

Week 3: 6/29-7/5/20 (no practices)

Difficulty: hardish (increasing volume)

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	AM: easy distance with technique and speed	Rollerski: skate	2	Warm-up L1, 30 min. 2x100meters 80% max speed. 8x15sec speeds 95% of max speed. Do NOT go so fast that form falls apart. Video if possible.
	PM: strength	Strength plan (or rock climbing)	.75-1	See strength plan below
Wednesday	easy distance	Mountain bike or other	2-2.5	If running, err on lower end of hours, if biking, higher
Thursday	L3 (threshold) intervals	Hiking/trail running on varied terrain, ideally mostly uphill	1.5-2	30min warm-up. 3x8 min L3 intervals with 3 min. rest. Really focus on dialling in pacing and HR levels. See information on pacing. Cool down for remainder of time.
Friday	AM: strength	Strength plan (or climbing)	.5	See strength plan day 2 below
	PM: easy distance (recovery)	Modality of choice	1.5	L1
Saturday	Specific strength and agility	Rollerski: classic/skate	2	Warm-up for 20 min. 3x10 min double pole up gradual incline with 3 min rests. Switch to skate skis if willing and repeat with no-pole skiing. Cool down for remainder of time.
Sunday	Distance	Rollerski, hike/run, bike, or combo	2.5-3	Hydrate, eat, go slow.
Total Hours			12.75-14	

Week 4: 7/6-7/12/20 (no practices)

Difficulty: easy/medium

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	AM: distance and speeds	Running	1.5	Warm-up L1, 30 min. 6x15 sec speeds with plenty of rest between. Best done on grassy field or track if possible. Next week you'll start in on some running intervals, so this is to get those legs prepped.
	PM: strength	Strength plan	.75-1	See day 1 strength plan below
Wednesday	easy distance	Modality of choice		
Thursday	L3 (threshold) intervals	Skate roll	1.5-2	30min warm-up. 3x7 min L3 intervals with 3 min. rest. If you're still in the flatland, it may be challenging to get your heart rate up. Don't worry so much about HR as having good and powerful technique.
Friday	AM: strength	Strength plan (or climbing)	.5	See strength plan day 2 below
	PM: easy distance (recovery)	Running	1	L1
Saturday	Specific strength	Classic (flat terrain i.e. mostly double pole)	1.5-2	Your arms might hurt, but you can double pole a lot longer than you might think :) work in some kick-DP if you need breaks
Sunday	Distance	Rollerski, hike/run, bike, or combo	2.5-3	Hydrate, eat, go slow.
Total Hours			9.25-11.5	

Week 5: 7/13-7/19/20

Difficulty: hard

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	AM: Technique and speed	Rollerski: skate	2	Warm-up L1, 30 min w/ 10 min no-pole. 2x100meters 80% max speed. 12x100meter (about 15-20 sec) speeds 95% of max speed. Do NOT go so fast that form falls apart. Video if possible.
	PM: strength	Strength plan	.75-1	See day 1 strength plan below
Wednesday	easy distance	Modality of choice	2	
Thursday	AM: L3 (threshold) intervals	Bike	2	30min warm-up. 3x10 min L3 intervals with 3 min. rest.
	PM: Easy distance/recovery	Run	.75-1	Take your time
Friday	AM: strength	Strength plan (or climbing)	.5	See strength plan day 2 below
	PM: easy distance	Rollerski	1.5	L1
Saturday	AM: L4 intervals	Running on track	1.5	Warm-up: L1 for 20 minutes; 2x3 min L3. Workout: 5x2 minute L4 intervals w/ 2 mins rest between each
	PM: Easy distance	Bike	1-1.5	Go easy, have fun
Sunday	Distance	Rollerski, hike/run, bike, or combo	3-3.5	Hydrate, eat, go slow.
Total Hours			15-17	

Week 6: 7/20-7/26/20

Difficulty: easy

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speed	Skate rollerski	1.5	Warm-up L1, 30 min. 2x100meters 80% max speed. 8x100meter (about 15-20 sec) speeds 95% of max speed. Use this workout to wake the body up after the rest day, but still think of it as recovery
	PM: strength	Strength plan	.75-1	Day 1 strength plan below
Wednesday	easy distance	Mode of choice	1-1.5	
Thursday	Technique and specific strength	Classic rollerski	1.5	Warm up for 30 min. Do some flat double poling. Video some striding if possible. Then find a moderate hill and do two sets of 10x1min double pole repeats with 1min rest between each rep and 10min recovery between each set
Friday	AM: strength	Strength plan (or climbing)	.5	See strength plan day 2 below
	PM: easy distance	Mode of choice	.5-1	L1; yoga after
Saturday	Threshold intervals	Ski walking	1.5	Find a steady, steep incline. 3x10min at L3 (either jogging or ski walking depending on grade) with 3mins rest between each rep
Sunday	Distance	Skate rollerski	2	Hydrate, eat, go slow.
Total Hours			9.25-10.75	

Notes: The emphasis of this week is on recovery after last week's volume and intensity. You want to feel energetic and recovered, maybe even antsy by the end of the week. If you feel like you could benefit from multiple days off, do it!

Week 7: 7/27-8/2/20

Difficulty: medium/hard

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speed	Skate rollerski	1.5-2	Warm-up: 20 min L1, 2x3 min L3. 2x100meters 80% max speed. 6x100meter (about 15-20 sec); 2x200meter (~30-40 sec) @ 95% of max speed. You should be doing the 200m speeds at exactly the same pace as the 100s, so pick a pace at which that is possible.
	PM: strength	Strength plan	.75-1	Day 1 strength plan below
Wednesday	L3 intervals	Uphill classic	1.5-2	Warm up then 3x10min @ L3 w/ last 30 seconds of each in L4. 5 min rest b/w sets.
Thursday	Easy distance	Running	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	Running on track	1.5	Warm up: L1 for 20mins, 2x3min L3, 2x100meter strides (start at a jog and end at a sprint); Workout: 5x2min L4 w/ 2min rest
Sunday	Distance	Mode of choice (preferably skate rollerski)	2-3	Hydrate, eat, go slow.
Total Hours			10.25-13	

Day 1 Strength

1) Warm-up:

Foam roll 5-10 minutes

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

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

2) Alternate between:

30 squat jumps (add weight if needed).

Monster shuffle (exercise band around the ankles 10 lateral steps in each direction)

Repeat x3

3) Alternate between:

80% max number of pullups

15 push-ups

Repeat x3

4) Alternate between

20 dips (hands on bench, feet elevated)

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:

5 minute core exercises, 1 minute each of exercises of choice

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

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

2) Alternate between:

20 split squat jumps each leg

20 each leg glutes/hip flexor band exercise (exercise band around the ankles, stand on one leg, other leg pulses behind you at 45 degree angle (think 4:30 on a clock)

Repeat x3

3) Alternate between:

3 pullups: normal speed up, take 5 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

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

1 min side planks (30 sec each side)

1 min crunchies

1 min V-ups

1 min russian twists

1 min rest

Repeat x3