

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	38.5	
			Easy	Hard	Easy	Hard	Off	Hard	Medium		
Period 5 Base Endurance	17	8/24-8/30	Technique/Strength 90 mins L2	Run or RSkI 60 mins w/ 6 x30 sec speeds	Rski 60 mins w/ 30 mins DP	Run/ski walk or RS CI 90 mins w/ 3 x 10 mins L3 2 min recovery	off	OD Rski or bike 120 mins L1	Rski Sk 90 mins L1 w/ 20 mins DP & 20 mins NP	8.5	Easy
	18	8/31-9/6	Rski Sk - Technique 90 mins L1	Run/Bound 90 mins w/ 3 x 4 mins L4 equal recovery	Specific Strength 5 x 45 secs ea. Crunch, SS, DP	Run/ski walk or RS Sk 90 mins w/ 2 x 18 mins L3 2 mins recovery	off	OD Rski or bike 150 mins L1 w/ 20 mins NP	Bike 90 mins L1 ----- General Strength	11	Medium
	19	9/7-9/13	Rski CI - Technique 90 mins L1	Run/Bound 90 mins w/ 4 x 4 mins L4 equal recovery	Specific Strength 5 x 45 secs ea. Crunch, SS, DP	Run/ski walk or RS CI 120 mins w/ 3 x 15 mins L3 2 min recovery	off	OD Rski or bike 180 mins L1 w/ 20 mins DP	Bike 90 mins L1 ----- General Strength	12	Hard
	20	9/14-9/20	Rski Sk - Technique 90 mins L1	Run or RSkI 60 mins w/ 4 x30 sec speeds	Rski 60 mins w/ 30 mins DP	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 DP = double pole, NP= no pole, SS= single stick										