

Purpose	Week #	Dates	M	T	W	T	F	S	S	GOAL HOURS	Week Load
			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		
			Off/Recovery	Threshold	Technique	Speed / Endur	Endurance	OD or Race	L4 or Endurance	30-38	
Period 9 --- Anaerobic Development	29	12/14-12/20	Off	Gen Strength ---- CI L3 3-5 x 7 mins	SK Technique + drills	ED 60 mins L1 ski w/ 6 x 20 sec sprints	45 mins easy skiers choice	OD Ski 90-120 mins	L4 intervals 3 x 4 mins L4 equal recovery	7-9	Easy
	30	12/21-12/27	Off	Gen Strength ---- SK L3 3-4 x 10 mins	CI Technique + drills	ED 90 mins L1 ski w/ 6 x 20 sec sprints	Merry Christmas!	OD Ski 120-150 mins	L4 intervals 4 x 4 mins L4 equal recovery	8-10	Medium
	31	12/28-1/3	Off	Gen Strength ---- CI L3 3-4 x 12 mins	SK Technique + drills	ED 90 mins L1 ski w/ 6 x 60 sec uphill reps	45 mins easy skiers choice	OD Ski 120-180 mins	L4 intervals 4 x 4 mins L4 equal recovery	8-10	Hard
	32	1/4 -1/10	Off	Gen Strength ---- SK L3 3-4 x 4 mins	CI Technique + drills	ED 60 mins L1 ski w/ 6 x 20 sec sprints	45 mins easy skiers choice	SISU	60 mins easy	7-9	Easy
Notes:	<p style="text-align: center;">Red days are group training sessions</p> <p>L1 = Easy intensity; able to hold a conversation; L3 = Comfortably hard: hard to converse; easier than 5k pace; L4=5k race 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; AT = Anaerobic Threshold; OD = Overdistance; ED = Easy Distance</p>										