							5 hr ATP	04 41 1			
week	period	week#	Hours for bloc	Weekly training hrs	L3	L4	Sprint Intensit	Strength phas		location/notes	
4/29/24		1		7				General	ease way into new training year	home- fun, active	
5/6/24		2		8	15			General		General movemen	nt/fitness- NOT
5/13/24		3		7	16			General			
5/20/24	1	4	26	4				General			
5/27/24		5		8				testing/general	Testing	getting into rollers	skiing
6/3/24		6		8	15			general			
6/10/24		7		10	21						
6/17/24	2	8	30	4							
6/24/24	_	9		10	28						
7/1/24		10		8	20					4th of July week	
7/8/24	-	11		12	28					401 Of July Week	
7/15/24	3	12	34	4	20						
	3		34						IP to the st		
7/22/24	-	13		14					High block		
7/29/24		14		10							
8/5/24		15		12							
8/12/24	4	16	40	4							
8/19/24		17		12				Testing	Testing - 2k erg, ST assessment		
8/26/24		18		8							
9/2/24		19		10							
9/9/24	5	20	34	4							
9/16/24		21		8					Increase intensity a bit		
9/23/24		22		9					get into L4		
9/30/24	1	23		10					get into E i		
10/7/24	6	24	31	4							
				8							
10/14/24	-	25							intensity, speed		
10/21/24	-	26		12							
10/28/24		27		8							
11/4/24	7	28		4					ST testing		
11/11/24		29		6					power strength (?)		
11/18/24		30		12					On-snow	Canmore training	camp & 1st rad
11/25/24		31		14					On-snow		
12/2/24	8	32	36	4							
12/9/24		33		8					Early season races (JNQ)	Racing	
12/16/24		34		12						-	
12/23/24	1	35		6					holiday week		
12/30/24	9	36		8					Race prep/racing		
1/6/25	•	37		8					maintenance		
1/13/25		38		6					competition (West Yellowstone races	\	
	-									,	
1/20/25	- 40	39	00	10					rebuild		
1/27/25	10	40	32	8						recovery	
2/3/25		41		12					build		
2/10/25		42		14					build		
2/17/25		43		10					maintain/race		
2/24/25	11	44	40	4							
3/3/25		45		6					competition (BMT/Local racing)		
3/10/25		46		8							
3/17/25		47		8							
3/24/25	12	48		10					Compeition (U.S. Biathlon Nationals		
3/31/25	-	49		4					recovery- active movement		
4/7/25		50		4					location active movement		
				4							
4/14/25	-	51		4							
4/21/25	13	52	16	4							
Totals	Yea	rly total (hours)	417	Intensity total (minute	143						
				Intensity total (hours)							

			Face way into training year Not too ski specific yet, get into routing 9, regular CT	Block 1 hrs	26			
	Date		Ease way into training year. Not too ski specific yet, get into routine & regular ST Session	Intensity level	26 Hours/Time	BA Notes		
	week goals		Get into regular routine of training again.	ciiaky ievel	Juliaj fililie	D-1 110163		
	Monday	AM	off				Endurance activ	vitios:
	29-Apr		off				Running (trail, r	
	Tuesday	AM	Season kick-off workout - Activity of choice - fun, w/ friends!	L1	0.75		Biking (road, mr	
	30-Apr		Season New On Workload Presently of enoise Tally My Menas.		0.75		Ski Erg (Double	
	Wednesday	AM					Rollerski (skate	polej
	1-May		Strength session - Day 1 outline		1.25		Rollerski (classic	-)
	Thursday	AM	Run or swim	L1	0.75		Swimming	-1
	2-May						Rowing (erg , or	n water)
ιt	Friday	AM	Running w/ 6x 30 second strides (5km pace) 3 min rest between	L1 (+)	1			,
<u>_</u>	3-May			(')			Week load key	
	Saturday	AM	Strength session - Day 2 outline		1.25		Light	
Ė	4-May		,				Medium	
×	Sunday	AM	Distance session	L1	2		Heavy	
بو ا	5-May						Speed	
week 1 - light					7			
	TOTAL			,	,		Recovery	
	week goals		Continue to get into a routine w/ training. Look at all equipment and check it is in good s	nape			Taper	
	Monday	AM	off				6-11- 1	41141
	6-May		off Pupping 2v 1000 maters (10km page) @ 12 w/ 2 min rest between	12		215 min 12	Color key for ac	uvities:
	Tuesday 7 May	AM	Running 3x 1000 meters (10km pace) @ L3 w/ 3 min rest between	L3	1	~15 min L3	L1 L3	
	7-May Wednesday	AM					L4	
	1		Strongth cossion, Day 1 outline		1.25		L5 - Max	
	8-May Thursday	AM	Strength session - Day 1 outline Activity of choice	L1	1.25		Race/TT	
	9-May		Activity of choice		1.5		Speed	
-	Friday	AM	Strength session - Day 2 outline		1.25		Strength	
week 2- light	10-May		Strength session Day 2 outline		1.23		Strength	
<u>:</u> ≌	Saturday	AM	Running w/ 8x 30 second strides (5km pace) 3 min rest between	L1 (+)	1			
ار ا	11-May		Training Wy ox 30 second strates (swift pace) 5 min rest between		-			
	Sunday	AM	Distance session - multi-sport activity (?) ie: bike + run	L1	2			
l ē	12-May		Sistance session man spore dearnity (1) her since i tan		_			
l en	12 11107							
>					0			
≥	TOTAL				8			
>	week goals		intro double pole		8			
}	week goals Monday	AM	off		8			
}	week goals Monday 13-May	PM	off off	12		16min 12		
3	week goals Monday 13-May Tuesday	PM AM	off	L3		16min L3		
3	week goals Monday 13-May Tuesday 14-May	PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res		1.25	16min L3		
*	week goals Monday 13-May Tuesday 14-May Wednesday	PM AM PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin	L1	1.25	16min L3		
>	week goals Monday 13-May Tuesday 14-May Wednesday 15-May	PM AM PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res		1.25	16min L3		
3	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday	PM AM PM AM PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin		1.25	16min L3		
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May	PM AM PM AM PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline		1.25	16min L3		
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday	PM AM PM AM PM AM PM AM AM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin		1.25 0.5 1.25	16min L3		
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday	PM AM PM AM PM AM PM AM PM AM PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline		1.25 0.5 1.25	16min L3		
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May	PM AM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline		1.25 0.5 1.25	16min L3		
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday	PM AM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole		0.5 1.25 0.75	16min L3		
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May	PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline		1.25 0.5 1.25 0.75	16min L3		
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May	PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline		1.25 0.5 1.25 0.75			
week 3- light w	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May	PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run		1.25 0.5 1.25 0.75			
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May TOTAL week goals	PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in.		1.25 0.5 1.25 0.75			
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May TOTAL week goals Monday	PM AM AM PM AM AM PM AM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off		1.25 0.5 1.25 0.75			
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May TOTAL week goals Monday 20-May	PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in.		1.25 0.5 1.25 0.75			
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May TOTAL week goals Monday 20-May Tuesday	PM AM AM PM AM AM PM AM AM AM PM AM AM AM PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off		1.25 0.5 1.25 0.75			
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May TOTAL week goals Monday 20-May Tuesday 11-May Tuesday	PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off		1.25 0.5 1.25 0.75 1.25 2			
week 3- light	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May TOTAL week goals Monday 20-May Tuesday 21-May Wednesday	PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off Activity of choice		1.25 0.5 1.25 0.75 1.25 2			
week 3- light	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May TOTAL week goals Monday 20-May Tuesday 21-May Wednesday 22-May	PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off		1.25 0.5 1.25 0.75 2 7			
