

Standing/VI Training age (first few years)- 415 hr ATP

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

		Ease way into training year. Not too ski specific yet, get into routine & regular ST		Block 1 hrs	26				
		Date	Session	Intensity level	Hours/Time	BA Notes			
week 1 - light	week goals		Get into regular routine of training again.						
	Monday	AM	off						Endurance activities: Running (trail, road, track) Biking (road, mnt., trainer) Ski Erg (Double pole) Rollerski (skate) Rollerski (classic) Swimming Rowing (erg, on water)
		29-Apr	PM	off					
	Tuesday	AM	Season kick-off workout - Activity of choice - fun, w/ friends!	L1	0.75				
		30-Apr	PM						
	Wednesday	AM							
		1-May	PM	Strength session - Day 1 outline		1.25			
	Thursday	AM	Run or swim	L1	0.75				
		2-May	PM						
	Friday	AM	Running w/ 6x 30 second strides (5km pace) 3 min rest between	L1 (+)	1				
		3-May	PM						
Saturday	AM	Strength session - Day 2 outline		1.25					
	4-May	PM							
Sunday	AM	Distance session	L1	2					
	5-May	PM							
TOTAL					7				
week goals		Continue to get into a routine w/ training. Look at all equipment and check it is in good shape							
week 2 - light	Monday	AM	off					Week load key Light Medium Heavy Speed Recovery Taper	
		6-May	PM	off					
	Tuesday	AM	Running 3x 1000 meters (10km pace) @ L3 w/ 3 min rest between	L3	1	~15 min L3			
		7-May	PM						
	Wednesday	AM							
		8-May	PM	Strength session - Day 1 outline		1.25			
	Thursday	AM	Activity of choice	L1	1.5				
		9-May	PM						
	Friday	AM	Strength session - Day 2 outline		1.25				
		10-May	PM						
	Saturday	AM	Running w/ 8x 30 second strides (5km pace) 3 min rest between	L1 (+)	1				
	11-May	PM							
Sunday	AM	Distance session - multi-sport activity (?) ie: bike + run	L1	2					
	12-May	PM							
TOTAL					8				
week goals		intro double pole						Color key for activities: L1 L3 L4 L5 - Max Race/TT Speed Strength	
Monday	AM	off							
	13-May	PM	off						
Tuesday	AM	Running -WU15, 4x 30 sec accelerations, Ladder 3min, 5min, 5min, 3min L3 w/ 3min rest L3		1.25	16min L3				
	14-May	PM							
Wednesday	AM	bike/spin	L1	0.5					
	15-May	PM	Strength session - Day 1 outline		1.25				
Thursday	AM								
	16-May	PM							
Friday	AM	Rollerski - skate. 10 min no pole		0.75					
	17-May	PM							
Saturday	AM								
	18-May	PM	Strength session - Day 2 outline		1.25				
Sunday	AM	Distance session - multi-sport activity (?) ie: bike + run		2					
	19-May	PM							
TOTAL					7	7			
week goals		Rest week - stay active with FUN activities for you. 2x get strength in.							
week 4- Recovery	Monday	AM	off						
		20-May	PM	off					
	Tuesday	AM							
		21-May	PM	Activity of choice		1			
	Wednesday	AM							
		22-May	PM	Strength session		1			
	Thursday	AM							
		23-May	PM						
	Friday	AM							
		24-May	PM	Strength session		1			
Saturday	AM	Activity of choice w/ 6x 30 sec strides (5km pace) Min. 3 min rest b/t	L1 (+)	1					
	25-May	PM							
Sunday	AM								
	26-May	PM							
TOTAL					4	4			

