Summer training plan, spicy (~14 training hours per week, running/skiing)

Monday (2.5):

- AM: 45-60 minute run (L1)
- PM: 90 min ski (L1) with technique focus + 30 minutes of strength (core/pushups/pull-ups/RDLs)

Tuesday (2):

- 2 hour L1 ski with 10x1min L3 pickups.

Wednesday (3):

- AM: Workout day — 20 min warm up, then —
    - 15-20 minutes of L4 work (i.e. 6x3 minutes at L4 = 18 min of L4 work or 4x5 min at L4 = 20 min). Equal rest.
    - Or 24-35 minutes of L3 work (i.e. 4x8 min at L3 = 32 min of L3 work). Minimal rest (60 sec-90 sec, 2 min tops).
    - Or (later -- in July and August) Choose one of the following:
        - 5k time trial -- race pace
        - 8k time trial -- L3
        - 5k time trial (L3), 3 minutes of rest, 5k time trial (L3)
    - 20-30 min cool down (90 min of skiing total)
- PM: Short shakeout run ~30 min (L1)
    - 30 minutes of strength

Thursday (1):

- Recovery Day: Easy run (60 minutes - L1)

Friday (2.5):

- AM: 30-45 minute run (L1)
- PM: 90 min ski - technique focus (hills, tempo training, specific strength, etc)
    - 30 minutes of strength

Saturday (2.5 - 3):

- Distance Day: 2.5-3 hour ski (L1)

Sunday (0):

- Rest (should be at least one rest day every 14 days)
- Or short shakeout run ~45 min.

Summer training plan, medium (~11 training hours per week)

Monday (2):

- AM: 30-45 minute run (L1)
- PM: 60 min ski (L1) + 30 minutes of strength (core/pushups/pull-ups/RDLs).

Tuesday (1.5):

- 90 min ski - technique focus (hills, tempo training, specific strength, etc)

Wednesday (2):

- Workout day — 20 min warm up, then —
    - 15-20 minutes of L4 work (i.e. 6x3 minutes at L4 = 18 min of L4 work or 4x5 min at L4 = 20 min). Equal rest.
    - Or 24-35 minutes of L3 work (i.e. 4x8 min at L3 = 32 min of L3 work). Minimal rest (60 sec, 90 sec. 2 min tops).
    - Or (later -- in July and August) Choose one of the following:
        - 5k time trial -- race pace
        - 8k time trial -- L3
        - 5k time trial (L3), 3 minutes of rest, 5k time trial (L3)
    - 20-30 min cool down (90 min of skiing total)
    - 30 minutes of Strength

Thursday (1):

- Recovery Day: Easy Run (45 to 60 min - L1)

Friday (2):

- 90 min. ski with 10x1min L3 pickups.
- Or - for more running miles: run to a track and do 4x400 at L4 (full recovery). Cool down. Should total 60-80 min running
- 30 minutes of Strength

Saturday (2 - 2.5):

- Distance Day: 2 - 2.5 hour ski (L1)

Sunday (0):

- Rest (should be at least one rest day every 14 days)
- Or short shakeout run ~30 min.

Summer training plan, mild (~8 training hours per week)

Monday (1.5):

- 60 min L1 ski - technique focus
- 30 Minutes of strength (core/pushups/pull-ups/RDLs).

Tuesday (1):

- Medium-distance run L1 (should be running for 45-60 min).

Wednesday (2):

- Workout day — 20 min warm up, then —
    - 15-20 minutes of L4 work (i.e. 6x3 minutes at L4 = 18 min of L4 work or 4x5 min at L4 = 20 min). Equal rest.
    - Or 24-35 minutes of L3 work (i.e. 4x8 min at L3 = 32 min of L3 work). Minimal rest (60 sec, 90 sec. 2 min tops).
    - Or (later -- in July and August) Choose one of the following:
        - 5k time trial -- race pace
        - 8k time trial -- L3
        - 5k time trial (L3), 3 minutes of rest, 5k time trial (L3)
    - 20-30 min cool down (90 min of skiing total)
    - 30 Minutes of Strength

Thursday (0.5):

- Recovery day: 30 min to 45 min L1 run

Friday (1.5):

- 60 min. ski with 8x1min L3 pickups.
- Or - for more running miles: run to a track and do 4x400 at L4 (full recovery). Cool down. Should total 60 min running
- 30 Minutes of Strength

Saturday (1.5 - 2):

- 1.5 - 2 hour distance ski (L1)

Sunday (0):

- Rest/Watch video to prep for your Monday session