week 3- light	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 19-May TOTAL week goals Monday 20-May Tuesday 21-May Thesday 22-May Thursday	PM AM AM PM AM AM PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off Activity of choice		1.25 0.5 1.25 0.75 2 7			
week 3- light	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May TOTAL week goals Monday 20-May Tuesday 21-May Wednesday 22-May Thursday	PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off Activity of choice		1.25 0.5 1.25 0.75 2 7			
week 3- light	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 19-May TOTAL week goals Monday 20-May Tuesday Uednesday 21-May Wednesday 22-May Thursday Thursday Tuesday Thursday	PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off Activity of choice Strength session		1.25 0.5 1.25 0.75 2 7			
week 3- light	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 19-May TOTAL week goals Monday 20-May Tuesday 21-May Wednesday 22-May Thursday 23-May Friday	PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off Activity of choice Strength session		1.25 0.5 1.25 0.75 2 7			
week 3- light	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May TOTAL week goals Monday 20-May Tuesday 21-May Wednesday 22-May Thursday 23-May Friday 24-May Saturday	PM AM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off Activity of choice Strength session		1.25 0.5 1.25 0.75 2 7			
week 3- light	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 19-May TOTAL week goals Monday 20-May Tuesday 21-May Wednesday 22-May Thursday 23-May Friday 24-May Saturday	PM AM PM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off Activity of choice Strength session Strength session		1.25 0.5 1.25 0.75 2 7			
week 3- light	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May TOTAL week goals Monday 20-May Tuesday 21-May Wednesday 22-May Thursday 23-May Friday 24-May Saturday	PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off Activity of choice Strength session Strength session		1.25 0.5 1.25 0.75 2 7			
	week goals Monday 13-May Tuesday 14-May Wednesday 15-May Thursday 16-May Friday 17-May Saturday 18-May Sunday 19-May TOTAL week goals Monday 20-May Tuesday 21-May Wednesday 22-May Thursday 23-May Friday 24-May Saturday 25-May Sunday	PM AM	off off Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min res bike/spin Strength session - Day 1 outline Rollerski - skate. 10 min no pole Strength session - Day 2 outline Distance session - multi-sport activity (?) ie: bike + run Rest week - stay active with FUN activities for you. 2x get strength in. off off Activity of choice Strength session Strength session		1.25 0.5 1.25 0.75 2 7	7		

ck 1					Jle.	iding/VI General Strength					
1	Aerobic warm-up			pe 5 min		Day 2	Aerobic warm-up		Jump ro		
		week 1	week 2	week 3	week 4			week 1	week 2	week 3	week 4
	Mobility/Activation - ciruit 1x						Activation - ciruit 1x				
	Standing Y's	10x	12x	15x	15x		Shoulders w/ Pike	10x	10x	10x	10x
	Elbow pull - rotate, extend	10x	12x	15x	15x		T's	10x	10x	10x	10x
	Bkwd lunge to high knee	6x/side	6x/side	8x/side	8x/side		90 leg raise	5x/side	5x/side	5x/side	5x/side
	Airplane to high knee	4x/side	5x/side	6x/side	6x/side		90 leg raise to lateral m/m	5x/side	5x/side	5x/side	5x/side
	Mini band - half moon front/back	10x	10x	12x	12x		Mini Band - monster walks front/back	10/direction	10/direction	10/direction	10/direction
							Mini band - CL push - off	10x/ea. Foot le	10x/ea. Foot le	10x/ea. Foot le	10x/ea. Foot lea
	Elasticity/Power - 1-2x circuit		Movem	ent prep							
	Front skip	10x	10x	10x	10x		Elasticity/power - 1x ciruit				
	Lateral skip	10x/side	10x/side	12x/side	12x/side		Ankeling (up & down on toes)	10 meters	10 meters	10 meters	10 meters
	Double foot hops	2x20	2x20	2x20	2x20		A- skip				
	Single foot hops	10x/side	10x/side	15x/side	15x/side		"x" hops - double leg	3x/side/directi	3x/side/direction	4x/side/directi	4x/side/direction
							"x" hops - single leg	3x/side/directi	3x/side/direction	4x/side/directi	4x/side/direction
	Main lifts										
	Walking lunge w/ weight	3x10 light	10x/side light	12x/side light	12/side light		Main lifts				
	Pull-ups (use assistance as needed)	5x	5x	5x	5x		Front squat w/ KB	10x light	10x light	10x med	10x med.
	Ham curls on Thera ball	10x	10x	12x	12x		Inverted pull-up	6x	6x	8x	8x
	1/2 kneeling cable/band pull	3x/8 light	3x8 light	3x8 med	3x8 med.		Single leg RDL w/ toe raise	light	light	med	med.
							Dips, (hanging OR off of a chair)	10x	10x	10x	10x
	Core (circuit 2-3 x through)										
	Birddogs	6x/side	6x/side	8x/side	8x/side						
	Side plank w/ front/back toe tap	10x/side	10x/side	12x/side	12x/side		Core				
	Superman (alt side->flutter)	8x/side/10sec	8x/side/10sec	10x/side/15sec	10x/side/15sec		walking plank OR plank w/ arm& leg lift	8x	8x	8x	10x
	Pole over feet	8x	8x	10x	10x		Windshield wipers	6x/side	6x/side	8x/side	10x/side
							Bicycles	10x/side	10x/side	10x/side	10x/side

	BLOCK 2 Building ge	et into rollerskiing + basic testing at beginning of block. Re-test at end of summer	Block total hrs	30					
	Date Building, ge	Session	Intensity level		BA Notes				
	week goals	baseline testing for season Bring in more rollerskiing and a bit more intensity		. Joursy Time		Color key	or at Week load k	v Endurance act	tivities:
	Monday AM	off				L1	Light	Running (trail,	
						12	Medium		
	27-May PM	Stretch/yoga				LS		Biking (road, n	
	Tuesday AM	Ski erg 2000 meter test, warm-up 20 min, Max 2000 meters, 5 min recovery 3x3 min L4 w/ 3 min rest b/t, 20 min cool do	W LI	1.5	L4	L4	Heavy	Ski Erg (Double	
	28-May PM					L5 - Max	Speed	Rollerski (skate	
	Wednesday AM					Race/TT	Recovery	Rollerski (class	sic)
	29-May PM	Strength testing- baseline for year		1.25		Speed	Taper	Swimming	
	Thursday AM	Activity of choice	L1 (+)	1.25		Strength		Rowing (erg , c	on water
	30-May PM					Testing			
light	Friday AM	3000 meter running test,. (on track) Warm-up 15, 3min @ L3, 3000 meters time trial, CD 15min.		0.75	L4				
<u>ро</u>	31-May PM								
=	Saturday AM	Strength session - Day 2 outline		1.25					
Ϋ́	1-Jun PM								
~	Sunday AM	Skate Rollerski	L1	2					
<u> </u>	2-Jun PM								
week									
<u> </u>	TOTAL			8					
	week goals	Continue to get into a routine w/ training. Look at all equipment and check it is in good shape							
	Monday AM	off							
	3-Jun PM	Stretch/yoga							
	Tuesday AM	Running 3x 1000 meters (10km pace) @ L3 w/ 3 min rest between	L3	1					
	4-Jun PM								
	Wednesday AM								
	5-Jun PM	Strength session - Day 1 outline		1.25					
	Thursday AM	Activity of choice	L1	1.5					
	6-Jun PM			1.0					
₩	Friday AM								
듰	7-Jun PM	Strength session - Day 2 outline		1.25					
. <u></u>									
6- light	Saturday AM	Running or ski erg 25 min warm-up 6x 30 sec sprint/30 second rest, 25 min CD	L1 (+)	1	2.5 min L5				
9	8-Jun PM								
×	Sunday AM	Classic Rollerski w/ 15 min Double pole only,	L1	2					
ee ee	9-Jun PM								
week	TOTAL			8					
	week goals								
	Monday AM	off							
	10-Jun PM	yoga/stretch							
	Tuesday AM	Classic rollerski -warm up 30 min, 3x7 min w/ 3 min rest b/t, 30 min cool down	L3	1.5					
	11-Jun PM								
	Wednesday AM	bike/spin	L1	0.5					
	12-Jun PM	Strength session - Day 1 outline	LI	1.25					
_	Thursday AM	Run		1.25					
Ξ.		Kun		1					
≒	13-Jun PM								
ĕ	Friday AM	Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD	speed	1					
Ě	14-Jun PM								
7- medium	Saturday AM	Activity of choice	L1	1.25					
<u> </u>	15-Jun PM	Strength session - Day 2 outline		1.25					
week	Sunday AM	Skate Rollerski w/ 2x10 min blocks no pole skiing	L1	2.25					
e e	16-Jun PM								
ž	TOTAL			10					
_		Past week, stay active with EUN activities for you. By act strongth in		10					
	week goals	Rest week - stay active with FUN activities for you. 2x get strength in.							
