

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	35.5	
Period 5 Base Endurance	17	8/24-8/30	Technique/Strength 75 mins L2	Bike or Rski 75 mins L1/L3 Hilly terrain	Run 60 mins L1	Run 30 mins - L1 + General Strength	Off	OD Rski or Bike or run/hike 120 mins L1	Run or Rski 60 mins w/ 2 x 12 mins L3 2 min recovery	8	Easy
	18	8/31-9/6	Rski Sk - Technique 75 mins L1	Bike or Rski 90 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 150 mins L1 + 6 x 20 sec sprints	Run or Rski 75 mins w/ 2 x 16 mins L3 2 mins recovery	10	Medium
	19	9/7-9/13	Rski Cl - Technique 75 mins L1	Bike or Rski 90 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 180 mins L1 + 8 x 20 sec sprints	Run or Rski 90 mins w/ 3 x 15 mins L3 2 min recovery	10.5	Hard
	20	9/14-9/20	Rski Sk - Technique 75 mins L1	Bike or Rski 60 mins L1/L3 Hilly terrain	Run 60 mins L1	Run 30 mins - L1 + General Strength	Off	OD Rski or Bike or run/hike 90 mins L1	Run or Rski 60 mins w/ 2 x 10 mins L3 2 mins recovery	7	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										