

Nordic Training Ideas for November

Day	Beginner	Intermediate
Mon	Run 20 to 30 minutes Lift/Strength 30 minutes	Run 30 to 50 minutes Lift/Strength 30 minutes
Tues	Bike Ride - 60 to 120 minutes	Rollerski or Bike Ride - 90 minutes 10 x 20 second pickups
Wed	Run 10 min warm up 2 miles at Tempo (comfortably hard) 4 x 200 at mile race pace	CV Workout 4 x 1000 at CV pace 4 x hill at Mile pace 4 x 200 at one mile race pace
Thurs	Run 30 mins Lift/Strength 30 minutes	Run 30 to 50 mins Lift/Strength 30 minutes
Fri	Long Run - 40 to 60 minutes	Long Run - 60 to 80 min
Sat	Rest Day	Rest Day
Sun	Long Hike or Bike ride	Rollerski or Bike Ride 2 hours

[Veteran Varsity Skier shooting for more hours](#)