	Monday AM	yoga/stretch							
	17-Jun PM	off							
	Tuesday AM								
	18-Jun PM	Classic Rollerski w/ 15 min Double pole only,		0.75					
	Wednesday AM								
		Strength session Strength session		1					
>	19-Jun PM	Activity of choice		0.5					
/ery	Thursday AM	Activity of choice							
overy		Activity of choice							
covery	Thursday AM	Petitiky of Liloute							
Recovery	Thursday AM 20-Jun PM	Strength session		1					
	Thursday AM 20-Jun PM Friday AM 21-Jun PM	Strength session	L1 (+)	0.75					
1	Thursday AM 20-Jun PM Friday AM 21-Jun PM Saturday AM		L1 (+)	0.75					
∞	Thursday	Strength session	L1 (+)	0.75					
- 8 -	Thursday	Strength session	L1 (+)	0.75					
∞	Thursday	Strength session	L1 (+)	0.75					

Aerobic warm-		Jump ro	pe 5 min		Day 2	Aerobic warm-			Jump rope 5 mir	1	
	week 1	week 2	week 3	week 4			week 1	week 2	week 3	week 4	
Activation - circ	uit 2x					Activation - cir	uit 2x				
Standing Y's	10x	12x	15x	15x		Shoulders w/ P	ike				
Elbow pull - rot	10x	12x	15x	15x		Elbow pull - rot	ate, extend				
Bkwd lunge to I	6x/side	6x/side	8x/side	8x/side							
Airplane to high	4x/side	5x/side	6x/side	6x/side		1/2 kneeling hi	p openers				
Mini band - hal	10x	10x	12x	12x		Mini Band - mo	nster walks fron	t/back			
						Mini band - CL	push - off				
Elasticity		Manager				Elasticity					
Elasticity		Novement p	rep - summer				10	10 meters	10 meters	10 meters	
Front skip	10x	10x	10x	10x		Ankeling (up & A- skip	10 meters	10 meters	10 meters	10 meters	—
	10x/side	10x/side	12x/side	12x/side			2v/cido/diroctio	2v/sido/dirostia	Av/sido/dirostia	4x/side/direction	_
Double foot ho		2x20	2x20	2x20			<u> </u>			4x/side/direction	
Single foot hop		10x/side	15x/side	15x/side		x nops - singi	e sx/side/direction	5x/side/direction	4x/side/direction	4x/side/direction	
Single loot hop	10x/side	10X/SIGE	13x/side	13A/Side							
Main lifts						Main lifts					
Walking lunge	light	10x/side/light	12x/side/med	12/side/med		Front squat w/	med	med	med	med.	
1/2 kneeling ca	light /8x	light/8x	med./8x	med./8x		Inverted pull-u	6x	6x	8x	8x	
KB RDL	light/10x	light /10x	med/ 10x	heavy /10x		Hip hinge	light	light	med	med.	
Pull-ups (use as	5x	5x	5x	5x							
Med ball ham o	10x/ 5x/side	10x/ 5x/side	10x/ 5x/side	10x/ 5x/side							
Core						Core					
Thera ball knee	8x	8x	10x	10x		walking plank (8x/side	8x/side			
Side plank w/si	10x/side	10x/side	12x/side	12x/side		Windshield wip	6x/side	6x/side	8x/side	10x/side	
						Thera ball pike	8x	8x	10x	10x	

	BLOCK 3		Block total hrs	33					
	Date			Intensity level	Hours/Time	BA Notes			
		week goals	Continue w/L3 work, increasing on-time a bit, and getting in speeds as well						
	Monday	AM	off					Endurance activ	vities:
	24-Jun	PM	Stretch/yoga					Running (trail, n	oad, track)
	Tuesday	AM	Run	L1	1.5			Biking (road, mr	
	25-Jun							Ski Erg (Double	pole)
	Wednesday	AM		L3		28 min L3	SK RS 1.5	Rollerski (skate	
	26-Jun		Strength session - Day 1 outline		1.25			Rollerski (classic	E)
	Thursday	AM	Activity of choice	L1	1.25			Swimming	
0	27-Jun							Rowing (erg , or	n water)
- med	Friday	AM	run or ski erg warm up 20, 2 x (6x 30sprint/20 sec rest)		1	5 min L5			
≥	28-Jun				4.25			Week load key	
	Saturday 29-Jun	AM	Strength session - Day 2 outline		1.25			Light Medium	
week 9		AM	Classic Rollerski w/ 3x10 min blocks of double pole or double pole kick (single arm skiers)	L1	2.25		CL DC 2 2E	Heavy	
-	Sunday 30-Jun		Classic kollerski W/ 3x10 mili blocks of double pole of double pole kick (single arm skiers)	LI	2.23		CL RS 2.25	Speed	
ě		FIVI							
	TOTAL				10	10		Recovery	
	week	week goals	Keep up with consitency. Plan ahead for some fun sessions with friends/teammates/family, (someone bike with you while you	rollerski)				Taper	
	Monday	AM	off						
	1-Jul		Stretch/yoga					Color key for ac	tivities:
	Tuesday	AM	Classic rollerski OR ski erg. 20 min warm up, 4x 5min (10km pace) @ L3 w/ 3 min rest between, 15 min Cool down	L3	1	~20 min L3	CL RS 1	L1	
	2-Jul							L3	
	,	AM						L4	
	3-Jul	AM	Strength session - Day 1 outline	1.1	1.25 1.5			L5 - Max	
	Thursday		Activity of choice	L1	1.5			Race/TT	
week 10- light	4-Jul		D : (0.00 1.11 ft	14 (.)				Speed	
<u>.</u> <u>60</u>	Friday	AM	Running w/ 8x 30 second strides (5km pace) 3 min rest between	L1 (+)	1	speed		Strength	
_	5-Jul Saturday	AM	Strength session - Day 2 outline		1.25				
Ó	6-Jul		Strength session - Day 2 oddine		1.25				
2	Sunday	AM	skate Rollerski	L1	2		CL RS 2		
ě	7-Jul		Skace Notice Ski	LI	2		CERSZ		
ě		T IVI							
>	TOTAL				8	8			
	week goals		Most hours yet this season. Manage hours and intensity well with adequet rest! Plan ahead for this.						
	Monday	AM	off						
	8-Jul		stretch/yoga						
	Tuesday	AM	Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds	L3	1.75	28 min L3	SK RS 1.5		
	9-Jul				4.5				
_	Wednesday	AM		L1	1.5				
≟	10-Jul		Strength session - Day 1 outline Run		1.25				
≟	Thursday 11-Jul	AM	KUII		1				
week 11- medium		AM	Track cheeds 20 MH 5.8 v200m @ 2 mile nace walk 200 mater b/t 20 min CD		4				
Ĕ	Friday 12-Jul		Track speeds 20 WU, 6-8 x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD		- 1				
ī	Saturday 12-Jul	AM	Activity of choice		1.75				
-	13-Jul		Strength session - Day 2 outline		1.75				
2	Sunday	AM	classic Rollerski		2.5		CL RS 2.2		
Ġ	14-Jul				2.3				
é					43	1			
>	TOTAL				12	12			
	week goals		Rest week - stay active with FUN activities for you. 2x get strength in. Enjoy rest, big week following this rest week.						
	Monday	AM	off						
	15-Jul		stretch/yoga			-			
	Tuesday	AM	Chata Dallandi w/ 45 min no nale nale 9 45 min double nale/d				CV DC 45		
	16-Jul	PM AM	Skate Rollerski w/ 15 min no pole only & 15 min double pole/double pole kick if you use poles		0.75		SK RS 45		
>	,		Strength ression, day 1 outline						
Recovery	17-Jul	AM	Strength session - day 1 outline		0.5				
>	Thursday 18-Jul		Activity of choice		0.5				
$\ddot{\mathbf{z}}$		AM				-			
Ş	Friday		Strength resign Day 2 outline		- 1				
	19-Jul		Strength session - Day 2 outline Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t	L1 (+)	0.75				
7	Saturday 20-Jul	AM	Activity of choice w/ 0x 30 Sec accelerations, Iviin, 4 min rest b/t	L1 (+)	0.75				
1		AM	off						
~	Sunday		off off/active rest			4			
<u>a</u>						. 4			
week 12-	21-Jul	FIVI			4				

Day 1	Standing/VI Blo	ock 3 - buildin, o	ontinued with u	nning mechanics	Day 2				
Aerobic warm-up			pe 5 min		Aerobic warm-up		Ju	ımp rope 5 min	
	week 1	week 2	week 3	week 4		week 1	week 2	week 3	week 4
Activation/balance - ciruit 2x					Activation - ciruit 2x				
Standing Y's	10x	12x	15x	15x	Shoulders w/ Pike				
	10x	12x	15x	15x	Elbow pull - rotate, extend over head	8-10x	8-10x	8-10x	8-10x
Bkwd lunge to high knee	6x/side	6x/side	8x/side	8x/side					
kneeling hip circles	4x/side	5x/side	6x/side	6x/side	Walking quad stretch				
Mini band -half moon	10x	10x	12x	12x	Mini Band - monster walks front/back	10x steps/side	10x steps/side	10x steps/side	10x steps/side
Position 1 band walk	10x/direction	10x/direction	10x/direction	10x/direction	Mini band - CL push - off				
Elasticity		Moveme	ent prep -		Elasticity/Balance				
					Ankeling (up & down on toes)	10 meters	10 meters	10 meters	10 meters
Front skip - progressivly bigger	10x	10x	10x	10x	High skip				
Double foot hops - side to side	2x20	2x20	2x20	2x20	Bosu SL Balance hold	15 sec/side	15 sec/side	20 sec/side	20 sec/side
Running accelerations	6x 25meters	6x 25meters	6x 25meters	6x 25meters					
Main lifts					Main lifts				
Walking lunge w/ weight	light	10x/side/light	12x/side/med	12/side/med	Front squat w/ DB	10x med	10x med	10x med	10x med.
