

Monthly Training Plan

Prepared For: **Birkie Skiers**

Key:

Cycle Notes and Overview:

BIRKIE
SKI . RUN . BIKE . LIVE!

9/29/14 to 10/26/14

INT - Intensity
ST - Strength
SP - Speed
OD - Over Dist.
REC - Recovery

≥ Final cycle of all dryland....we will be skiing next month maybe!!!!
≥ tought 28 days....then a rest before we hit our first month with actual skiing!!!
≥ Use this month smartly(that a word?) - very critical. At the end you should feel like you could race a 10km race... if not, why not?
≥ Take fridays off if you are feeling at all tired in this cycle.
≥ I see this month as a time to get ready for snow with spec. strength and more lvl 4.

Week of: 9/29/14

Weekly Notes: 2 spec st. workouts, one lvl 4, 1 lvl 3

	Focus	Rating	Volume	Workout
Monday	x	x	0.00	rec day
Tuesday	ST/SP	2	1.25	Classic rollerski - 8-10 x 30sec single stick then 8-10 x 45sec DP up hill + warmup/cooldown - FAST & Quick
Wednesday	INT/ST	1	1.50	Uphill bound/run on longer climb if possible - 3 x 7-10min@ lvl 4, (full recovery between each)
Thrusday	ST	2	1.00	General Strength day (3 sets) + .5-.75 of choice endurance + 8x 30sec ski immitation (4 v2 and 4 DP)
Friday	rec	3	0.50	Easy choice day - off if tired....if not 1.0 of easy workout
Saturday	SP	2	1.25	18 x 15 sec sprints - (6 stride, 6 PD, 6 kdp....or 6 v1, 6 v2, 6 v2a), 20min Warm up, 20 Cooldwn
Sunday	OD/INT	1	3.00	2.5 - 3.0 od run or ski or MTB with .5 of lvl 3 in the middle, one continous "natural interval".
Weekly Total -			8.50	

Week of: 10/6/14

Weekly Notes: 2 spec st. workouts, one lvl 4, 1 lvl 3

	Focus	Rating	Volume	Workout
Monday	x	x	0.00	rec day
Tuesday	ST/INT	2	1.50	Classic rollerski - 8-10 x 30sec single stick then 8-10 x 45sec DP up hill + warmup/cooldown - FAST
Wednesday	INT	1	1.50	6 x 5mins @ HARD (for each minute of interval do 50sec lvl 4, then 10sec EZ), full recovery between each
Thrusday	ST	2	1.00	General Strength day (3-4 sets)+ .5-.75 of choice endurance + 6x 45sec ski immitation (3 v2 and 3 DP)
Friday	rec	3	0.75	Easy choice day - off if tired....if not 1.0 of easy workout
Saturday	SP	2	1.25	2 x 15min legs only ski on rolling terrain - 10min btwn each one.
Sunday	OD/INT	1	2.75	2.5 - 3.0 od run or ski or MTB with .5 of lvl 3 in the middle, one continous "natural interval".
Weekly Total -			8.75	

Week of: 10/13/14

Weekly Notes: VOLUME, one hard day

	Focus	Rating	Volume	Workout
Monday	x	x	0.00	rec day
Tuesday	ST/SP	2	1.50	Classic rollerski - 3-4 x 6-8min continous DP, 5-10 min ski btwn
Wednesday	INT	1	1.50	on foot bounding - full gas (3.5 - 4min), steep hill, 4-5x, much as you can handle - quick, fast, powerful, full recovery btwn
Thrusday	ST	2	1.25	General Strength day (2 sets)+ .5-.75 of choice endurance + 6x 1 min ski immitation (3 v2 and 3 DP)
Friday	rec	3	0.75	Easy choice day - off if tired....error to conservative side today....this is a tough cycle...be smart.
Saturday	ST/INT	1	1.50	Skate rollerski - 10 x :30-45sec legs only up Stee hill as possible, full rec btwn
Sunday	OD	1	3.50	3-4 od - go big. Get to 100% of your longest race time, 50% - 50% time btwn zone 1 and 2
Weekly Total -			10.00	

Week of: 10/20/14

Weekly Notes:

	Focus	Rating	Volume	Workout
Monday	REC	4	0.50	Easy jog or swim or ride .5hrs or less
Tuesday	REC	x	0.00	Off
Wednesday	ST/REC	5	1.00	Easy endurance - up to 1hr
Thrusday	INT	1	1.50	Strength maintenance - keep hr down
Friday	REC	x	0.00	Off
Saturday	REC	2	1.50	Easy hike with ski walk or ride 1.5 or less - some pickups to threshold 2-3 x 30sec...just to get blood flowing again.
Sunday	ST/REC	3	1.00	Easy .5 - .75 of your choice
Weekly Total -			5.50	

Monthly Total - 32.75