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

BLOCK 2		Building, get into rollerskiing + basic testing at beginning of block. Re-test at end of summer		Block total hrs	30				
Date	Session	Intensity level	Hours/Time	BA Notes					
week 5- light									
week goals					baseline testing for season Bring in more rollerskiing and a bit more intensity				
Monday	AM	off							
27-May	PM	Stretch/yoga							
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/l, 20 min cool dow	L1	1.5	L4				
28-May	PM								
Wednesday	AM	Strength testing- baseline for year		1.25					
29-May	PM	Activity of choice	L1 (+)	1.25					
Thursday	AM								
30-May	PM	3000 meter running test, (on track) Warm-up 15, 3min @ L3, 3000 meters time trial, CD 15min.		0.75	L4				
31-May	PM								
Saturday	AM	Strength session - Day 2 outline		1.25					
1-Jun	PM								
Sunday	AM	Skate Rollerski	L1	2					
2-Jun	PM								
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	Strength session - Day 1 outline		1.25					
5-Jun	PM	Activity of choice	L1	1.5					
Thursday	AM								
6-Jun	PM								
Friday	AM	Strength session - Day 2 outline		1.25					
7-Jun	PM	Running or ski erg 25 min warm-up 6x 30 sec sprint/30 second rest, 25 min CD	L1 (+)	1	2.5 min L5				
Saturday	AM								
8-Jun	PM	Classic Rollerski w/ 15 min Double pole only,	L1	2					
Sunday	AM								
9-Jun	PM								
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/l, 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		1.25					
Thursday	AM	Run		1					
13-Jun	PM								
Friday	AM	Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD	speed	1					
14-Jun	PM								
Saturday	AM	Activity of choice	L1	1.25					
15-Jun	PM	Strength session - Day 2 outline		1.25					
Sunday	AM	Skate Rollerski w/ 2x10 min blocks no pole skiing	L1	2.25					
16-Jun	PM								
TOTAL				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	Classic Rollerski w/ 15 min Double pole only,		0.75					
18-Jun	PM								
Wednesday	AM	Strength session		1					
19-Jun	PM	Activity of choice		0.5					
Thursday	AM								
20-Jun	PM								
Friday	AM	Strength session		1					
21-Jun	PM	Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t each	L1 (+)	0.75					
Saturday	AM								
22-Jun	PM								
Sunday	AM								
23-Jun	PM								
TOTAL				4					

Color key for a	Week load key	Endurance activities:
L1	Light	Running (trail, road, track)
L3	Medium	Biking (road, mt., trainer)
L4	Heavy	Ski Erg (Double pole)
L5 - Max	Speed	Rollerski (skate)
Race/TI	Recovery	Rollerski (classic)
Speed	Taper	Swimming
Strength		Rowing (erg., on water)
Testing		

BLOCK 3		Block total hrs	33					
Date	Session	Intensity level	Hours/Time	BA Notes				
week 9 - med		week goals	Continue w/ L3 work, increasing on-time a bit, and getting in speeds as well					
Monday	AM off							
24-Jun	PM Stretch/yoga							
Tuesday	AM Run	L1	1.5					
25-Jun	PM							
Wednesday	AM Skate Rollerski Warm-up 20 min, L3 4x7 min w/ 3 min rest between, 30 min Cool down (keep first interval low level 3)	L3	1.5	28 min L3	SK RS 1.5			
26-Jun	PM Strength session - Day 1 outline		1.25					
Thursday	AM Activity of choice	L1	1.25					
27-Jun	PM							
Friday	AM run or ski erg warm up 20, 2 x (6x 30sprint/20 sec rest)		1.5	min L5				
28-Jun	PM							
Saturday	AM Strength session - Day 2 outline		1.25					
29-Jun	PM							
Sunday	AM Classic Rollerski w/ 3x10 min blocks of double pole or double pole kick (single arm skiers)	L1	2.25		CL RS 2.25			
30-Jun	PM							
TOTAL			10		10			
week 10- light		week goals	Keep up with consistency. Plan ahead for some fun sessions with friends/teammates/family, (someone bike with you while you rollerski)					
Monday	AM off							
1-Jul	PM Stretch/yoga							
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			
2-Jul	PM							
Wednesday	AM Strength session - Day 1 outline		1.25					
3-Jul	PM							
Thursday	AM Activity of choice	L1	1.5					
4-Jul	PM							
Friday	AM Running w/ 8x 30 second strides (5km pace) 3 min rest between	L1 (+)	1	speed				
5-Jul	PM							
Saturday	AM Strength session - Day 2 outline		1.25					
6-Jul	PM							
Sunday	AM skate Rollerski	L1	2		CL RS 2			
7-Jul	PM							
TOTAL			8		8			
week 11- medium		week goals	Most hours yet this season. Manage hours and intensity well with adequate rest! Plan ahead for this.					
Monday	AM off							
8-Jul	PM 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	PM							
Wednesday	AM bike/spin	L1	1.5					
10-Jul	PM Strength session - Day 1 outline		1.25					
Thursday	AM Run		1					
11-Jul	PM							
Friday	AM Track speeds 20 WU, 6-8 x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD		1					
12-Jul	PM							
Saturday	AM Activity of choice		1.75					
13-Jul	PM Strength session - Day 2 outline		1.25					
Sunday	AM classic Rollerski		2.5		CL RS 2.2			
14-Jul	PM							
TOTAL			12		12			
week 12- Recovery		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	PM stretch/yoga							
Tuesday	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			
16-Jul	PM							
Wednesday	AM Strength session - day 1 outline		1					
17-Jul	PM							
Thursday	AM Activity of choice		0.5					
18-Jul	PM							
Friday	AM Strength session - Day 2 outline		1					
19-Jul	PM							
Saturday	AM Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t	L1 (+)	0.75					
20-Jul	PM							
Sunday	AM off							
21-Jul	PM off/active rest				4			
TOTAL			4					