1/2 kneeling cable/band pull	light /8x	light/8x	med./8x	med./8x	Inverted row	6x	6x	8x	8x
KB RDL	light/10x	light /10x	med/ 10x	heavy /10x	<u>Hip Thrust</u>	light	light	med	med.
Pull-ups (use assistance as needed)	5x	5x	5x	5x	DB bent over T's	10x light	10x light	8x med	8x med.
Med ball ham curl									
Core (circuit 2-3x)					Core (circuit 2-3x)				
Thera ball knee to chest	8x	8x	10x	10x	walking plank OR plank w/ arm& let reach	8x/side	8x/side		
Side plank w/side crunch	10x/side	10x/side	12x/side	12x/side	Windshield wipers	6x/side	6x/side	8x/side	10x/side
Add in 3-5 additional exercises					Thera ball pike	8x	8x	10x	10x

	BLOCK 4		High block, meaning more training and keeping w/ intensity	Block total hrs	40	
	Date		Session	Intensity level	Hours/Time	
	week goals		starting block w/ big week. Plan ahead. Stay in training zones. Connect w/ training budo	lies. FUEL well t	hroughout week	
	Monday	AM	off			
	22-Jul	PM	Stretch/yoga			
	Tuesday	AM	Run	L1	1.5	
	23-Jul	PM				
	Wednesday	AM	Skate Rollerski Warm-up 20 min, L3 5x7 min w/ 3 min rest between, 30 min Cool down	L3	2	
	24-Jul		Strength session - Day 1 outline	ST	1.25	
	Thursday	AM	Activity of choice	L1	1.75	
	25-Jul					
.∞	Friday	AM	Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD	speeds	1	
2	26-Jul		Track special 20 110, 0x20011 & 2 mile pace, track 200 meters 0, 0, 20 mill 00	эрссаз	_	
1	Saturday	AM	Run	L1	1.25	
[3	27-Jul		Strength session - Day 2 outline	ST	2.25	
week 13 - high	Sunday	AM	Classic Rollerski w/ 3x10 min blocks of double pole or double pole kick (single arm skier		3	
Ě	28-Jul		classic Noticiski wy SX20 mini blocks of double pole of double pole kick (single arm skiel		3	
) e	20-301	1 101				
>	TOTAL				14	
	week goals		Intro to a little more L4			
	Monday	AM	off			
	29-Jul	PM	Stretch/yoga			
	Tuesday	AM	Classic rollerski OR ski erg. 20 min warm up, 1x 4 min L3, 4x 4min (10km pace) @ L4 w/	L4	1	
	30-Jul	PM				
	Wednesday	AM				
	31-Jul	PM	Strength session - Day 1 outline		1.25	
	Thursday	AM	Activity of choice	L1	1.5	
ن	1-Aug	PM				
ē	Friday	AM	Running or ski erg/DP 2x (6x30sec sprint/30 sec rest) 5 min. b/t sets.	L5	1	
	2-Aug	PM				
<u> </u>	Saturday	AM	Strength session - Day 2 outline		1.25	
17	3-Aug	PM				
~	Sunday	AM	Skate Rollerski w/ 2x 15min blocks of no pole	L1	2	
به	4-Aug	PM				
Ve	TOTAL				Q	
week 14- med.	TOTAL				8	
W	week goals		-16		8	
W	week goals Monday	AM	off		8	
We	week goals Monday 5-Aug	PM	stretch/yoga			
We	week goals Monday 5-Aug Tuesday	PM AM		L3	1.5	
We	week goals Monday 5-Aug Tuesday 6-Aug	PM AM PM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in		1.5	
	week goals Monday 5-Aug Tuesday 6-Aug Wednesday	PM AM PM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin	L3 L1	1.5	
	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug	PM AM PM AM PM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline		1.5 0.5 1.25	
	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday	PM AM PM AM PM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin		1.5	
	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug	PM AM PM AM PM AM PM AM PM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run		1.5 0.5 1.25	
	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug	PM AM PM AM PM AM PM AM AM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline		1.5 0.5 1.25	
medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug	PM AM PM AM PM AM PM AM PM AM PM AM PM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD		1.5 0.5 1.25 1	
5- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday	PM AM PM AM PM AM PM AM PM AM PM AM AM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice		1.5 0.5 1.25 1 1	
15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug	PM AM PM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline		1.5 0.5 1.25 1 1 1.25	
15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday	PM AM AM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice		1.5 0.5 1.25 1 1	
15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug	PM AM AM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline		1.5 0.5 1.25 1 1 1.25 1.25	
5- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday	PM AM AM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline		1.5 0.5 1.25 1 1 1.25	
15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug	PM AM AM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline		1.5 0.5 1.25 1 1 1.25 1.25	
15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug	PM AM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski		1.5 0.5 1.25 1 1 1.25 1.25	
15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday	PM AM AM PM AM AM PM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off		1.5 0.5 1.25 1 1 1.25 1.25	
15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals	PM AM AM PM AM AM PM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in.		1.5 0.5 1.25 1 1 1.25 1.25	
15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug	PM AM PM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off		1.5 0.5 1.25 1 1 1.25 1.25	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday	PM AM PM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga		1.5 0.5 1.25 1 1 1.25 1.25 1.25 1.25	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 13-Aug Wednesday	PM AM	Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga Skate Rollerski w/ 15 min no pole only,		1.5 0.5 1.25 1 1 1.25 1.25 1.25 1.25	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 13-Aug Wednesday 14-Aug	PM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga		1.5 0.5 1.25 1 1 1.25 1.25 2.5 10.25	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 13-Aug Wednesday 14-Aug Thursday	PM AM AM AM PM AM AM AM PM AM AM AM PM AM	Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga Skate Rollerski w/ 15 min no pole only,		1.5 0.5 1.25 1 1 1.25 1.25 2.5 10.25	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 13-Aug Wednesday 14-Aug Thursday 15-Aug	PM AM PM	Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga Skate Rollerski w/ 15 min no pole only,		1.5 0.5 1.25 1 1 1.25 1.25 2.5 10.25	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 13-Aug Wednesday 14-Aug Thursday 15-Aug Friday	PM AM AM PM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga Skate Rollerski w/ 15 min no pole only, Strength session		1.5 0.5 1.25 1 1 1.25 1.25 2.5 10.25	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 13-Aug Wednesday 14-Aug Thursday 15-Aug Friday	PM AM PM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga Skate Rollerski w/ 15 min no pole only, Strength session Strength session	L1	1.5 0.5 1.25 1 1 1.25 1.25 2.5 10.25	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 13-Aug Wednesday 14-Aug Thursday 15-Aug Friday Saturday Saturday Saturday	PM AM AM AM PM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga Skate Rollerski w/ 15 min no pole only, Strength session		1.5 0.5 1.25 1 1 1.25 1.25 1.25 1.25 1.25 1.31	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 13-Aug Wednesday 14-Aug Thursday 15-Aug Friday 16-Aug Saturday 17-Aug	PM AM PM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga Skate Rollerski w/ 15 min no pole only, Strength session Strength session	L1	1.5 0.5 1.25 1 1 1.25 1.25 2.5 10.25	
week 15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 14-Aug Thursday 15-Aug Friday 16-Aug Saturday 17-Aug Sunday	PM AM AM AM PM AM AM AM PM AM AM AM PM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga Skate Rollerski w/ 15 min no pole only, Strength session Strength session	L1	1.5 0.5 1.25 1 1 1.25 1.25 2.5 10.25	
15- medium	week goals Monday 5-Aug Tuesday 6-Aug Wednesday 7-Aug Thursday 8-Aug Friday 9-Aug Saturday 10-Aug Sunday 11-Aug TOTAL week goals Monday 12-Aug Tuesday 13-Aug Wednesday 14-Aug Thursday 15-Aug Friday 16-Aug Saturday 17-Aug	PM AM AM AM PM AM AM AM PM AM AM AM PM AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in bike/spin Strength session - Day 1 outline Run Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga Skate Rollerski w/ 15 min no pole only, Strength session Strength session	L1	1.5 0.5 1.25 1 1 1.25 1.25 2.5 10.25	

		Sta	nding/VI Block	4 - building, cont	ued with running mechanics					
Day 1	Standing/VI Blo	ck 3 - buildin, co	ontinued with ur	nning mechanics	Day 2					
Aerobic warm-up		Jump ro	pe 5 min		Aerobic warm-up			Jump rope 5 mi	n	
	week 1	week 2	week 3	week 4		week 1	week 2	week 3	week 4	
Activation/balance - ciruit 2x					Activation - ciruit 2x					
Standing Y's	10x	12x	15x	15x	Single Arm circles	5x/side	5x/side	5x/side	5x/side	
	10x	12x	15x	15x	1/2 kneeling single arm ba	nd pull down 6x/side	6x/side	8x/side	8x/side	
Bkwd lunge to high knee	6x/side	6x/side	8x/side	8x/side	Walking figure 4 stretch	6x/side	6x/side	6x/side	6x/side	
kneeling hip circles	4x/side	5x/side	6x/side	6x/side	Walking quad stretch	6x/side	6x/side	6x/side	6x/side	
Mini band -half moon	10x	10x	12x	12x	Ankle band balance series	6x/side	6x/side	6x/side	6x/side	
Position 1 band walk	10x/direction	10x/direction	10x/direction	10x/direction	Mini band - CL push - off					
Elasticity		Moveme	ent prep -		Elasticity					
					Ankeling (up & down on to	es) 10 meters	10 meters	10 meters	10 meters	
Front skip - progressivly bigger	10x	10x	10x	10x	High skip					
Lateral skip	10x/side	10x/side	12x/side	12x/side	Curl up/down	3x/side/d	rectic 3x/side/direct	ic 4x/side/directi	4x/side/direction	on
Double foot hops - side to side	2x20	2x20	2x20	2x20	Kneeling catch & toss (or ju	ust toss & hand back for 3x/side/d	rectic 3x/side/direct	ic 4x/side/directi	4x/side/direction	on
Running accelerations	6x 25meters	6x 25meters	6x 25meters	6x 25meters						
Main lifts					Main lifts					
Walking lunge w/ weight	10x/side mediu	10x/side mediu	8x/side mediun	8x/side medium	Bulgarian split squat	8x/side m	ed 8x/side med	8x/side med	8x/side med.	
