

Moorhead Spuds Summer Training Plan

June-August

June 2	Monday: 30min run
June 3	Tuesday: 60min skate ski single stick only 20 min.
June 4	Wednesday: skate agility (speeds mixed with obstacle course) + core & strength
June 5	Thursday: run 10-15 min WU, ski walking 10 min, bounding intervals 3x3 min L4, 2x30sec L5, 10 min CD Or 40 min run
June 6	Friday: Skate distance 1.25 hours (think about where your planting your poles, should plant them at back of feet)
June 7	Saturday: skate over distance 1.5 hours
June 8	Sunday: rest
June 9	Monday: WU run 20 min, Agility (make obstacle course-- can include skiing backwards, hops/jumps, one legged skiing). End with sprints 4x30sec Or, 45 min run
June 10	Tuesday: Classic distance with double pole technique (focus on keeping hips forward, getting on your toes and falling onto poles) 1.25 Hr ski

June 11	Wednesday: skate agility (speeds mixed with obstacle course) + core & strength
June 12	Thursday: Skate easy distance ski 1.25 hours + technique (hips forward)
June 13	Friday: 45 min run
June 14	Saturday: Easy ski (75-90min)
June 15	Sunday: rest
June 16	Monday AM: Classic specific strength and Distance (single sticking/double pole 15-30minuntes, legs only striding 15-30 minutes, then go ski for 1 hour) Monday PM: Classic Distance (30-40min)
June 17	Tuesday AM: Classic Double pole technique & distance (75min)
June 18	Wednesday AM: skate V1 distance & technique (60-75min) Wednesday PM: Skate L3 intervals 2-3 x 8 minutes (30-40min total)
June 19	Thursday AM: Skate V2 Distance & technique (75-90min) w/ 10 x fly's
June 20	Friday AM: Easy Run (45-50min)

June 21	Saturday Skate Over distance 1.5-1.75 hours
June 22	Sunday rest or recovery ski, bike, run, or swim
June 23	Monday AM: Easy Run (30-40min) (Optional) Monday PM: Bounding L4 intervals: 3-minute L3 as part of warm-up, then 4-6 x 3 minutes @ L4
June 24	Tuesday AM: Skate v2 alternate (open field) distance & technique (75-90min) classic technique and distance (75-90min)
June 25	Wednesday AM: skate distance and technique with no pole (60-75min)
June 26	Thursday AM: 15min WU, Skate L3 3-4 x 6min intervals + long CD ski
June 27	Friday AM: 1 hour run with ski walking on hills
June 28	Saturday AM: double pole/ no pole long ski (90-105min)
June 29	Rest or recovery ski, run, bike, or swim
June 30	Monday AM: Easy choice ski with specific strength Monday PM: Nordic Strength work

July 1	Tuesday AM: Classic Distance (60min DP) + 8 x Fly's
July 2	Wednesday AM: Skate V1 technique & distance (60-75min) (Optional) Wednesday PM: Classic distance & technique (40min)
July 3	Thursday AM: Classic L3/L4 intervals: 3-4 x 6 minutes total (45min total)
July 4	Off day: enjoy the holiday
July 5	Saturday Long: 90-105min ski (choice) Optional Saturday AM: Moosehoofing L3 2-3 x 10-minute intervals
July 6	Sunday: Easy Run or OFF
July 7	Monday: Classic over distance ski (75min)
July 8	Tuesday: Skate No Pole 15-20min WU, Skate L3 3-4 x 8-minute intervals + L5 fly's, CD
July 9	Wednesday AM: classic double pole hill work (60min) (Optional) Wednesday PM: skate distance with no pole (45-60min)

July 10	Thursday AM: classic L3/L4 intervals: 3-4x 6-minute total or Time trial
July 11	Friday AM: classic double pole technique & distance (75min)
July 12	Saturday: skate over distance 105-120 min
July 13	Sunday: Rest
July 14	Monday AM: classic double people kick technique & distance (Optional) Monday PM: bounding L4 intervals 5-6x 3 minutes, & speeds
July 15	Tuesday AM: Time trial
July 16	Wednesday AM: skate distance w/ fly's (75min)
July 17	Thursday AM: Skate 4-6 minutes L3 (short recovery) + speeds
July 18	Friday AM: Easy Run
July 19	Saturday AM: Over distance 2-2.5 hours

