Sk - Technique 75 mins L1	RSki Skate 75 mins w/ 10 x30 sec speeds	Run 30-45 min + General Strength	Run or RS 105 mins 4-5 x 7 mins L3 w/ 2 mins rest	off	OD Rski or Bike 120 mins L1	RSki CI 90 mins L1 w/ 20 mins DP & 20 mins NP	10	Medium
	11	7/13 - 7/19	Run/Agility/Strength 75 mins L1	RSki Skate 90 mins w/ 10 x30 sec speeds	Run 45-60 min + General Strength	Run or RS 120 mins 4-5 x 7 mins L3 w/ 2 mins rest	off	OD Rski or Bike 150 mins L1	RSki Sk 90 mins L1 w/ 20 mins DP & 20 mins NP	12	Hard
	12	7/20 - 7/26	Rski CI - Technique 75 mins L1	RSki CI 60 mins w/ 6 x30 sec speeds	Run 30-45 min + General Strength	Run or RS 60 mins 3-4 x 5 mins L3 w/ 2 mins rest	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										