Single Arm Waiters press	light /8x	light/8x	med./8x	med./8x	Inverted pull-up	6x	6x	8x	8x	
KB RDL	light/10x	light /10x	med/ 10x	heavy /10x	Bar bell hip thrust	light	light	med	med.	
Pull-ups (use assistance as needed)	6x	6x	6x	6x	KB overhead press	8x/side	8x/side	8x/side	8x/side	
Med ball ham curl										
Core (circuit 2-3x)					Core (circuit 2-3x					
Plank w/ banded row	8x	8x	10x	10x	walking plank OR plank w/	arm& let reach 8x/side	8x/side	10x/side	10x/side	
Side plank w/ rotation	10x/side	10x/side	12x/side	12x/side	Windshield wipers	6x/side	6x/side	8x/side	10x/side	
Banana holds	15 sec	15 sec	20 sec	20 sec	Russian twist w/ weight	10x/side	10x/side	12x/side	12x/side	
Add in 3-5 additional exercises					Thera ball pike	8x	8x	10x	10x	
					Add in 3-4 additional exercise	es				

	BLOCK 5	High block, meaning more training and keeping w/ intensity w/ testing early on in week.	Block total hrs	34
	Date	Session	Intensity level	Hours/Time
	week goals	starting block w/ big week. Plan ahead. Stay in training zones. Connect w/ training buddies. FUEL well throughout week and during s	essions.	
	Monday AM	off Stretch/yoga		
	19-Aug PM Tuesday AM	Ski erg 2000 meter test. Warm-up 20 min, Max 2000 meters, 5 min recovery 3x3 min L4 w/ 3 min rest b/t, 20 min cool down	L4/5	1.5
	20-Aug PM	Six of a 2000 meter test. Name up 20 min, man 2000 meters, 5 min recovery 5.50 min 21 m/ 5 min rest by 4.20 min cool down	2.75	
	Wednesday AM	L1 run, shake out	L1	0.75
	21-Aug PM	Strength testing- baseline for year		1.25
	Thursday AM	Activity of choice	L1	1.75
r.	22-Aug PM			
.	Friday AM	Classic Rollerski Warm-up 20 min, L3 5x7 min w/ 3 min rest between, 15min Cool down	L3	1.75
week 17 - high	23-Aug PM			
<u> </u>	Saturday AM	Run	L1	1.25
7	24-Aug PM	Strength session - Day 2 outline Shate Pollerski w/ 2x10 min blacks of no pole skiing	ST L1	1.25 2.5
ě	Sunday AM 25-Aug PM	Skate Rollerski w/ 3x10 min blocks of no pole skiing	LI	2.3
ě				4.7
	TOTAL			12
	week goals	Intro to a little more L4		
	Monday AM 26-Aug PM	off Stretch/yoga		
	Tuesday AM	Classic rollerski OR ski erg. 20 min warm up, 1x 4 min L3, 4x 4min (10km pace) @ L4 w/ 3 min rest between, 15 min Cool down	L4	1
	27-Aug PM	Character Children and Control of the Control of th		
	Wednesday AM			
	28-Aug PM	Strength session - Day 1 outline		1.25
	Thursday AM	Activity of choice	L1	1.5
week 18- med.	29-Aug PM			
e	Friday AM	Running or ski erg/DP 2x (6x30sec sprint/30 sec rest) 5 min. b/t sets.	L5	1
ב	30-Aug PM			
∞	Saturday AM	Strength session - Day 2 outline		1.25
7	31-Aug PM			
-	Sunday AM	CL Rollerski w/ 2x 15min Double pole	L1	2
ě	1-Sep PM			_
<u> </u>	TOTAL			8
	week goals	Another bigger week of training. Plan ahead and connect with teammates/friends/family for sessions when you can.		
