

	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	Anaerobic Threshold	Endurance	Speed	Recovery	Endurance OD	Reps or Vomax	40	
Period 6 Aerobic Development	21	9/21-9/27	Run/Agility/Strength 90 mins L1	Run/ski walk or RS Sk 90 mins w/ 2 x 20 mins L3 2 mins recovery	Bike or Run/ski walk 75 mins L1	Rski Cl or run; 75 mins L1 w/ 15 x 15 secs sprints 90 secs recovery	off	OD Rski CL or run/hike 180 mins L1 w/ 30 mins DP	15 min wu; 15 min cd w/ 3 x 4 min L4 bound equal rest ---- General Strength	10.5	Medium
	22	9/28-10/4	Rski Cl - Technique 90 mins L1	Run/ski walk or RS Cl 90 mins w/ 2 x 15 mins L3 2 min recovery	Bike or Run/ski walk 60 mins L1	Rski Sk or run speeds 60 mins L1 w/ 6 x 20 sec pick-ups	off	OD Rski SK or run/hike 150 mins L1 w/ 30 mins DP/NP	15 min wu; 15 min cd w/ 6 x 1 min reps quick and powerful 4 mins recovery ---- General Strength	9.5	Easy
	23	10/5-10/11	Run/Agility/Strength 90 mins L1	Run/ski walk or RS Sk 120 mins w/ 3 x 20 mins L3 2 min recovery	Bike or Run/ski walk 90 mins L1	Rski Cl or run; 90 mins L1 w/ 15 x 15 secs sprints 90 secs recovery	off	OD Rski CL or run/hike 180 mins L1 w/ 30 mins DP	20 min wu; 15 min cd w/ 4 x 4 min L4 bound equal rest ---- General Strength	11.5	Hard
	24	10/12-10/18	Rski Sk - Technique 90 mins L1	Run/ski walk or RS Cl 60 mins w/ 2 x 10 mins L3 2 mins recovery	Bike or Run/ski walk 60 mins L1	Rski Sk or run speeds 60 mins L1 w/ 6 x 20 sec pick-ups	off	OD Rski SK or run/hike 120 mins L1 w/ 30 mins DP/NP	15 min wu; 15 min cd w/ 6 x 1 min reps quick and powerful 4 mins recovery ---- General Strength	8.5	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										