

Week 8: 8/31-9/6/20

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	Classic rollerski	1.5	Warm-up L1, 30 min w/ 10 min no pole, technique focused. Workout: 2x100meters 80% max speed striding. 9x15sec speeds 95% of max speed striding (work into them so you're hitting full speed @ second 0. 5x15 sec double pole speeds 95% max starting from still (start simulation).
	PM: strength	Strength plan	1	Day 1 strength plan below
Wednesday	Natural L3	Skate roll	1.5-2	30 min effort: vary effort according to terrain. Try to maintain a consistent(ish) speed, i.e. be in L3-4 on uphill and transitions, and let the heart rate decrease on downhill and flats. Should be ~20 minutes of L3 total.
Thursday	Distance	Running	1.5	
Friday	AM: strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	PM: Distance	Mode of choice	1	
Saturday	Spent workout	Running w/ poles	1.5	Warm up jogging ~20 minutes Find a steep grassy or traily hill (ski hill big hill would work great). 6x15 sec bounding aiming for power. 6x30sec one-legged hops aiming for distance (no poles, switch legs after 10sec). 6x15sec all out sprint. 2x30sec all-out sprint. These should be hard!
Sunday	Distance	Classic roll	2-3	Hydrate, eat, go slow. Do lots of double pole!
Total Hours			11-13	

Week 9: 9/7-9/13/20

Difficulty: hard (intensity focus)

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speed	Skate roll	1.5-2	Warm-up: 20 min L1, 2x3 min L3. 2x100meters 80% max speed. 8x100meter (about 15-20 sec); 4x200meter (~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	AM: L3	Running/ski walking (with poles)	2	3x10min L3
	PM: Distance	Mode of choice	1-1.5	
Thursday	Distance	Classic roll	1.5-2	
Friday	AM: strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	PM: Distance	Mode of choice	1	
Saturday	L4	Skate (uphill)	2	2x2min L3 warmup; 4x4min L4 intervals w/ 3min rest
Sunday	Distance	Mode of choice (good day for an adventure ☺)	3-3.5	Hydrate, eat, go slow.
Total Hours			14-16.5	

Week 8: 9/14-9/20/20

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 roll	1.5	Warm-up: 20 min L1, 10 mins no pole. 2x100meters 80% max speed. 9x100meter (about 15-20 sec); 4x200meter (~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	Distance	Mode of choice	1	
Thursday	Spent	Running w/ 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 all out sprint.
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	PM: Recovery/easy distance	Mode of choice	0-.5	Run, easy spin, or yoga
Saturday	L4	Running	1-1.5	2x2min L3 warmup; 5x2min L4 w/ 2min rest
Sunday	Distance	Mode of choice	1.5-2	Take it easy, do what you need.
Total Hours			8-10.5	

Week 8: 9/21-9/27/20

Difficulty: Medium

	Overview	Mode	Hours	Notes
Monday	rest		0-.5	Stretch or go for <30min jog if you need something to do
Tuesday	Speed	Skate roll	1.5	Warm-up: 20 min L1, 10 mins no pole. 2x100meters 80% max speed. 9x100meter (about 15-20 sec); 4x200meter (~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	Classic roll (mostly uphill)	1.5-2	3x10min efforts w/ 3 min rest.
Thursday	Distance	Mode of choice	1.5	
Friday	Strength	Day 2 strength plan (or climbing)	1	See strength plan day 2 below
	Spent	Running w/ poles	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 log jumps. 6x15sec all out sprint.
Saturday	L4	Skate roll	1.5	2x2min L3 warmup; 5x3min L4 w/ 3min rest
Sunday	Distance	Classic roll	2.5	Much double pole
Total Hours			11.5-13	

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:

80% max number of pullups

15 tricep push-ups: elbows to sides

Repeat x3

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:

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

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

20 push-ups

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)

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

6) Cool down: stretch and foam roll

Alternate core TRX

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=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