	Monday AM	off		
	2-Sep PM Tuesday AM	stretch/yoga Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds	L3	1.5
	3-Sep PM	Skate follerski - wo zo film:, 4x7film ES, w/ Shiin FeSt, 30 film CD w/ 0x 10 sec speeds in CD, film 5 film b/t speeds	LS	1.3
	-	bike/spin or pole walking (climbing ideally)	L1	1
E	Wednesday AM 4-Sep PM	bike/spin or pole walking (climbing ideally) Strength session - Day 1 outline	L1	1.25
Ш	Wednesday AM		L1	
dium	Wednesday AM 4-Sep PM	Strength session - Day 1 outline	L1	1.25
nedium	Wednesday AM 4-Sep PM Thursday AM	Strength session - Day 1 outline	L1	1.25
medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD	L1	1.25 0.5
9- medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice	u	1.25 0.5 1
. 19- medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline	u	1.25 0.5 1 1.25
ek 19- medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice	11	1.25 0.5 1
reek 19- medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline	11	1.25 0.5 1 1.25 1.25
week 19- medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole	11	1.25 0.5 1 1.25
week 19- medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL week goals	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in.	11	1.25 0.5 1 1.25 1.25
week 19- medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL week goals Monday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off	11	1.25 0.5 1 1.25 1.25
week 19- medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL week goals Monday AM 9-Sep PM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in.	11	1.25 0.5 1 1.25 1.25
week 19- medium	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL week goals Monday AM 9-Sep PM Tuesday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga	11	1.25 0.5 1 1.25 1.25 2.25
week	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL week goals Monday AM 9-Sep PM Tuesday AM 10-Sep PM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off		1.25 0.5 1 1.25 1.25
week	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL week goals Monday AM 9-Sep PM Tuesday AM 10-Sep PM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga		1.25 0.5 1 1.25 1.25 2.25
week	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL week goals Monday AM 9-Sep PM Tuesday AM 10-Sep PM Wednesday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only		1.25 0.5 1 1.25 1.25 2.25
week	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM TOTAL Week goals Monday AM 9-Sep PM Tuesday AM 10-Sep PM Wednesday AM 11-Sep PM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only		1.25 0.5 1 1.25 1.25 2.25
week	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL Week goals Monday AM 9-Sep PM Tuesday AM 10-Sep PM Wednesday AM 11-Sep PM Thursday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session		1.25 0.5 1 1.25 1.25 2.25
week	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 8-Sep PM TOTAL Week goals Monday AM 9-Sep PM Tuesday AM 10-Sep PM Wednesday AM 11-Sep PM Thursday AM 11-Sep PM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session Strength session		1.25 0.5 1 1.25 1.25 2.25
week	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 7-Sep PM Sunday AM 8-Sep PM TOTAL Week goals Monday AM 10-Sep PM Wednesday AM 11-Sep PM Thursday AM 11-Sep PM Friday AM 12-Sep PM Friday AM 13-Aug PM Saturday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session	11 (+)	1.25 0.5 1 1.25 1.25 2.25
week	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 8-Sep PM TOTAL Week goals Monday AM 10-Sep PM Wednesday AM 11-Sep PM Thursday AM 11-Sep PM Friday AM 13-Aug PM Saturday AM Saturday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session Strength session		1.25 0.5 1 1.25 2.25 10
week	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 8-Sep PM TOTAL Week goals Monday AM 10-Sep PM Wednesday AM 11-Sep PM Thursday AM 11-Sep PM Saturday AM Saturday AM Saturday AM Saturday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session Strength session		1.25 0.5 1 1.25 2.25 10
week 20 - Recovery	Wednesday AM 4-Sep PM Thursday AM 5-Sep PM Friday AM 6-Sep PM Saturday AM 8-Sep PM TOTAL Week goals Monday AM 10-Sep PM Wednesday AM 11-Sep PM Thursday AM 11-Sep PM Friday AM 13-Aug PM Saturday AM Saturday AM	Strength session - Day 1 outline Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session Strength session		1.25 0.5 1 1.25 2.25 10

Day 1	Standing/VI Blo	nck 3 - building	continued with i	unning mechanics	Day 2					
Aerobic warm-up	Standing/ VI Di	-	pe 5 min	anning meenanies	Aerobic warm-up	Jump rope 5 min				
Acrobic Warm up	week 1	week 2	week 3	week 4	Acrosic Wallin up	week 1	week 2	week 3	week 4	
Activation/balance - ciruit 2x	Week 1	WEEK Z	WEEK 3	WEEK 4	Activation - ciruit 2x	Week I	WEEK Z	WEEK 3	WCCK 4	
Standing Y's	10x	12x	15x	15x	Activation - Citate 2x	5x/side	5x/side	5x/side	5x/side	<u> </u>
Standing 1 3	10x	12x	15x	15x	1/2 kneeling single arm band pull down	6x/side	6x/side	8x/side	8x/side	_
Bkwd lunge to high knee	6x/side	6x/side	8x/side	8x/side	Windmills	6x/side	6x/side	6x/side	6x/side	<u> </u>
kneeling hip circles	4x/side	5x/side	6x/side	6x/side	Walking SL airplane	6x/side	6x/side	6x/side	6x/side	
Mini hand -half moon	10x	10x	12x	12x	Ankle band balance series	6x/side	6x/side	6x/side	6x/side	
Position 1 band walk			10x/direction		Mini band - CL push - off	10x/side	10x/side	12x/side	12x/side	_
POSITION 1 DANG WAIK	TOX/UNECTION	TOXYUNECTION	10x/ullection	TOX/direction	Willi balid - CE pusii - Oli	TOX/Side	TOX/Side	12X/Side	12X/Side	
Elasticity		Moveme	ent prep -		Elasticity					
					skipping	10 meters	10 meters	10 meters	10 meters	
Front skip - progressivly bigger	10x	10x	10x	10x	SL bunny hops	10 meters	10 meters	10 meters	10 meters	
Lateral skip	10x/side	10x/side	12x/side	12x/side	Squat jump	6x	6x	6x	6x	
Double foot hops - side to side	2x20	2x20	2x20	2x20	Kneeling catch & toss (or just toss & hand back for VI) 3x/side/direction	3x/side/direction	4x/side/direction	4x/side/direction	
Running accelerations	6x 25meters	6x 25meters	6x 25meters	6x 25meters						
Main lifts					Main lifts 3-4 sets of each					
Walking lunge w/ weight	10x/side mediu	10x/side mediu	8x/side mediur	8x/side medium	Bulgarian split squat opt. add weight	8x/side med	8x/side med	8x/side med	8x/side med.	
Single Arm Waiters press	light /8x	light/8x	med./8x	med./8x	Inverted pull-up OR SA Bent over row	6x	6x	8x	8x	
KB RDL	light/10x	light /10x	med/ 10x	heavy /10x	Bar bell hip thrust	8-10x	8-10x	8-10x	8-10x	
Pull-ups (use assistance as needed)	6x	6x	6x	6x	KB overhead press	8x/side	8x/side	8x/side	8x/side	
Med ball ham curl										
Core (circuit 2-3x)					Core (circuit 2-3x					
Plank w/ banded row	8x	8x	10x	10x	walking plank OR plank w/ arm& let reach	8x/side	8x/side	10x/side	10x/side	
Side plank w/ rotation	10x/side	10x/side	12x/side	12x/side	Windshield wipers	6x/side	6x/side	8x/side	10x/side	
Banana holds	15 sec	15 sec	20 sec	20 sec	Russian twist w/ weight	10x/side	10x/side	12x/side	12x/side	
Add in 3-5 additional exercises					Thera ball pike	8x	8x	10x	10x	
•					Add in 3-4 additional exercises of choice					

	BLOCK 6		Adding in a bit more intensity. Keeping up with consistency with 1x Over distance (OD) per week & 2x week strength sessions	Block total hrs	31	
	Date		Session	Intensity level	Hours/Time	
	week goals					
	Monday	AM	off			
	16-Sep		Stretch/yoga			
	Tuesday	AM	Run or walk w/ poles. Running flats & downhills, ski walking w/ poles on climbs	L1	1	
	17-Sep					
	-	AM	Classic rollerski OR ski erg. 20 min warm up, 1x 4 min L3, 4x 4min (10km pace) @ L4 w/ 3 min rest between, 15 min Cool down	L4	1	
	18-Sep		Strength session - Day 1 outline	L1	1.25	
	Thursday	AM	Activity of choice L1	LI	0.75	
	19-Sep Friday	AM	Running w/ leg speed, WU 30 min 10-12 x acceration, (10 sec ramp up, 20 sec. @ 90% effort), 45 sec b/t CD	Speeds	1	
	20-Sep		running w/ leg speed, wo so him 10-12 x acceration, (10 sec ramp up, 20 sec. @ 50% enort), 43 sec b/t cb	Speeds	1	
1	Saturday	AM	Strength session - Day 2 outline	ST	1.25	
week 21	21-Sep		Strength session - Day 2 dutine	31	1.25	
	Sunday	AM	Overdistance (OD) activity of choice, L1 (feel free to do multiple activities to make up the full two hours)	L1	2	
Ť	22-Sep		Overdistance (OD) activity of choice, Ex free nee to do maidple activities to make up the full two hours)	LI	2	
ě	22-3ep	PIVI				
3	TOTAL				8.25	
	week goals					
	Monday	AM	off			
	23-Sep	PM	Stretch/yoga			
	Tuesday	AM	L4 ladder intervals - CL skiing OR ski erg. WU 20 min, 30 sec, 60 sec, 90 sec @ L4 w/ 2 min rest between, Repeat set 2-3x. CD	L4	1	
	24-Sep	PM				
	Wednesday	AM				
	25-Sep	PM	Strength session - Day 1 outline		1.25	
	Thursday	AM	Activity of choice	L1	1.5	
week 22- med.	26-Sep	PM				
əc	Friday	AM	Activity of choice	L1	1	
∟	27-Sep	PM				
~ '-	Saturday	AM	L3 on foot or skate or ski erg, 3-4x10 min w/ 3 min rest between intervals		1	
2	28-Sep	PM	Strength session - Day 2 outline		1.25	
$\boldsymbol{\prec}$	Sunday	AM	CL Rollerski w/ 3x 15min Double pole only blocks worked in	L1	2	
