

Week 8: 8/3-8/10/20

Difficulty: medium/easy

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speed	Running	1-1.5	Warm-up: 20 min L1, 2x3 min L3. 2x100meters building to 90% speed. 8x100meter @ 95% of max speed w/ 2.5min between each rep.
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	L3 intervals	Skate	1.5-2	Warm up then 3x10min @ L3 w/ last 30 seconds of each in L4. 3 min rest b/w sets. Really focus hard on technique, don't go so fast it falls apart!
Thursday	Easy distance	Mode of choice	1.5	
Friday	AM: strength	Strength plan (or climbing)	.5	See strength plan day 2 below
	PM: easy distance	Mode of choice	1-1.5	L1; stretch and massage after
Saturday	L4	Classic uphill	1.5	Warm up: L1 for 20mins, 2x3min L3; Workout: 4x3min w/ 2min rest
Sunday	Distance	Mode of choice	2-3	Hydrate, eat, go slow.
Total Hours			10-13	

Week 8: 8/11-8/16/20

Difficulty: hard

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speed	Classic rollerski	2	Warm-up L1, 30 min w/ 10 min no pole, technique focused. Workout: 2x100meters 80% max speed striding. 6x15sec speeds 95% of max speed striding. 4x15 sec double pole speeds 95% max. Do NOT go so fast that form falls apart. This will be difficult striding, but technique is more important than speed right now.
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	AM: L3 intervals	Ski walking/moosehooing up an incline	1.5	Warm up then 2x15min @ L3 w/ last 1 min of each bounding in L4. 3 min rest b/w intervals.
	PM: easy distance	Mode of choice	1.5	Double pole most/all of the workout
Thursday	Distance	Mode of choice	2	
Friday	AM: strength	Strength plan (or climbing)	1	See strength plan day 2 below
	PM: easy distance	Classic roll	1.5	Double pole most/all of the workout
Saturday	L4	Skate uphill	2	Warm up: L1 for 20mins, 2x3min L3; Workout: 4x3min w/ 2min rest
Sunday	Distance	Mode of choice	3.5	Hydrate, eat, go slow.
Total Hours			15.5-16	

Week 8: 8/17-8/23/20

Difficulty: easy

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speed	Classic rollerski	1.5	Warm-up L1, 30 min w/ 10 min no pole, technique focused. Workout: 2x100meters 80% max speed striding. 6x15sec speeds 95% of max speed striding. 4x15 sec double pole speeds 95% max. Do NOT go so fast that form falls apart. This will be difficult striding, but technique is more important than speed right now.
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	Easy Distance	Mode of choice	1-1.5	Make sure you're feeling good after previous week; would be good day to take off if necessary
Thursday	L3	Skate	1.5-2	Varied terrain; 2x15mins @L3. Work transitions by accelerating into every significant technique or terrain change (will look something like a 30sec speed).
Friday	AM: strength	Alternate day 2 strength plan (or climbing)	1	See strength plan day 2 below
	PM: easy distance	Running	.5-1	
Saturday	L4	Trail running (varied terrain)	1.5	2x4min @ L4
Sunday	Distance	Skate roll	2-2.5	Hydrate, eat, go slow.
Total Hours			10-12.5	

Week 8: 8/24-8/30/20

Difficulty: medium

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speed	Classic rollerski	1.5	Warm-up L1, 30 min w/ 10 min no pole, technique focused. Workout: 2x100meters 80% max speed striding. 8x15sec speeds 95% of max speed striding (work into them so you're hitting full speed @ second 0. 4x15 sec double pole speeds 95% max starting from still (start simulation).
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	L3	Mode of choice	1.5-2	3x10mins L3
Thursday	Distance	Classic	1.5-2	Majority double pole
Friday	AM: strength	Alternate day 2 strength plan (or climbing)	1	See strength plan day 2 below
	PM: easy distance	Mode of choice	1-1.5	
Saturday	L4	Running on track	1.5	Warm up: L1 for 20mins, 2x3min L3; Workout: 5x3min w/ 3min rests.
Sunday	Distance	Skate roll	2.5-3	Hydrate, eat, go slow.
Total Hours			11.5-14.5	

Day 1 Strength

1) Warm-up:

Foam roll 5-10 minutes

15 minute jog or bike, final 3 minutes at L3 pace.

