

AUGUST		Focus Week: 8/24 - 8/30			
		Workout	Duration (hrs.)	Focus	
Week 1		Week Focus: Aerobic Volume, Technique			
Monday	3-Aug	OFF			
Tuesday	4-Aug	Skate Rollerski easy, heavy focus on V1 technique	1.5	Aerobic Fitness, Strength	
Wednesday	5-Aug	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1.5	Aerobic Fitness, Strength	
Thursday	6-Aug	Circuit Strength; 3 x (10 exercises, 1 minute each, w/1 minute between exercises during, 5 minute break between sets); 15 minute warm up, 10 minute cool down	1.5	Strength, Power	
Friday	7-Aug	Run/Hike w/ski poles, easy	1.75	Aerobic Fitness	
Saturday	8-Aug	Skate Rollerski, focus on riding a flat ski, esp. during V2	2	Aerobic Fitness, Technique	
Sunday	9-Aug	Classic Rollerski, mostly double pole, but will be long, so mix in some striding and kick-double pole also	2.5	Aerobic Fitness, Strength	
Weekly Total			10.75		
		Workout	Duration (hrs.)	Focus	
Week 2		Week Focus: Speed/Intensity			
Monday	10-Aug	OFF			
Tuesday	11-Aug	Running or Skiing intervals, 20 minute warm up, 8x (3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down	1.5	Anaerobic Fitness	
Wednesday	12-Aug	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Strength, Speed	
Thursday	13-Aug	Opposite of Tuesday (run if skied, ski if ran), 15 minute warm up, 7x4 minutes 5k race pace w/full recovery between intervals, 10 minute cool down	1.5	Anaerobic fitness	
Friday	14-Aug	Easy Run/Jog 1 hour + Bodyweight Strength Routine from 6/30	1.25	Aerobic Fitness, Strength	
Saturday	15-Aug	Skate Rollerski easy 1 hour, Classic Rollerski easy 1 hour	2	Aerobic Fitness, Technique	
Sunday	16-Aug	Easy Biking (road or mountain)	2.5	Aerobic Fitness	



Weekly Total			9.75	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Recovery		
Monday	17-Aug	OFF		
Tuesday	18-Aug	Choice of aerobic workout (ski, bike, run)	1	Aerobic Fitness
Wednesday	19-Aug	Abbreviated Circuit Strength; 3 x (6 exercises, 1 minute each, w/1 minute between exercises during, 5 minute break between sets); 15 minute warm up, 10 minute cool down	1.25	Strength
Thursday	20-Aug	Classic Specific Strength Workout (5x1 minute double pole up hill, 1 minute rest in between each; 5 minute break; 1 minute single stick up hill, 1 minute rest between each; 5 minute break; 1 minute double pole up hill, 1 minute rest between each) 15 minute warm up, 10 minute cool down	1.5	Specific Strength
Friday	21-Aug	Run/Hike easy w/ 10 x 20 second accelerations after	1	Aerobic Fitness
Saturday	22-Aug	Easy Bike (road or mountain)	1.5	Aerobic Fitness
Sunday	23-Aug	Classic Rollerski easy	1.5	Aerobic Fitness
Weekly Total			7.75	
		Workout	Duration (hrs.)	Focus
Week 4		Week Focus: Intensity		
Monday	24-Aug	OFF		
Tuesday	25-Aug	Rollerski (skate or classic), 15 minute warm up, 35 minutes Birkie race pace, 15 minute cool down	1	Anaerobic Threshold
Wednesday	26-Aug	Rollerski Classic, Double pole only (45 minutes), Rollerski Skate, 3x8 minutes no pole skiing, 45 minutes total	1.5	Aerobic Fitness, Strength
Thursday	27-Aug	Ski Walking/Hill Bounding Workout (15 minute warm up, 5x4 minutes level 3 ski walking w/poles, 5x1 minute level 4 hill bounding w/poles, 3x3 minutes level 3 ski walking w/poles, 15 minute cool down)	1.5	Anaerobic Fitness
Friday	28-Aug	Choice of aerobic workout (ski, bike, run)	1.5	Aerobic Fitness
Saturday	29-Aug	Copyright © 2015 Endurance United. All Rights Reserved.	1.5	Anaerobic Fitness/Speed
Sunday	30-Aug	Easy Run/Jog	1	Aerobic Fitness



Weekly Total			8	
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