e l	29-Sep	PM				
Š	TOTAL				9	
>	week goals					
		AN4				
	Monday	AM	steetch (wags			
		PM	stretch/yoga			
	Monday 30-Sep	PM	stretch/yoga Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel.		1	
	Monday 30-Sep Tuesday	PM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you		1	
	Monday 30-Sep	PM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel.		1	
	Monday 30-Sep Tuesday 1-Oct	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles	Speeds/L5	0.75	
T.	Monday 30-Sep Tuesday	PM AM PM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel.	Speeds/L5	0.75 1.25	
mn	Monday 30-Sep Tuesday 1-Oct	PM AM PM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD	Speeds/L5		
dium	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct	PM AM PM AM PM AM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline	Speeds/L5	1.25	
edium	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday	PM AM PM AM PM AM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline	Speeds/L5	1.25	
medium	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct	PM AM PM AM PM AM PM AM AM PM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session	Speeds/L5	1.25 0.5	
}- medium	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday	PM AM PM AM PM AM PM AM AM PM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session	Speeds/L5	1.25 0.5	
23- medium	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct	PM AM PM AM PM AM PM AM PM AM PM AM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1		1.25 0.5	
k 23- medium	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday	PM AM PM AM PM AM PM AM PM AM PM AM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds		1.25 0.5 1	
eek 23- medium	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct	PM AM A	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline		1.25 0.5 1 1.5 1.25	
veek 23- medium	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct	PM AM A	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline		1.25 0.5 1 1.5 1.25 2.25	
week 23- medium	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct	PM AM A	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole		1.25 0.5 1 1.5 1.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL week goals	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in.		1.25 0.5 1 1.5 1.25 2.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL week goals Monday	PM AM A	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in.		1.25 0.5 1 1.5 1.25 2.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL week goals Monday 7-Oct	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in.		1.25 0.5 1 1.5 1.25 2.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL week goals Monday 7-Oct Tuesday	PM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga		1.25 0.5 1 1.5 1.25 2.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL Week goals Monday 7-Oct Tuesday 8-Oct	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in.		1.25 0.5 1 1.5 1.25 2.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL week goals Monday 7-Oct Tuesday 8-Oct Wednesday	PM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off Stretch/yoga CL Rollerski w/ 15 min double pole only		1.25 0.5 1 1.5 1.25 2.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL Week goals Monday 7-Oct Tuesday 8-Oct Wednesday 9-Oct	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga		1.25 0.5 1 1.5 1.25 2.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL week goals Monday 7-Oct Tuesday 8-Oct Wednesday 9-Oct Thursday	PM AM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off Stretch/yoga CL Rollerski w/ 15 min double pole only		1.25 0.5 1 1.5 1.25 2.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL week goals Monday 7-Oct Tuesday 8-Oct Wednesday 9-Oct Thursday 10-Oct	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session	L3	1.25 0.5 1 1.5 1.25 2.25	
>	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL week goals Monday 7-Oct Tuesday 8-Oct Wednesday 9-Oct Thursday 10-Oct Friday	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off Stretch/yoga CL Rollerski w/ 15 min double pole only		1.25 0.5 1 1.5 1.25 2.25	
*	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 5-Oct Sunday 6-Oct TOTAL Week goals Monday 7-Oct Tuesday 8-Oct Wednesday 9-Oct Thursday 10-Oct Friday 11-Oct	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session	L3	1.25 0.5 1 1.5 1.25 2.25	
*	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 6-Oct TOTAL Week goals Monday 7-Oct Tuesday 9-Oct Wednesday 9-Oct Thursday 10-Oct Friday 11-Oct Saturday	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t	L3	1.25 0.5 1 1.5 1.25 2.25	
*	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 6-Oct TOTAL week goals Monday 7-Oct Tuesday 9-Oct Thursday 10-Oct Friday 11-Oct Saturday 11-Oct Saturday	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest bit each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session Activity of choice L1 CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session	L3	1.25 0.5 1 1.5 1.25 2.25	
*	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 6-Oct TOTAL Week goals Monday 7-Oct Tuesday 8-Oct Wednesday 9-Oct Thursday 10-Oct Friday 11-Oct Saturday	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t	L3	1.25 0.5 1 1.5 1.25 2.25	
24 - Recovery w	Monday 30-Sep Tuesday 1-Oct Wednesday 2-Oct Thursday 3-Oct Friday 4-Oct Saturday 6-Oct TOTAL week goals Monday 7-Oct Tuesday 9-Oct Thursday 10-Oct Friday 11-Oct Saturday 11-Oct Saturday	PM AM PM	Row, erg or swim - Easy session w/ focus on more upper body endurance - moving consistently. Add or take off 15 + min based on how you feel. Running speeds/bounding - WU 20 min 6-8x 90 sec acceleration (last 20 sec at 90% effort), 10 min easy jog, 6-8x bounding 10-15 sec w/ poles uphill, increasing effort w/ each rep. 90 sec rest b/t each rep CD Strength session - Day 1 outline Activity of choice L1 - light day. Add in stretching/mobility after session CL Rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in CD, min 3 min b/t speeds Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength session Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t	L3	1.25 0.5 1 1.5 1.25 2.25	

	BLOCK 7			Block total hrs	32	
	Date		Session	Intensity level	Hours/Time	
	week goals					
	Monday	AM	off			
	14-Oct		Stretch/yoga	14	1	
	Tuesday 15-Oct	AM	Run or walk w/ poles. Running flats & downhills, ski walking w/ poles on climbs	L1	1	
	15-00	PIVI				
			Classic rollerski OR ski erg. 20 min warm up, 1x 4 min L3, 4x 4min (10km pace) @ L4 w/ 3 min rest between, 15 min			
	Wednesday	AM	Cool down	L4	1	
	16-Oct	PM	Strength session - Day 1 outline		1.25	
	Thursday	AM	Activity of choice L1	L1	0.75	
	17-Oct					
	Friday	AM	Running w/ leg speed, WU 30 min 10-12 x acceration, (10 sec ramp up, 20 sec. @ 90% effort), 45 sec b/t CD	Speeds	1	
1	18-Oct		Chronith assiss Day 2 guilling	СТ	1.25	
7	Saturday 19-Oct	AM	Strength session - Day 2 outline	ST	1.25	
week 25	Sunday	AM	Overdistance (OD) activity of choice, L1 (feel free to do multiple activities to make up the full two hours)	L1	1.75	
ě	20-Oct		Overdistance (OD) activity of choice, L1 (reel free to do martiple activities to make up the full two hours)	LI	1.75	
é						
	TOTAL				8	
	week goals	414	Big week. Plan ahead. Prioritize recovery.			
	Monday 31 Oct	AM	Off Stratch (upp)			
	21-Oct	rivi	Stretch/yoga			
			L4 ladder intervals - skate skiing OR ski erg OR slide board. WU 20 min, 30 sec, 60 sec, 90 sec @ L4 w/ 2 min rest			
	Tuesday	AM	between, Repeat set 2-3x. CD	L4	1.5	
	22-Oct					
		AM	Strength session - Day 1 outline		4.25	
	23-Oct			L1	1.25	
	Thursday 24-Oct	AM	Activity of choice	LI	2	
	Friday	AM	Activity of choice	L1	1.5	
	25-Oct		reality of diolec		2.0	
10	Saturday	AM	L3 running, rowing or CL rollerskiing , 4-5x10 min w/ 3 min rest between intervals		1.75	
26	26-Oct		Strength session - Day 2 outline		1.25	
~	Sunday	AM	Skate Rollerski w/ 3x 15min no pole only blocks worked in (if applicable)	L1	2.75	
e e	27-Oct	PM				
week 26	TOTAL				12	1:
	week goals					•
	Monday	AM				
	28-Oct	PM	stretch/yoga			
	Tuesday	AM	Bike, run or row. Easy L1 session, should feel better at the end, vs. more tired.		1	
	29-Oct	PM				
	Wednesday	AM	CL Rollerski - WU 20 min., 4-5 x7min L3, w/ 3min rest, 30 min CD, min	L3	1.5	
	30-Oct		CE Rolletski - WO 20 Hills, 4-3 X7Hill ES, W/ Shill Test, 30 Hill CD, Hill	D	1.3	
	Thursday	AM	Strength session - Day 1 outline			
	31-Oct				1.25	
	31-000		Stringer session - Day 1 butting		1.25	
	Friday		Run, Ski erg or row L1 w/ 2x (10x speeds)	L1+ speed	1.25	
		PM AM		L1+ speed		
_	Friday	PM AM		L1+ speed		
27	Friday 1-Nov	PM AM PM AM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline	L1+ speed	1.25	
k 27	Friday 1-Nov Saturday 2-Nov Sunday	PM AM PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds)	L1+ speed	1	