July 20	Sunday Rest
July 21	Monday AM: classic double pole kick technique & distance (60-75min) Monday PM: Classic specific Strength (30min) & distance (30min)
July 22	Tuesday AM: Distance ski & technique (Choice, 75-90min)
July 23	Wednesday AM: Skate distance ski (75-90min) Wednesday PM: skate sprint start work (30min ski + start fly's)
July 24	Thursday AM: Classic L3 intervals 2x 9 minutes, 4-6 x 3 minutes L4
July 25	Friday AM: 1.25 hour run with ski bounding hills after
July 26	Saturday AM: Long Ski (2.5hrs+)
July 27	Sunday Rest
July 28	(Optional) Monday AM: classic striding technique & distance (45-60min) Monday PM: Classic DP technique/distance (60min)

July 29	Tuesday AM: Skate intervals: 2-3 x 6 minutes, 4-6 x 3-minute L4
July 30	Wednesday AM: Skate distance & technique with no pole (75min) Wednesday PM: Easy Run (30-40min)
July 31 *Last Coach Led Practices*	Thursday AM: Time Trail
August 1	Friday: skate distance with sprints (75-90min) (Optional) Friday AM: Moosehoofing intervals 5-7x 4 minutes L3
August 2	Saturday AM: Long Classic ski (2hrs+)
August 3	Sunday Rest
August 4	Monday PM: Classic double pole technique & distance (75min)
August 5	Tuesday AM: Classic Intervals (6 x 6min DP L4)
August 6	Wednesday: Skate V2 Distance & technique with no pole (75-90min) Wednesday PM: Classic ski (30min)

August 7	Thursday: Skate Ski Intervals (4-5 x 10min L3) - 75min total
August 8	Friday AM: cone / agility work + easy ski (45min)
August 9	Saturday: Long ski (Choice) - 2+ hrs
August 10	Sunday Rest
August 11 *Start of official XC practices*	Monday Options: Classic double pole kick technique & single stick (75min) DP & single stick (75min)
August 12	Tuesday AM: Classic specific Strength (30min) & ski (60min)
August 13	Wednesday: classic ski- 20 minutes no pole & double pole technique with 10x 30 seconds sprints
August 14	Thursday AM: Skate V1 distance & technique (90min)
August 15	Friday AM: 1.25 hour run with ski walking on hills
August 16	Saturday Rest
August 17	Sunday: Skating- 20 minute warm up, 30 minute of weight distribution drills + 1.5-2 hours of distance skiing

August 18	Monday AM: classic double pole technique & distance with specific strength (45-60min) Monday PM: Skate L3 3-4 x 8-minute intervals (60min total)
August 19	Tuesday AM: classic sprints & distance (75min)
August 20	Wednesday: Skate ski- 20 minutes no pole, lock and load drills & V2 technique (45min)
August 21	Thursday AM: Skate V1 distance & technique (60min)
August 22	Friday AM: 1.25 hour run with ski walking on hills
August 23	Saturday Rest
August 24	Sunday: Classic specific strength (20 minute warm up) 5-6 x 200 meters single stick, 10 minutes break, 6-7x 200 meters power double pole, 10-minute break, 6x15 seconds speeds + distance skiing to reach 2-3 hours
August 25	Monday AM: Classic specific strength and Distance (single sticking/double pole 15-30minuntes, legs only striding 15-30 minutes, then go ski for 1 hour)

	Monday PM: Skate Distance (1.25-1.5 hours)
August 26	Tuesday AM: classic ski (60-75min) + 8 x DP fly's
August 27	Wednesday: Skate V1 distance & technique
August 28	Thursday AM: Classic skiing - 20 minutes no pole striding, practice distance striding +3x20 seconds distance striding sprints, sprint string 3x20 seconds, and 3x20 seconds of sprint running.
August 29	Friday AM: Bounding L4 intervals: 20min WU (3-minute L3 at end), 4-6 x 3 minutes @ L4, Long CD (2hr+ total)
August 30	Saturday Rest
August 31	Sunday: skate skiing- land drill focusing on weight distribution in feet, then 20 minutes of no pole for warm up. V1 work then distance ski with 10x 30 seconds speeds, once every 10 minutes.