Endurance activities:
Running (trail, road, track)
Biking (road, mnt., trainer)
Ski Erg (Double pole)
Rollerski (skate)
Rollerski (classic)
Swimming
Rowing (erg, on water)

Week load key
Light
Medium
Heavy
Speed
Recovery
Taper

Color key for activities:
L1
L3
L4
L5 - Max
Race/TT
Speed
Strength

Standing/VI Block 3 - building, continued with running mechanics

Day 1					Day 2				
Standing/VI Block 3 - buildin, continued with unning mechanics					Standing/VI Block 3 - building, continued with running mechanics				
Aerobic warm-up					Aerobic warm-up				
Jump rope 5 min					Jump rope 5 min				
	week 1	week 2	week 3	week 4		week 1	week 2	week 3	week 4
Activation/balance - circuit 2x					Activation - circuit 2x				
Standing Y's	10x	12x	15x	15x	Shoulders w/ Pike				
Bkwd lunge to high knee	10x	12x	15x	15x	Elbow pull - rotate, extend over head	8-10x	8-10x	8-10x	8-10x
kneeling hip circles	6x/side	6x/side	8x/side	8x/side	Walking quad stretch				
Mini band -half moon	4x/side	5x/side	6x/side	6x/side	Mini Band - monster walks front/back	10x steps/side	10x steps/side	10x steps/side	10x steps/side
Position 1 band walk	10x	10x	12x	12x	Mini band - CL push - off				
	10x/direction	10x/direction	10x/direction	10x/direction					
Elasticity					Elasticity/Balance				
	Movement prep -				ankeling (up & down on toes)	10 meters	10 meters	10 meters	10 meters
Front skip - progressively 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	Hip Thrust	light	light	med	med.
Pull-ups (use assistance as needed)	5x	5x	5x	5x	DB bent over Ts	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 buddies. FUEL well throughout week			
week 13 - high	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 PM	Strength session - Day 1 outline	ST	1.25	
	Thursday AM	Activity of choice	L1	1.75	
	25-Jul PM				
	Friday AM	Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD	speeds	1	
	26-Jul PM				
Saturday AM	Run	L1	1.25		
27-Jul PM	Strength session - Day 2 outline	ST	2.25		
Sunday AM	Classic Rollerski w/ 3x10 min blocks of double pole or double pole kick (single arm skier: L1	L1	3		
28-Jul PM					
TOTAL				14	
week goals		Intro to a little more L4			
week 14- med.	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	
	1-Aug PM				
	Friday AM	Running or ski erg/DP 2x (6x30sec sprint/30 sec rest) 5 min. b/t sets.	L5	1	
	2-Aug PM				
Saturday AM	Strength session - Day 2 outline		1.25		
3-Aug PM					
Sunday AM	Skate Rollerski w/ 2x 15min blocks of no pole	L1	2		
4-Aug PM					
TOTAL				8	
week goals					
week 15- medium	Monday AM	off			
	5-Aug PM	stretch/yoga			
	Tuesday AM	Skate rollerski - WU 20 min., 4x7min L3, w/ 3min rest, 30 min CD w/ 6x 10 sec speeds in L3		1.5	
	6-Aug PM				
	Wednesday AM	bike/spin	L1	0.5	
	7-Aug PM	Strength session - Day 1 outline		1.25	
	Thursday AM	Run		1	
	8-Aug PM				
	Friday AM	Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD		1	
	9-Aug PM				
Saturday AM	Activity of choice		1.25		
10-Aug PM	Strength session - Day 2 outline		1.25		
Sunday AM	Skate Rollerski		2.5		
11-Aug PM					
TOTAL				10.25	
week goals		Rest week - stay active with FUN activities for you. 2x get strength in.			
week 16 - Recovery	Monday AM	off			
	12-Aug PM	stretch/yoga			
	Tuesday AM				
	13-Aug PM	Skate Rollerski w/ 15 min no pole only,		1	
	Wednesday AM				
	14-Aug PM	Strength session		1	
	Thursday AM				
	15-Aug PM				
	Friday AM				
	16-Aug PM	Strength session		1	
Saturday AM	Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t	L1 (+)	1		
17-Aug PM					
Sunday AM					
18-Aug PM					
TOTAL				4	