eek 27	Friday 1-Nov Saturday 2-Nov	PM AM PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline	L1+ speed	1.25	
week 27	Friday 1-Nov Saturday 2-Nov Sunday	PM AM PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline	L1+ speed	1.25	
week 27	1-Nov Saturday 2-Nov Sunday 3-Nov	PM AM PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline	L1+ speed	1.25	
week 27	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov	PM AM PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole	L1+ speed	1.25	
week 27	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov	PM AM PM AM PM AM PM AM AM AM AM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in.	L1+ speed	1.25	
week 27	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday	PM AM AM AM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga	L1+ speed	1.25 2 8	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov	PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off	L1+ speed	1.25	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov Wednesday	PM AM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only	L1+ speed	1.25 2 8	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov Wednesday 6-Nov	PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga	L1+ speed	1.25 2 8	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov Wednesday 6-Nov Thursday	PM AM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only	L1+ speed	1.25 2 8	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov Wednesday 6-Nov Thursday 7-Nov	PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline		1.25 2 8	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov Wednesday 6-Nov Thursday 7-Nov Friday	PM AM AM AM PM AM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only	L1+ speed	1.25 2 8	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov Wednesday 6-Nov Thursday 7-Nov Friday 8-Nov	PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline		1.25 2 8	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov Wednesday 6-Nov Thursday 7-Nov Friday 8-Nov Saturday	PM AM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline Activity of choice		1.25 2 8	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov Wednesday 6-Nov Thursday 7-Nov Friday 8-Nov Saturday 9-Nov	PM AM PM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline		1.25 2 8	
	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 5-Nov Wednesday 6-Nov Thursday 7-Nov Friday 8-Nov Saturday	PM AM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline Activity of choice		1.25 2 8	
week 28 - Recovery	Friday 1-Nov Saturday 2-Nov Sunday 3-Nov TOTAL week goals Monday 4-Nov Tuesday 6-Nov Wednesday 6-Nov Thursday 7-Nov Friday 8-Nov Saturday 9-Nov Sunday	PM AM	Run, Ski erg or row L1 w/ 2x (10x speeds) Strength session - Day 2 outline Skate Rollerski w/ 2-3 x 15 min no pole Rest week - stay active with FUN activities for you. 2x get strength in. off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline Activity of choice		1.25 2 8	

	BLOCK 7		Block total hrs	32
	Date	Session	Intensity level	Hours/Time
	week goals			
	Monday AM	off		
	14-Oct PM	Stretch/yoga		
	Tuesday AM	Run	L1	1.25
	15-Oct PM			
	Wednesday AM	skate rollerski OR ski erg/slide board. 20 min warm up, 1x 4 min L3, 4x 4min (10km pace) @ L4 w/ 3 min rest between, 15 min Cool dow	ır L4	1
	16-Oct PM			
	Thursday AM			
	17-Oct PM	Strength session - Day 1 outline		1.25
	Friday AM	Activity of choice L1 w/ 10x 10 sec sprints or worked into game of some kind	L1/L5	1
	18-Oct PM			
<u>,</u>	Saturday AM	Strength session - Day 2 outline	ST	1.25
52	19-Oct PM			
¥	Sunday AM	Overdistance (OD) skate Rollerski , w/ 8x 10 sec speeds worked into session, min. 3 min b/t speeds. Do some speeds on gradual down	L1	2.25
פֿס	20-Oct PM			
week				8
>	TOTAL	to a Bull of the Control of the Cont		8
	week goals	Intro to a little more L4		
	Monday AM	off		
	21-Oct PM	Stretch/yoga		
	Tuesday AM	Classic rollerski OR ski erg. 20 min warm up, 5x 7 min L3 w/ 3 min rest between. CD	L3	2
	22-Oct PM			
	Wednesday AM	Strength session - Day 1 outline		1.25
	23-Oct PM			
	Thursday AM	Activity of choice	L1	1.5
_	24-Oct PM			
week 26- high	Friday AM			
Ē	25-Oct PM			
<u> </u>	Saturday AM	Strength session - Day 2 outline		1.25
26	26-Oct PM	Activity of choice	L1	1
V	Sunday AM	CL Rollerski w/ 2x 15min Double pole	L1	2
<u>o</u>	27-Oct PM			-
é				
>	TOTAL			9
	week goals			
	Monday AM			
		stretch/yoga		
	Monday AM	stretch/yoga	L3	1.5
	Monday AM 28-Oct PM	stretch/yoga	L3	1.5
	Monday AM 28-Oct PM Tuesday AM	stretch/yoga bike/spin	L3	1.5
	Monday AM 28-Oct PM Tuesday AM 29-Oct PM			
	Monday AM 28-Oct PM Tuesday AM 29-Oct PM Wednesday AM	bike/spin		1
	Monday AM 28-Oct PM Tuesday AM 29-Oct PM Wednesday AM 30-Oct PM	bike/spin Strength Assessment		1 1.25
Ε	Monday AM	bike/spin Strength Assessment Activity of choice		1 1.25
dium	Monday AM 28-Oct PM Tuesday AM 29-Oct PM Wednesday AM 30-Oct PM Thursday AM 31-Oct PM Friday AM	bike/spin Strength Assessment		1 1.25
nedium	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD		1 1.25 0.5
- medium	Monday AM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice		1 1.25 0.5 1 1.25
27- medium	Monday AM 28-Oct PM Tuesday AM 29-Oct PM Wednesday AM 30-Oct PM Thursday AM 31-Oct PM Friday AM 1-Nov PM Saturday AM 2-Nov PM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline		1 1.25 0.5 1.25 1.25
k 27- medium	Monday AM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice		1 1.25 0.5 1 1.25
eek 27- medium	Monday AM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline		1 1.25 0.5 1 1.25 1.25 2.25
week 27- medium	Monday AM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole		1 1.25 0.5 1.25 1.25
week 27- medium	Monday AM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline		1 1.25 0.5 1 1.25 1.25 2.25
	Monday AM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole		1 1.25 0.5 1 1.25 1.25 2.25
	Monday AM 28-Oct PM Tuesday AM 29-Oct PM Wednesday AM 30-Oct PM Thursday AM 31-Oct PM Friday AM 1-Nov PM Saturday AM 2-Nov PM Sunday AM 3-Nov PM TOTAL week goals	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest weekl		1 1.25 0.5 1 1.25 1.25 2.25
	Monday AM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest week! off		1 1.25 0.5 1 1.25 1.25 2.25
	Monday AM 28-Oct PM Tuesday AM 29-Oct PM Wednesday AM 30-Oct PM Thursday AM 31-Oct PM Friday AM 1-Nov PM Saturday AM 2-Nov PM Sunday AM 3-Nov PM TOTAL week goals Monday AM 4-Nov PM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest week! off		1 1.25 0.5 1 1 1.25 1.25 2.25
	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest week! off stretch/yoga		1 1.25 0.5 1 1.25 1.25 2.25
	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest weekl off stretch/yoga CL Rollerski w/ 15 min double pole only		1 1 1.25 0.5 1 1 1.25 1.25 2.25 1 1 0
	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest week! off stretch/yoga		1 1.25 0.5 1 1.25 1.25 2.25
	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest weekl off stretch/yoga CL Rollerski w/ 15 min double pole only		1 1 1.25 0.5 1 1 1.25 1.25 2.25 1 1 0
	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest weekl off stretch/yoga CL Rollerski w/ 15 min double pole only		1 1 1.25 0.5 1 1 1.25 1.25 2.25 1 1 0
	Monday AM 28-Oct PM Tuesday AM 29-Oct PM Wednesday AM 30-Oct PM Thursday AM 31-Oct PM Friday AM 1-Nov PM Saturday AM 2-Nov PM Sunday AM 3-Nov PM TOTAL week goals Monday AM 4-Nov PM Tuesday AM 5-Nov PM Tuesday AM 6-Nov PM Thursday AM 6-Nov PM Thursday AM 6-Nov PM Thursday AM 7-Nov PM Friday AM	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest week! off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline		1 1 1.25 0.5 1 1 1.25 1.25 2.25 1 1 0
	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest weekl off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline Strength session	LI .	1 1 1.25 0.5 1 1 1 1 1.25 1.25 1.25 1 1 1 1 1 1.25
	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest week! off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline		1 1 1.25 0.5 1 1 1.25 1.25 2.25 1 1 0
	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest weekl off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline Strength session	LI .	1 1 1.25 0.5 1 1 1 1 1.25 1.25 1.25 1 1 1 1 1 1.25
week 28 - ST Assessment/ Recovery week 27- medium	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest weekl off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline Strength session	LI .	1 1 1.25 0.5 1 1 1 1 1.25 1.25 1.25 1 1 1 1 1 1.25
	Monday	bike/spin Strength Assessment Activity of choice Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD Activity of choice Strength session - Day 2 outline Skate Rollerski w/ 2x 15 min no pole Rest week WITH Strength Assessment - transistion season, as hopefully you all will be on snow in not too long. Enjoy this rest weekl off stretch/yoga CL Rollerski w/ 15 min double pole only Strength Assessment - to ST assessment outline Strength session	LI .	1 1 1.25 0.5 1 1 1 1 1.25 1.25 1.25 1 1 1 1 1 1.25