

Purpose	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		
			Strength + Technique	Endurance + Strength	Endurance	Speed + Strength	Recovery	Endurance OD	Anaerobic Threshold	32.5	
Period 4 Base Endurance	13	7/27-8/2	Run/Agility/Strength 75 mins L2	Bike or Rski 60 mins L1/L3 Hilly terrain	Run 60 mins L1	Run 30 mins - L1 + General Strength 30 min HICT	Off	OD Rski or Bike or run/hike 90-120 mins L1	Run or Rski 60 mins w/ 2 x 12 mins L3 2 min recovery	7	Easy
	14	8/3-8/9	Rski CI - Technique 75 mins L1	Bike or Rski 60 mins L1/L3 Hilly terrain	Run 75 mins L1	Run 60 mins 3 x 3 mins L4 w/ equal recovery ---- General Strength	Off	OD Rski or Bike or run/hike 120-150 mins L1	Run or Rski 75 mins w/ 2 x 15 mins L3 2 mins recovery	9	Medium
	15	8/10-8/16	Rski Sk - Technique 75 mins L1	Bike or Rski 75 mins L1/L3 Hilly terrain	Run 75 mins L1	Run 60 mins 3 x 4 mins L4 w/ equal recovery ---- General Strength	Off	OD Rski or Bike or run/hike 150-180 mins L1	Run or Rski 90 mins w/ 3 x 12 mins L3 2 min recovery	10	Hard
	16	8/17-8/23	Rski CI - Technique 75 mins L1	Bike or Rski 60 mins L1/L3 Hilly terrain	Run 45 mins L1	Run 30 mins - L1 + General Strength 30 min HICT	Off	OD Rski or Bike or run/hike 60-90 mins L1	Run or Rski 60 mins w/ 2 x 10 mins L3 2 mins recovery	6.5	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										