Standing/VI Block 4 - building, continued with running mechanics

Day 1					Day 2				
Standing/VI Block 3 - buildin, continued with unning mechanics					Jump rope 5 min				
Aerobic warm-up					Aerobic warm-up				
	week 1	week 2	week 3	week 4		week 1	week 2	week 3	week 4
Activation/balance - circuit 2x					Activation - circuit 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 band 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	Movement prep -				Elasticity				
Front skip - progressively bigger	10x	10x	10x	10x	Ankling (up & down on toes)	10 meters	10 meters	10 meters	10 meters
Lateral skip	10x/side	10x/side	12x/side	12x/side	High skip				
Double foot hops - side to side	2x20	2x20	2x20	2x20	Curl up/down	3x/side/directi	3x/side/directi	4x/side/directi	4x/side/direction
Running accelerations	6x 25meters	6x 25meters	6x 25meters	6x 25meters	Kneeling catch & toss (or just toss & hand back fo	3x/side/directi	3x/side/directi	4x/side/directi	4x/side/direction
Main lifts					Main lifts				
Walking lunge w/ weight	10x/side mediu	10x/side mediu	8x/side mediu	8x/side medium	Bulgarian split squat	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	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 exercises				

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 sessions.				
week 17 - high	Monday	AM	off			
		19-Aug	PM	Stretch/yoga		
	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			
	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	
		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	
		23-Aug	PM			
Saturday	AM	Run	L1	1.25		
	24-Aug	PM	Strength session - Day 2 outline	ST	1.25	
Sunday	AM	Skate Rollerski w/ 3x10 min blocks of no pole skiing	L1	2.5		
	25-Aug	PM				
TOTAL					12	
week goals		Intro to a little more L4				
week 18- med.	Monday	AM	off			
		26-Aug	PM	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			
	Wednesday	AM				
		28-Aug	PM	Strength session - Day 1 outline		1.25
	Thursday	AM	Activity of choice	L1	1.5	
		29-Aug	PM			
	Friday	AM	Running or ski erg/DP 2x (6x30sec sprint/30 sec rest) 5 min. b/t sets.	L5	1	
		30-Aug	PM			
Saturday	AM	Strength session - Day 2 outline			1.25	
	31-Aug	PM				
Sunday	AM	CL Rollerski w/ 2x 15min Double pole	L1	2		
	1-Sep	PM				
TOTAL					8	
week goals		Another bigger week of training. Plan ahead and connect with teammates/friends/family for sessions when you can.				
week 19- medium	Monday	AM	off			
		2-Sep	PM	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	1.5	
		3-Sep	PM			
	Wednesday	AM	bike/spin or pole walking (climbing ideally)	L1	1	
		4-Sep	PM	Strength session - Day 1 outline		1.25
	Thursday	AM	Activity of choice		0.5	
		5-Sep	PM			
	Friday	AM	Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD		1	
		6-Sep	PM			
Saturday	AM	Activity of choice		1.25		
	7-Sep	PM	Strength session - Day 2 outline		1.25	
Sunday	AM	Skate Rollerski w/ 2x 15 min no pole		2.25		
	8-Sep	PM				
TOTAL					10	
week goals		Rest week - stay active with FUN activities for you. 2x get strength in.				
week 20 - Recovery	Monday	AM	off			
		9-Sep	PM	stretch/yoga		
	Tuesday	AM				
		10-Sep	PM	CL Rollerski w/ 15 min double pole only		1
	Wednesday	AM				
		11-Sep	PM	Strength session		1
	Thursday	AM				
		12-Sep	PM			
	Friday	AM				
		13-Aug	PM	Strength session		1
Saturday	AM	Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t	L1 (+)	1		
	14-Sep	PM				
Sunday	AM					
	15-Sep	PM				
TOTAL					4	

