

	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>Difficulty</b>			Off	Hard	Easy	Hard	Easy	Medium	Hard		
<b>Purpose</b>			<b>Recovery</b>	<b>Threshold</b>	<b>Strength/ Technique</b>	<b>Reps</b>	<b>Endurance</b>	<b>Endurance OD</b>	<b>Endurance/ Technique</b>	<b>34</b>	
Period 8 ---- Early Quality Power Development	29	11/16-11/22	Off	Moosehoofs 4-6 x 5 mins L3	Run + General Strength	CL Reps 4-5 x 30-60 secs	60 mins easy skiers choice	Skate OD 120 mins total	CL 45-60 mins easy with 30 mins DP	8	Easy
	30	11/23-11/29	Off	SK L3 3-5 x 7 mins	Run + General Strength	Thanksgiving --- 60-90 mins easy	SK Reps 5-6 x 30-60 secs	Classic OD 150 mins total	SK 45-60 mins easy with 30 mins NP	9	Medium
	31	11/30-12/6	Off	CL L4 4x4 mins equal recovery	SK Endurance Technique	CL Reps 5-7 x 30-60 secs	60 mins easy skiers choice	L3 CI 2 x 10-15 60 mins total --- Easy dist Sk 120	CL 60-90 mins easy w/ 30 mins DP	10	Hard
	32	12/7 - 12/13	Off	SK L3 3-4 x 5 mins	CL Endurance Technique	SK Reps 3-4 x 30- 60 secs	60 mins easy skiers choice	Easy Distance w/ speeds 90-120 mins	off	7	Recovery
Notes:	L1 = Easy intensity; able to hold a conversation L3 = Comfortably hard: hard to converse; easier than 5k pace L4 = 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 NP = no pole, DP = double pole										