

Week 24: 11/30-12/6/20

Difficulty: hard

	Overview	Mode	Hours	Notes
Monday	Rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speeds	Skate roll	1.5-2	Warm-up: 20 min, 10 min no poles, 2x100meters 80% max speed. 5x100meter (about 15-20 sec) and 7x200meter (~30-40 sec) striding @ 95% of max speed. Rest 1.5 mins between each speed.
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	Over/under intervals: terrain	Skate roll: varied terrain	2	Rolling terrain. 4x8min effort with 3 mins rest between sets. Treat this as a race-like effort; let effort vary according to terrain. i.e. L4 when the terrain is uphill and L3 where it eases up. Work to maintain good, efficient technique at all times, and really milk the recovery when you can.
Thursday	Specific Strength	Classic: uphill/ varied terrain	1.5-2	Double pole. Do some sustained uphill double poling. 10x1min single sticking w/ 1min rests if you want a challenge.
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Easy distance	Running	1	
Saturday	L4	Classic roll	2	4x4min L4. Treat this like a bit of a sprint simulation. Warm up as you would a race, take plenty of rest between efforts. Hydrate well. Cool down properly.
Sunday	Distance	Skate roll	2.5-3	
<b>Total Hours</b>			<b>12.5-14.5</b>	

Week 25: 12/7-12/13/20

Difficulty: easy

	Overview	Mode	Hours	Notes
Monday	Rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Natural speeds	Skate roll (or just regular ski!!)	1.5	Changing it up! Go for a easy ski and do 6x10sec and 6x20sec speeds in different spots, making sure the terrain is varied. Allow for plenty of rest between speeds.
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	Double pole	Classic	1.5	Flat terrain if possible
Thursday	L3	Mode of choice	1.5	4x8min efforts
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Recovery	Mode of choice	.5	
Saturday	L4	Skate ski???	1.5	8x2min efforts w/ 2min rest
Sunday	Distance	Mode of choice	2-2.5	
<b>Total Hours</b>			<b>10.5-11.5</b>	

Week 26: 12/14-12/20/20

Difficulty: medium (volume)

	Overview	Mode	Practice Location	Hours	Notes
Monday	Rest			0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	AM: strength			1	

	PM Distance and technique	On snow!!! Skate	Plain	1.5-2.5	Getting used to the snow thing. Warm up skiing, mix in some technique drills and technique analysis, then have people do 10x20sec L3 bursts in different spots, making sure the terrain is varied. These aren't supposed to be hard, but strive for perfect racing technique.
Wednesday	Speeds	Classic (rollerski or snow)	TBD	1.5-2	6x100meters w/ ~2min rest. 4x200meters w/ 2min rest. 4x5sec race starts (head to head).
Thursday	L3 intervals	Skate	Plain	1.5-2	3x8min L3 efforts. Start each in L2 and go progressively faster so that the last 10 seconds are in L4. Think of them as an intro to going fast on snow. They might feel really hard!
Friday	Easy distance	Running		1	It'll be important to make a point of running at least once a week to keep in running shape because it comes in handy sometimes as a race warmup or just good recovery activity.
	Strength	Day 2 strength plan (or climbing)		1	See strength plan day 2 below
Saturday	Distance	Classic or Skate	Echo Ridge or Methow	2-3	Technique!!
Sunday	More easy distance	Classic or skate		1.5-3	Technique!!
<b>Total hours</b>				<b>11-15</b>	Notes: this is more or less the first week on snow, so the focus should be on skiing a lot with good technique. We'll work in more intensity next week

## 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:

3 weighted pullups (hang weights of a harness or squeeze them between legs)

5 weighted push-ups (set weight on back—be careful not to sag)

Repeat x3 (take a lot of rest)

### 4) Alternate between

3 weighted dips (on parallel bars, use harness or squeeze weight between legs. You could also do these with your hands and feet on benches in which case add more weight and do 3 weighted pistol squats (or unweighted if these are limit)

Repeat x3 (take a lot of rest)

### 5) Alternate between

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:

15 (each side) rotational planks: hold a regular plank, then rotate your hips so that one hip almost touches the ground, go back to center, repeat opposite side.

50 crunchies w/ legs elevated

20 V-ups

30 (each side) russian twists  
1.5 min side plank (45sec each side)  
1min plank  
3 min rest

Repeat x3

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

6) Cool down: stretch and foam roll

## 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:

5 slow pull-ups: count to 5 on way up, 5 at the top, 5 on the way down  
15 push-ups: 5 elbows to side, 5 wide hands, 5 hand in diamond shap  
25 each leg calf raises on a step (i.e. good full range of motion)

Repeat x3

4) 20 dips (hands on bench, feet elevated)

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) 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=A0ptziOtfM4>

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

#### 6) Cool down: stretch and foam roll