

Week 20: 11/2-11/8/20

Difficulty: Hard

	Overview	Mode	Hours	Notes
Monday	Rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speeds	Classic roll	2-2.5	Warm-up: 20 min L1, 10 mins double pole, 5 striding no pole. 2x100meters striding 80% max speed. 5x100meter (about 15-20 sec) and 5x200meter (~30-40 sec) striding @ 95% of max speed. Repeat double poling. Rest 2mins between each speed
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	Easy distance	Mode of choice	1.5	
Thursday	Over/under intervals	Skate roll	1.5-2	Rolling terrain. 3x12min effort (2min L3, 2min L4, 2min L3, 2min L4, 2min L3, 2 min L4) with 3 mins rest between sets. These should be hard. Really try to notice the difference between the two heart rate zones. Work to maintain good, efficient technique in the L3 even though you are tired.
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Easy recovery distance	Mode of choice	1	Emphasis on recovery.
Saturday	Spent	Running with poles	1.5	Warm up jogging ~20 minutes. 3x15 sec, then 3x30sec bounding on steep hill aiming for power. 3x30sec then 3x1min one-legged hops aiming for distance (no poles, switch legs after 15sec). 3x15sec, then 3x30sec long jumps. 3x15sec then 3x30sec all out sprint.

Sunday	Distance	Classic	3-3.5	Incorporate 10-15x10 sec speed bursts (not much faster than L3) to check in on technique so that you're recognizing the difference between easy skiing and race technique. Generally work on being super mindful of the way you are skiing so that when technique changes need to be made you'll be ready and able.
Total Hours			12.5-14.5	

Week 21: 11/9-11/15/20

Difficulty: easy

	Overview	Mode	Hours	Notes
Monday	Rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speeds	Skate roll	2	Warm-up: 20 min, 10 min no poles, 2x100meters 80% max speed. 8x100meter (about 15-20 sec) and 4x200meter (~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	L3	Classic roll	1.5	4x8min L3 effort with 3min rest
Thursday	Easy distance	Running	1	
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Easy distance	Mode of choice	1	Emphasis on recovery.
Saturday	Specific strength	Classic	1.5	Choose terrain with significant uphill and double pole the whole time.
Sunday	Distance	Skate roll	2-2.5	

Total Hours			11-12	
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Week 22: 11/16-11/22/20

Difficulty: medium (intensity)

	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. 6x100meter (about 15-20 sec) and 6x200meter (~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	L3	Running uphill with poles	1.5	4x9min L3 effort with 3min rest. Try to slowly increase the pace throughout each interval and throughout the sets until the end of your last interval is in mid L4.
Thursday	Easy distance	Classic (flat terrain)	1.5	Double pole the entire time
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Easy distance	Running	1-1.5	Find a fun trail or do some exploration.
Saturday	L4: 30 30s	Skate roll	1.5	Warm up with 2x3min L3. The intervals are 30secs on/30 sec off L4 for 30 minutes (15 minutes total of L4). Keep moving the whole time; when you're not in L4, you should be going L1 pace with good technique. And keep your technique perfect the entire 30 minutes!!! There is no point in going hard if you are going sloppy. You're training your brain more than you're training your muscles.

Sunday	Distance	Combo workout	2.5	1.5-2 hours of rollerskiing or biking, then fill remaining time with running.
Total Hours			12-13	

Week 23: 11/23-11/29/20

Difficulty: medium

	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. 6x100meter (about 15-20 sec) and 6x200meter (~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	Easy distance	Mode of choice	1.5	
Thursday	Over/under intervals	Skate roll: uphill or varied terrain	2	Rolling terrain. 4x8min effort (2min L3, 2min L4, 2min L3) with 3 mins rest between sets. These should be hard. Really try to notice the difference between the two heart rate zones. Work to maintain good, efficient technique in the L3 even though you are tired.
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Easy distance	Mode of choice	1	

Saturday	Spent	Running with poles	1.5-2	Warm up jogging ~20 minutes. 4x15 sec, then 2x30sec bounding on steep hill aiming for power (with poles). 4x30sec then 2x1min one-legged hops aiming for distance (no poles, switch legs halfway through time). 4x15sec, then 2x30sec long jumps (no poles). 4x15sec then 2x30sec all out sprint (with poles). Rest 1.5 min b/w each set and 5 min b/w each exercise. This is a workout for increasing power. Your legs should be shaking by the end of each exercise ☺
Sunday	Distance	Classic roll	2.5	If most of the workout ends up being double pole, that wouldn't be the end of the world!
Total Hours			12-13	

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 shape

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=AOptziOtfM4>

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