5 minutes Dynamic stretching warm-up (butt kickers, high kicks, hip openers, etc.)

2) Alternate between:

20 squat jumps (add weight if needed).

Monster circuit (exercise band around the ankles)

-Lateral steps: 10 lateral steps in each direction

-Forward walk: feet hip width the whole time step forward maintaining width 10 on each leg

-Backward walk: “ “ but moving backward

Repeat x2

3) Alternate between:

80% max number of pullups

15 push-ups: 5 normal, 5 wide hands, 5 narrow “diamond” hands

Repeat x3

4) Alternate between

5 full body-weight dips (the real deal on parallel bars—I think Ski Hill has these?)

10 feet to bar (hang on pull up bar, bring feet over your head, keeping motion controlled)

20 back extensions/supermans (lie on stomach, lift arms and legs up at the same time for a two seconds pulse)

Repeat x3

5) Core circuit:

1 min plank

2 min side planks (1min each side)

1 min crunchies

1 min V-ups

1 min russian twists

1 min rest

Repeat x3

**Notes: Give yourself plenty of rest between sets and exercises

Day 2 Strength

1) Warm-up:

Foam roll 5-10 minutes

15 min jog or bike, final 3 minutes at L3 pace.

5 min Dynamic stretching warm-up (butt kickers, high kicks, hip openers, etc.)

2) Alternate between:

20 split squat jumps each leg

10 burpees

Monster circuit (exercise band around the ankles)

-Lateral steps: 10 lateral steps in each direction

-Forward walk: feet hip width the whole time step forward maintaining width 10 on each leg

-Backward walk: “ “ but moving backward

-Forward lateral walk: like previous, but bring feet together every step, so you're tracing a V shape

-Backward lateral walk “ “ but backward

Repeat x3

3) Alternate between:

3 pullups: normal speed up, hold 5 ~full~ seconds at the top, 5 ~full~ seconds to lower

15 push-ups: 5 normal, 5 wide hands, 5 with elbows to side

20 each leg calf raises on a step (i.e. good full range of motion)

Repeat x3

4) Alternate between

20 dips (hands on bench, feet elevated)

5 pistol squats each leg <https://www.youtube.com/watch?v=PZILHZ4Venw> (quickly skip to min. 1). Hold on to a railing or something if you need assistance, but work towards unassisted

20 back extensions/supermans (lie on stomach, lift arms and legs up at the same time for a two seconds pulse x10; “steer” with arms and legs lifted, left and right x10)

Repeat x3

5) Core circuit:

1 min plank

2 min side planks (1 min each side)

1 min crunchies w/ legs elevated

1 min V-ups

1 min russian twists

1 min rest

Repeat x3

Alternate Day 2: w/ TRX

1) Warm-up:

Foam roll 5-10 minutes

15 min jog or bike, final 3 minutes at L3 pace.

5 min Dynamic stretching warm-up (butt kickers, high kicks, hip openers, etc.)

2) Alternate between:

20 split squat jumps each leg

10 burpees

Monster circuit (exercise band around the ankles)

-Lateral steps: 10 lateral steps in each direction

-Forward walk: feet hip width the whole time step forward maintaining width 10 on each leg

-Backward walk: “ “ but moving backward

-Forward lateral walk: like previous, but bring feet together every step, so you're tracing a V shape

-Backward lateral walk “ “ but backward

Repeat x3

3) Alternate between:

3 pullups: normal speed up, hold 5 ~full~ seconds at the top, 5 ~full~ seconds to lower
20 each leg calf raises on a step (i.e. good full range of motion)

Repeat x3

4) TRX Circuit

10 extensions (hands on handles; press forward into plank)

10 pikes (feet in straps, body in push-up position; push butt straight into the air)

10 extension flies (arms straight outward cruciform)

<https://www.youtube.com/watch?v=A0ptzi0tfM4>

10 pushups with feet in straps

10 extension tricep <https://www.youtube.com/watch?v=VKqhVPiLh00>

10 inverted row <https://www.youtube.com/watch?v=utTuYn6ncGE>

Rest

Repeat x3