

	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		
Difficulty			Easy	Hard	Easy	Medium	Off	Hard	Hard		
Purpose			Technique	Speed/Reps	Endurance	ED/Strength/Vomax	Recovery	Endurance OD	Anaerobic Threshold	30.25	
Period 7 Aerobic Development --- Early Quality	25	10/19-10/25	Rski Sk - Technique 90 mins L1	15 min wu; 15 min cd w/ 6 x 1 min reps quick and powerful 4 mins recovery	Ski walk or Run 60 mins L1	Rski 60 mins 3 x 4 mins L4 equal recovery Hilly terrain	off	OD Rski or Hike 120 mins L1 Hilly terrain	Run/ski walk or RS Sk 90 mins w/ 2 x 15 mins L3 2 mins recovery	8	Medium
	26	10/26-11/1	Rski CI - Technique 90 mins L1	Rski Sk or run speeds 60 mins L1 w/ 6 x 20 sec pick-ups	Ski walk or Run 45 mins L1	Ski Walk or Rski 60 mins L1/L3 Hilly terrain	off	OD Rski or Hike 90 mins L1	Run/ski walk or RS CI 90 mins w/ 2 x 10 mins L3 2 min recovery	7.25	Easy
	27	11/2-10/8	Run + Strength 90 mins L1/L2	15 min wu; 15 min cd w/ 6 x 1 min reps quick and powerful 4 mins recovery	Technique/Ski Walk 90 mins L1	Rski 75 mins 4 x 4 mins L4 equal recovery Hilly terrain	off	OD Rski or Hike 150 mins L1 Hilly terrain	Run/ski walk or RS Sk 90 mins w/ 3 x 12 mins L3 2 min recovery	9	Hard
	28	11/9-11/15	Off	Rski CI or run speeds 60 mins L1 w/ 6 x 20 sec pick-ups	Rski Sk - Technique 90 mins L1	Ski Walk or Rski 60 mins L1/L3 Hilly terrain	off	OD Rski or Hike 90 mins L1	Run/ski walk or RS CI 60 mins w/ 2 x 10 mins L3 2 mins recovery	6	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										