

	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			ED/Technique	Anaerobic Threshold	Endurance + Strength	Speed/Power	Recovery	Endurance OD	Vomax	38.5	
Period 7 Aerobic Development --- Early Quality	25	10/19-10/25	Rski Sk - Technique 90 mins L1	Run/ski walk or RS Cl 90 mins w/ 3 x 12 mins L3 2 mins recovery	Run/ski walk 30-60 mins L1 + Strength	15 min wu; 15 min cd w/ 6 x 1 min reps quick and powerful 4 mins recovery	off	OD Rski CL or run/hike 180 mins L1 w/ 30 mins DP	15 min wu; 15 min cd w/ 4 x 4 min L4 bound equal rest ---- General Strength	10	Medium
	26	10/26-11/1	Rski Cl - Technique 90 mins L1	Run/ski walk or RS Sk 90 mins w/ 2 x 15 mins L3 2 min recovery	Run/ski walk 30-60 mins L1 + Strength	Rski Cl 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/ 3 x 4 min L4 bound equal rest ---- General Strength	9.5	Easy
	27	11/2-10/8	Rski Sk 60-90 mins L1 w/30 mins NP	Run/ski walk or RS Cl 120 mins w/ 3 x 15 mins L3 2 min recovery	Technique/Ski Walk 90 mins L1	15 min wu; 15 min cd w/ 6 x 1 min reps quick and powerful 4 mins recovery	off	OD Rski CL or run/hike 180 mins L1 w/ 30 mins DP	15 min wu; 15 min cd w/ 4 x 4 min L4 bound equal rest ---- General Strength	11	Hard
	28	11/9-11/15	Rski Cl 60-90 mins L1 w/ 30 mins DP	Run/ski walk or RS Sk 60 mins w/ 2 x 10 mins L3 2 mins recovery	Rski Sk - Technique 90 mins L1	Rski Cl 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	90 mins L1 hike/ski walk or Cl Rski	8	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										