Standing/VI Block 5 - building, continued with running mechanics

Day 1					Day 2					
Standing/VI Block 3 - building, continued with unning mechanics					Jump rope 5 min					
Aerobic warm-up					Aerobic warm-up					
	week 1	week 2	week 3	week 4	week 1	week 2	week 3	week 4		
Activation/balance - circuit 2x					Activation - circuit 2x					
Standing Y's	10x	12x	15x	15x	5x/side	5x/side	5x/side	5x/side		
Bkwd lunge to high knee	6x/side	6x/side	8x/side	8x/side	6x/side	6x/side	8x/side	8x/side		
kneeling hip circles	4x/side	5x/side	6x/side	6x/side	6x/side	6x/side	6x/side	6x/side		
Mini band -half moon	10x	10x	12x	12x	6x/side	6x/side	6x/side	6x/side		
Position 1 band walk	10x/direction	10x/direction	10x/direction	10x/direction	10x/side	10x/side	12x/side	12x/side		
Elasticity					Elasticity					
Movement prep -					skipping					
Front skip - progressively bigger	10x	10x	10x	10x	10 meters	10 meters	10 meters	10 meters		
Lateral skip	10x/side	10x/side	12x/side	12x/side	10 meters	10 meters	10 meters	10 meters		
Double foot hops - side to side	2x20	2x20	2x20	2x20	6x	6x	6x	6x		
Running accelerations	6x 25meters	6x 25meters	6x 25meters	6x 25meters	Kneeling catch & toss (or just toss & hand back for VI)	3x/side/direction	3x/side/direction	4x/side/direction	4x/side/direction	
Main lifts					Main lifts 3-4 sets of each					
Walking lunge w/ weight	10x/side mediu	10x/side mediu	8x/side mediu	8x/side mediu	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 21 -					
week goals					
Monday	AM	off			
	16-Sep	PM	Stretch/yoga		
Tuesday	AM	Run or walk w/ poles. Running flats & downhill, ski walking w/ poles on climbs	L1		1
	17-Sep	PM			
Wednesday	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	PM	Strength session - Day 1 outline		1.25
Thursday	AM	Activity of choice L1	L1		0.75
	19-Sep	PM			
Friday	AM	Running w/ leg speed, WU 30 min 10-12 x acceleration, (10 sec ramp up, 20 sec. @ 90% effort), 45 sec b/t CD	Speeds		1
	20-Sep	PM			
Saturday	AM	Strength session - Day 2 outline	ST		1.25
	21-Sep	PM			
Sunday	AM	Overdistance (OD) activity of choice, L1 (feel free to do multiple activities to make up the full two hours)	L1		2
	22-Sep	PM			
TOTAL					8.25
week 22- med.					
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
	26-Sep	PM			
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
	28-Sep	PM	Strength session - Day 2 outline		1.25
Sunday	AM	CL Rollerski w/ 3x 15min Double pole only blocks worked in	L1		2
	29-Sep	PM			
TOTAL					9
week 23- medium					
week goals					
Monday	AM				
	30-Sep	PM	stretch/yoga		
Tuesday	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
	1-Oct	PM			
Wednesday	AM	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	Speeds/L5		0.75
	2-Oct	PM	Strength session - Day 1 outline		1.25
Thursday	AM	Activity of choice L1 - light day. Add in stretching/mobility after session			0.5
	3-Oct	PM			
Friday	AM	Activity of choice L1			1
	4-Oct	PM			
Saturday	AM	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	L3		1.5
	5-Oct	PM	Strength session - Day 2 outline		1.25
Sunday	AM	Skate Rollerski w/ 2-3 x 15 min no pole			2.25
	6-Oct	PM			
TOTAL					9.5
week 24 - Recovery					
week goals Rest week - stay active with FUN activities for you. 2x get strength in.					
Monday	AM	off			
	7-Oct	PM	stretch/yoga		
Tuesday	AM				
	8-Oct	PM	CL Rollerski w/ 15 min double pole only		1
Wednesday	AM				
	9-Oct	PM	Strength session		1
Thursday	AM				
	10-Oct	PM			
Friday	AM	Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t	L1 (+)		1
	11-Oct	PM			
Saturday	AM				
	12-Oct	PM	Strength session		1
Sunday	AM				
	13-Oct	PM			
TOTAL					4

