

	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		
<b>Purpose</b>			<b>Technical</b>	<b>Endurance+ Speed</b>	<b>Strength</b>	<b>Anaerobic Threshold</b>	<b>Recovery</b>	<b>Endurance OD</b>	<b>Endurance + Strength</b>		
			Medium	Hard	Easy	Hard	Off	Hard	Medium		<b>Difficulty</b>
Period 2 Base Endurance	7	6/15-6/21	Run/Agility/Strength 75 mins L1	RSki Skate 60 mins w/ 10 x30 sec speeds	Swim 30-45 min + General Strength (30 mins)	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 60 mins L1 w/ 20 mins DP & 20 mins NP	7	Easy
	8	6/22-6/28	Technique drills Ski Walking	RSki CI 90 mins w/ 6 x30 sec speeds	Rski Sk 60 mins L1	Run or RS 90 mins 4-5 x 7 mins L3 w/ 2 mins rest	Off	OD RSki or Bike 90 mins L1	RSki CI 75 mins L1 w/ 20 mins DP & 20 mins NP	8	Medium
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										