

Week 16: 10/5-10/11/20

Difficulty: Hard

	Overview	Mode	Hours	Notes
Monday	Rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speed	Skate roll	2	Warm-up: 20 min L1, 10 mins no pole. 2x100meters 80% max speed. 6x100meter (about 15-20 sec); 6x200meter (~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. Rest 2.5 min between each speed
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	L3	Walking/running with poles	1.5-2	Uphill: 3x10min efforts w/ 3 min rest.
Thursday	Distance	Classic roll	2	Double pole
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Easy Distance	Mode of choice	1.5	
Saturday	5k race effort	Skate roll	2	Pick a "course" that is about 5k or ~15 mins. Treat the effort like a race (good warm-up, etc.). Goal is to remind the body and brain what racing is like. Write down your time so you can measure progress.
Sunday	Distance	Classic roll	3	Much double pole
Total Hours			14-15	

Week 17: 10/12-10/18/20

Difficulty: Easy

	Overview	Mode	Hours	Notes
Monday	Rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speeds		1-2	
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	Easy distance		1-2	
Thursday	Distance DP	Classic	1.5	Double pole
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Easy Distance	Mode of choice	1	
Saturday	L4	Running on track	1.5	5x2min efforts w/ 2 min rest
Sunday	Distance	Skate roll	1.5-2	Incorporate 10-15x10 sec speed bursts (not much harder than L3) through terrain transitions.
Total Hours			9-12.5	

Week 18: 10/19-10/25/20

Difficulty: Medium/hard (intensity)

	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	Warm-up: 25 min L1, 10 mins double pole, 5 striding no pole. 2x100meters striding 80% max speed. 4x100meter (about 15-20 sec); 4x200meter (~30-40 sec) striding @ 95% of max speed. Repeat double poling. Rest 2.5 min between each speed
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	L3	Ski walking/ running	1.5	3x10min L3 effort w/ 3min rest
Thursday	Easy Distance	Mode of choice	1.5	
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Spent	Running with poles	1-1.5	Warm up jogging ~20 minutes. 6x15 sec bounding on steep hill aiming for power. 6x30sec one-legged hops aiming for distance (no poles, switch legs after 15sec). 6x15sec long jumps. 4x15sec all out sprint. 2x30sec all-out sprint.
Saturday	L4: 30 30s	Uphill-trending skate	1.5-2	Warm up however pleases you. The workout is 30secs on/30 sec off L4 for 30 minutes. This means 15 minutes total of L4. It should be pretty easy at the beginning and very hard by the end! Go fast!
Sunday	Distance	Mode of choice	2.5	Incorporate 10-15x10 sec speed bursts (not much faster than L3) through terrain transitions.
Total Hours			12-13.5	

Week 19: 10/26-11/01/20

Difficulty: Medium/easy

	Overview	Mode	Hours	Notes
Monday	Rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speeds	Classic roll	1.5	Warm-up: 25 min L1, 10 mins double pole, 5 striding no pole. 2x100meters striding 80% max speed. 5x100meter (about 15-20 sec); 4x200meter (~30-40 sec) striding @ 95% of max speed. Repeat double poling. Rest 2.5 min between each speed
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	L3	Skate roll	1.5	4x7min L3 effort w/ 3min rests
Thursday	Easy Distance	Running	1.5	
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Off!			Idk, do something special and fun just 4 u
Saturday	Specific strength	Classic (flat i.e. double pole)	1.5-2	Double pole and kick double pole the entire time. See how powerful you can be while keeping heartrate low. Incorporate 3x4min of single sticking. Keep core rigid, do not twist!!!
Sunday	Distance	Skate	2.5	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			10.5-11.5	

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:

90% max number of pullups

90% max push-ups: elbows to sides

Repeat x2

4) Alternate between

6 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:

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

30 V-ups

30 (each side) Russian twists

1 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:

3 dynamic pullups: powerful on the up, so that you can lift your hands at the top. Feels a bit like you’re jumping
15 tricep push-ups (elbows to side)
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)
Max pistol squats each leg 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) 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=VKqhVPiLhOO>
10 inverted row <https://www.youtube.com/watch?v=utTuYn6ncGE>

Rest
Repeat x3

6) Cool down: stretch and foam roll