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4

BLOCK 7			Block total hrs	32
Date		Session	Intensity level	Hours/Time
week 25 -				
week goals				
Monday	AM	off		
	14-Oct PM	Stretch/yoga		
Tuesday	AM	Run or walk w/ poles. Running flats & downhill, ski walking w/ poles on climbs	L1	1
	15-Oct PM			
Wednesday	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
	16-Oct PM	Strength session - Day 1 outline		1.25
Thursday	AM	Activity of choice L1	L1	0.75
	17-Oct PM			
Friday	AM	Running w/ leg speed, WU 30 min 10-12 x acceleration, (10 sec ramp up, 20 sec. @ 90% effort), 45 sec b/t CD	Speeds	1
	18-Oct PM			
Saturday	AM	Strength session - Day 2 outline	ST	1.25
	19-Oct PM			
Sunday	AM	Overdistance (OD) activity of choice, L1 (feel free to do multiple activities to make up the full two hours)	L1	1.75
	20-Oct PM			
TOTAL				8
week goals				
Big week. Plan ahead. Prioritize recovery.				
Monday	AM	off		
	21-Oct PM	Stretch/yoga		
Tuesday	AM	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 between, Repeat set 2-3x. CD	L4	1.5
	22-Oct PM			
Wednesday	AM	Strength session - Day 1 outline		1.25
Thursday	AM	Activity of choice	L1	2
	24-Oct PM			
Friday	AM	Activity of choice	L1	1.5
	25-Oct PM			
Saturday	AM	L3 running, rowing or CL rollerskiing, 4-5x10 min w/ 3 min rest between intervals		1.75
	26-Oct PM	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
	27-Oct PM			
TOTAL				12
week 26				
week goals				
Monday	AM	stretch/yoga		
	28-Oct PM			
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 PM			
Thursday	AM	Strength session - Day 1 outline		1.25
	31-Oct PM			
Friday	AM	Run, Ski erg or row L1 w/ 2x (10x speeds)	L1+ speed	1
	1-Nov PM			
Saturday	AM	Strength session - Day 2 outline		1.25
	2-Nov PM			
Sunday	AM	Skate Rollerski w/ 2-3 x 15 min no pole		2
	3-Nov PM			
TOTAL				8
week 27				
week goals				
Rest week - stay active with FUN activities for you. 2x get strength in.				
Monday	AM	off		
	4-Nov PM	stretch/yoga		
Tuesday	AM	CL Rollerski w/ 15 min double pole only		1
Wednesday	AM	Strength Assessment - to ST assessment outline		1.25
Thursday	AM			
	7-Nov PM			
Friday	AM	Activity of choice	L1 (+)	1
	8-Nov PM			
Saturday	AM	Strength session		1
	9-Nov PM			
Sunday	AM			
	10-Nov PM			
TOTAL				4
week 28 - Recovery				

BLOCK 7			Block total hrs	32
Date	Session	Intensity level	Hours/Time	
week 25 -				
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 down	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			
Saturday	AM	Strength session - Day 2 outline	ST	1.25
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
20-Oct	PM			
TOTAL				8
week 26- high				
week goals				
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			
Friday	AM			
25-Oct	PM			
Saturday	AM	Strength session - Day 2 outline		1.25
26-Oct	PM	Activity of choice	L1	1
Sunday	AM	CL Rollerski w/ 2x 15min Double pole	L1	2
27-Oct	PM			
TOTAL				9
week 27- medium				
week goals				
Monday	AM			
28-Oct	PM	stretch/yoga		
Tuesday	AM		L3	1.5
29-Oct	PM			
Wednesday	AM	bike/spin	L1	1
30-Oct	PM	Strength Assessment		1.25
Thursday	AM	Activity of choice		0.5
31-Oct	PM			
Friday	AM	Track speeds 20 WU, 6x200m @ 2 mile pace, walk 200 meters b/t, 20 min CD		1
1-Nov	PM			
Saturday	AM	Activity of choice		1.25
2-Nov	PM	Strength session - Day 2 outline		1.25
Sunday	AM	Skate Rollerski w/ 2x 15 min no pole		2.25
3-Nov	PM			
TOTAL				10
week 28 - ST Assessment/Recovery				
week goals				
Monday	AM	off		
4-Nov	PM	stretch/yoga		
Tuesday	AM			
5-Nov	PM	CL Rollerski w/ 15 min double pole only		1
Wednesday	AM			
6-Nov	PM	Strength Assessment - to to ST assessment outline		1.25
Thursday	AM			
7-Nov	PM			
Friday	AM			
8-Nov	PM	Strength session		1
Saturday	AM	Activity of choice w/ 6x 30 sec accelerations. Min. 4 min rest b/t	L1 (+)	1
9-Nov	PM			
Sunday	AM			
10-Nov	PM			
TOTAL				4

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